

Garab Dorje, the first human to practice Dzogchen.
Authored *The Sole Child Tantra* (*bu gcig gi rgyud*)¹

Longchen Rabjam, 14th century, synthesized many hundreds of Dzogchen texts, especially from Vimalamitra and Guru Rinpoche and wrote commentaries on them. These have been central source for Dzogchen practice to this day. He wrote the *Sevenfold Mind Training* (*Sems sbyong bdun*)² to give true access to the inner meanings of Dzogchen.

Jigme Lingpa, 18th century, revealer of the Heart Essence, the Vast Expanse (*Longchen Nyingthig*) cycle of Dzogchen teachings, including what became a widely practiced system of foundational practices (Ngondro, *sNgon 'gro*). And he wrote a commentary on the Sevenfold Mind Trainings, *Stairway to Liberation* (*thar pa'i them sgas*).³

Adzom Paylo Rinpoche, b 1971. And our teacher since 1996 when Lama Rigzin met him at Samye Chimphu. He is a renowned Dzogchen master in Tibet today and recognized as the incarnation of several key figures, including Jigme Lingpa.

¹ *Tantra of the Sole Offspring* (*bsTan pa bu gcig gi rgyud gser gyi snying po nyi ma rab tu snang byed*), in *sNying thig ya bzhi*, 3:37–72. Cited in Cortland Dahl, *Steps to the Great Perfection*,

² *sNgon 'gro sems sbyong bdun gyi don khrid*

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