



Wonders of the Natural Mind: The Essence of Dzogchen in the Native Bon Tradition of Tibet

Tenzin Wangyal

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Although the Dzogchen teachings are principally familiar to Westerners through the teachings of the Nyingma school, they also survive in the ancient Bön Religion of Tibet. *Wonders of the Natural Mind* presents Dzogchen as taught in the Zhang Zhung Nyan Gyud, the fundamental Bön text. The book summarizes the main points of Dzogchen and its relation to the various systems of Bön teaching. In offering these teachings, Tenzin Wangyal Rinpoche provides the reader with a vivid and engaging portrait of Bön culture as he interweaves the teachings with his personal story and reflections on the practice of Dzogchen in the West.

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