

# THE INTIMATE MIND

Illuminating Emotion and Transformation



Tempa Dukte Lama

Olmo Ling  
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## FOREWORD

It is with great pleasure that I am able to introduce Tempa Dukte Lama's book, *The Intimate Mind*. In 1983, when he was a little boy of six, Tempa Dukte was presented to the monastery by his parents. He grew up with me and brought happiness to our community with his art and creativity. After eight years of schooling here, he continued his education at St. Luke's Missionary School and had further education at Punjab University Chandigarh, India. Now Tempa Dukte presides over Olmo Ling, a Bön teaching center in the American city of Pittsburgh, Pennsylvania.

Millions of people have spent millions of hours in study, practice, and meditation in order to cultivate the ultimate state of awakening that has no words to describe it. While much has been written about how to reach this place of primordial purity, it is only in our mastery of aspiration and intent that we are able to stay on the path toward the realization of our true nature. Dominating this sense of purpose must be the indispensable quality of compassion, which makes full use of good hearts and kind intentions. After all, the very purpose of one's activity is to become someone who can enable others to become Buddhas themselves. One has to find the capacity and energy in one's self to do this. One must have the firm intention to understand, purify, and perfect oneself so that one can aid all other beings to become Buddhas.

Through his own skillful means, Tempa Dukte has given us *The Intimate Mind* as a guide to help those on the path of awakening to understand that intimacy means allowing for the possi-

bility to become one with the object we engage with, and that in that oneness there are no possibilities for distraction, attachment, chaos, fear, or judgment. That is where compassion resides, and it is only through compassion that liberation for oneself and others becomes possible. Tempa uses the term “Intimate Mind” to describe this relationship and to help us understand how to follow the path of a compassionate being. May we all attain liberation into our true nature!

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