



# Rainbow Body: The Life and Realization of a Tibetan Yogin, Togden Ugyen Tendzin

*Chogyal Namkhai Norbu*

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*Rainbow Body: The Life and Realization of a Tibetan Yogin, Togden Ugyen Tendzin*, presents the remarkable life story of Togden Ugyen Tendzin (1888–1962), a Tibetan yogin who in death achieved the “rainbow body,” the release of the physical body in the essence of the five elements and one of the highest spiritual attainments of Dzogchen, recognized as the supreme level of Tibetan Buddhism. His nephew, Chögyal Namkhai Norbu, one of the greatest living masters of Dzogchen, composed the book from his own recollections of his uncle as well as direct quotes from talks with the great yogin himself and his disciple Sala Karma Samten. The book traces the yogin’s childhood struggles, the circumstances that led him to his teacher, the eminent Adzom Drugpa, and his difficult path to self-realization. Finally, Chögyal Namkhai Norbu relates the story of Ugyen Tendzin’s death during imprisonment by the Chinese, when witnesses discovered that though his sheepskin robe still sat upright, his body was gone—a testament to its having dissolved into the rainbow body.

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