



# The Practice Of Kalachakra

*Glenn H. Mullin*

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## **The Practice Of Kalachakra** Glenn H. Mullin

The Kalachakra spiritual legacy is a vital and central part of Tibetan Buddhism. Presented here is a detailed and practical overview of this unique spiritual path.

In Part One, the author discusses the tantric path to enlightenment by drawing on the writings of great scholar-practitioners of the past. He describes the sutrayana and vajrayana paths, outlines the four classes of tantras, compares the Kalachakra generation and completion stage yogas to those of the mainstream tantras, and details the unique Kalachakra methods for attaining enlightenment in this lifetime. Part Two contains translations for seven texts for the practice of Kalachakra, including a sadhana selected by the Dalai Lama for this book. Glenn Mullin's perceptive and very readable discussion of the theory and practice of this profound tantric system is an excellent addition to the literature on this subject.

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