

Mahamudra Free from Fixation

If you want to meditate on mahamudra you need to have an understanding of the lack of the true existence of a self-entity of the individual, otherwise your perception of a personal self won't diminish. If you don't have certainty about the lack of a self-entity of the individual, then you'll fixate in your mahamudra meditation. You'll fixate on the meditator and you'll fixate on the object of meditation and on the means of meditation. This kind of conceptual fixation will obscure your practice. You'll be obscured by your own thoughts, of there being a truly existent meditator, a truly existent object of meditation, and a meditation technique.

— From *Talks on Mahamudra Shamatha: A commentary on the Shamatha section of Mahamudra – The Ocean of Definitive Meaning* by the Ninth Gyalwang Karmarpa, Wangchuk Dorje, translated by Elizabeth Callahan, Dechen Chöling, 2002.