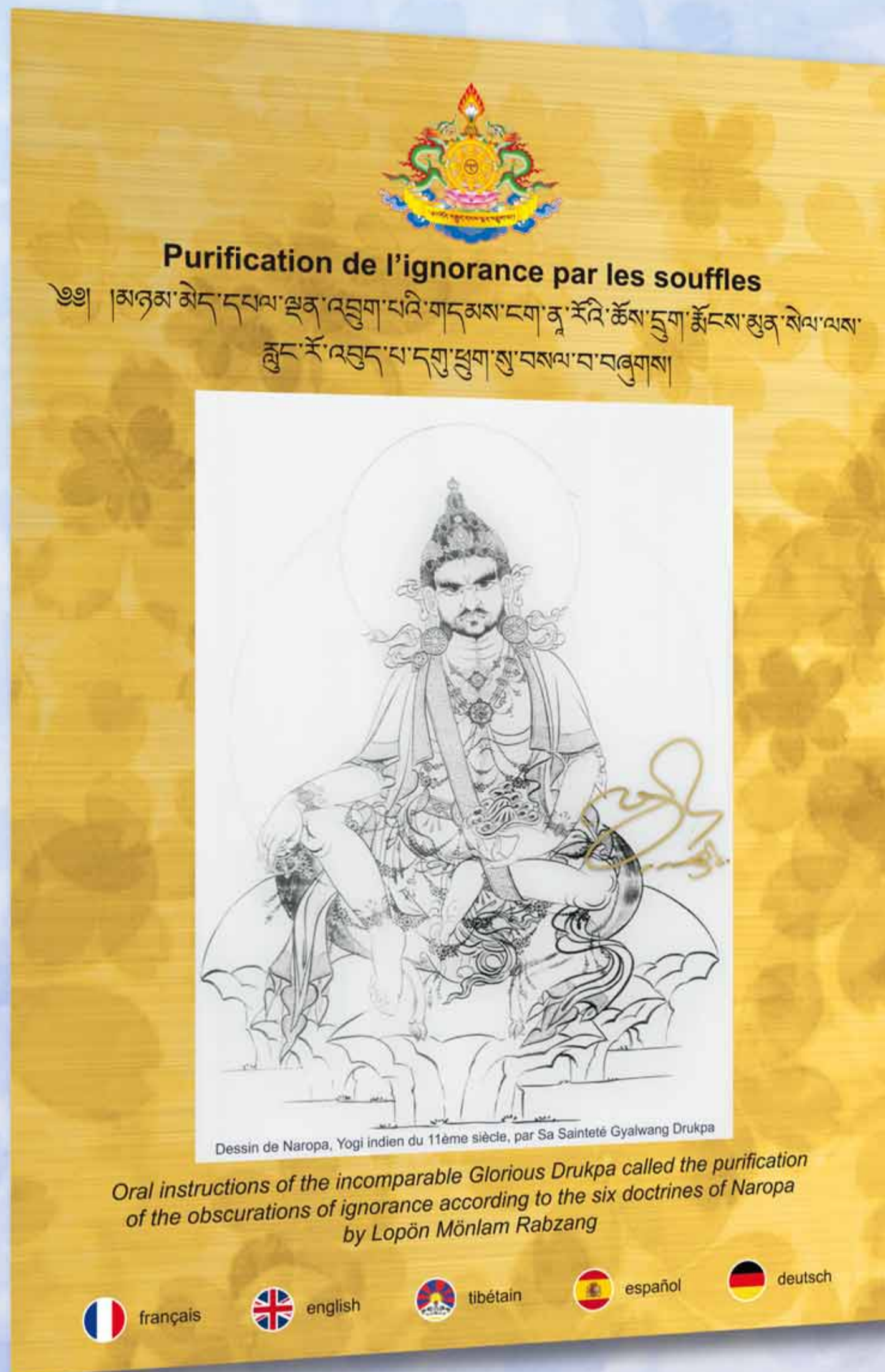


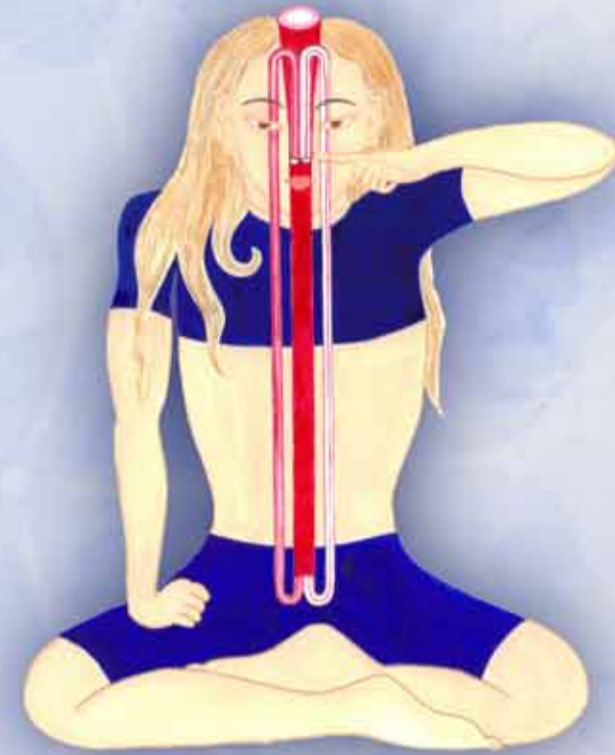
# THE PURIFICATION OF IGNORANCE THROUGH BREATHING

*Following Drubpön Ngawang Tenzin Pagsam Yongdu's wishes, Druk Nangsel Editions takes great pleasure in presenting this new booklet*



These oral instructions from the Incomparable Glorious Drukpa Lineage, according to the Six Doctrines of Naropa, were first written by Lopeun Meunlam Rabzang and translated from the Tibetan by Lama Namgyal.

For the illustrations, we are indebted to the talent of Sylvie Troccaz.



The translations and revisions, in four languages, French, English, Spanish and German, are the result of the collaboration of many motivated volunteers from the European Drukpa Sangha.

Druk Nangsel's newly-formed translation committee is already working on a book detailing the biographies of the 350 masters whose statues are displayed in the Lama Lhakhang, as well as the translation and publication of new practice texts.

Druk Nangsel is also preparing a book comprising the on-going collection of thangkas commissioned by Drubpön Ngawang, and finalizing a film about the life of Drubpön Ngawang Tenzin.

We wish to express our deepest gratitude to the many participants who contribute to the realization of all these projects, which we will soon present in more detail.

May all these achievements in the service of the Drukpa Lineage bring you inspiration, confidence and devotion to the Three Jewels.

