



Shambhala

**For Immediate Attention:**

**Shape Your Mind and Make It Work for You**

Buddhist teacher and author encourages us to utilize our natural intelligence

*"Light Comes Through* shimmers with frank advice on becoming more intelligent about our emotions. Dzigar Kongtrül offers a practical path to clarity and peace."

—Daniel Goleman, author of *Emotional Intelligence*

**June 17, 2008**—Sometimes a teacher comes along who has an uncanny ability to cut through the illusions we generate for ourselves and show us the reality beneath them. Dzigar Kongtrül Rinpoche is such a teacher. He's a Tibetan lama who has been teaching in the U.S. for almost twenty years. His first book, *It's Up to You: The Practice of Self-Reflection on the Buddhist Path*, introduced a method for gaining freedom from suffering through insight into the way we participate in its creation. His new book—*Light Comes Through: Buddhist Teachings on Awakening to Our Natural Intelligence*—promises to provide more of the same life-changing insights.

Buddhahood, says Dzigar Kongtrül, is nothing but an unobstructed experience of the nature of mind, boundlessly spacious and limitlessly compassionate. This vision of mind is the whole aim of Buddhist meditation and contemplation. The trick is that in order to see the mind, we must use the mind—the particular aspect of mind that he calls natural intelligence. Our natural intelligence is what enables us to discriminate between what helps or hinders us. But most of all, it's the part of us that searches for happiness and meaning. Without it, he says, it's doubtful we'd get anything done at all, and enlightenment would be out of the question. In this book, he shows us how to skillfully use our natural intelligence as a tool to let "light come through"—to awaken to the joyous nature of mind.

With the humor and insight he is known for, Dzigar Kongtrül engages us in a playful, and challenging, investigation of disturbing emotions, our relationships with others, the trap of self-centeredness, and the practicalities of working with a Buddhist teacher. Most important, he shows us the subtlest use of our natural intelligence—its ability to recognize the nature of reality itself.

Descending from a pure lineage of the Nyingma tradition of Tibetan Buddhism, **Dzigar Kongtrül** moved to the United States in 1989 to begin a five-year tenure at Naropa University. He later founded his own Buddhist teaching center, Mangala Shri Bhuti, located in Boulder, Colorado. He is the author of *It's Up to You: The Practice of Self-Reflection on the Buddhist Path* and the new *Light Comes Through*. When not in retreat, he travels widely throughout the world teaching and furthering his own education.

*Light Comes Through: Buddhist Teachings on Awakening to Our Natural Intelligence*  
by Dzigar Kongtrül

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**For more information about the author visit [www.mangalashribhuti.org](http://www.mangalashribhuti.org).**

Praise for *Light Comes Through*:

"This slender book has wisdom for practitioners of all levels. . . . There is a comforting bravery in [Kongtrül's] thinking that clarifies the differences between 'trying to arrange the world according to our preferences' and 'delighting in the way our experience naturally unfolds.' This is a suitably calm and graceful pathway illuminated by a Buddhist master."—*Publishers Weekly*

"This is a wonderful fresh look at the amazing potential of our human mind. In the innovative and accessible style he is famous for, Dzigar Kongtrül continues to challenge and encourage us."—Pema Chödrön, author of *When Things Fall Apart* and *Practicing Peace in Times of War*

"*Light Comes Through* is an inspired, well-written, and creative examination of topics such as faith, romance, developing happiness for others, and facing our own suffering with perspective and compassion. It is a wonderful guidebook for living a very different kind of life."—Sharon Salzberg, author of *Lovingkindness: The Revolutionary Art of Happiness*

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