



Transcending Time: An Explanation of the Kalachakra Six-Session Guruyoga

Gen Lamrimpa

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Inspired by years of scholarly training and decades of solitary retreat, Tibetan monk Gen Lamrimpa offers a concise overview of all phases of the Kalachakra practice: the preliminaries, the initiation, and finally, the stages of generation and completion. With remarkable clarity, he makes the Six-Session Guruyoga practice accessible to all practitioners, and deepens our understanding and appreciation of this sublime teaching of the Buddha.

Gen Lamrimpa begins this eminently practical explanation by emphasizing the importance of a compassionate motivation for spiritual practice. He then explores the nature of suffering and the cycle of existence that traps all living beings, and concludes with a detailed account of the Six-Phase Yoga, which is meant to be recited and contemplated three times during the day and three times at night. Alan Wallace's introduction illuminates both Kalachakra's rich history and Gen Lamrimpa's unique contribution to our understanding.

This book provides a clear explanation of Kalachakra as set forth within the context of the Six-Session Guruyoga, a daily meditation practice for initiates. *Transcending Time* presents all phases of Kalachakra practice--the preliminaries, the initiation, and finally, the stages of generation and completion.

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