



# How To Realize Emptiness

*Gen Lamrimpa*

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## **How To Realize Emptiness** Gen Lamrimpa

Realizing emptiness or grasping the true nature of reality lies at the heart of the Buddhist path. In this book, Gen Lamrimpa offers practical instruction on Madhyamaka, insight meditation aimed at realizing emptiness. Drawing on his theoretical training as well as his extensive meditative experience, he explains how to use Madhyamaka reasoning to experience the way in which all things exist as dependently related events.

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