



Differentiating Non-Distracted and So Forth

Tony Duff

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The author of this text is unknown but the text is regarded within Tibetan circles as one of a number of particularly useful texts that deal with specific aspects of innermost Great Completion (Dzogchen) practice. This text deals with the specific aspect of Thorough Cut (Thregcho) practice called "differentiations". The text is unusual in that "differentiations" are usually transmitted orally from the teacher to the student and mostly are not written down. There are many differentiations. The author of this text lays out three of the most important ones. He also adds some further oral instruction connected with the general practice of Thorough Cut. This is another important text to have in a library of teachings on Thorough Cut. Note that, although this text was written as part of Dzogchen instruction, it is equally applicable to the practice of essence Mahamudra. Thus, the text is ideal for anyone who is practising either of the two. A short but clear introduction makes the content of the text accessible.

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