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The dharmakaya (Sanskrit, "truth body" or "reality body", Wylie: chos sku, rdzogs sku) is one of the three bodies of a buddha in Mahayana Buddhism. Abhidharma (Tibetan: choe ngon pa) The Buddhist teachings are often divided into the Tripitaka: the sutras (teachings of the Buddha), the vinaya (teachings on conduct,) and the abhidharma, which are the analyses of phenomena that exist primarily as a commentarial tradition to the Buddhist teachings. "Pointing Out the Great Way weaves together insights from a variety of Buddhist root texts, practice manuals, and commentaries, into a step-by-step 'gradual path' description of the methods of Mahamudra practice, descriptions of the various stages of practice and associated experiences, as well as common obstacles and their antidotes. Mahamudra (Sanskrit, Tibetan: Chagchen, Wylie: phyag chen, contraction of Chagya Chenpo, Wylie: phyag rgya chen po) literally means "great seal" or "great imprint" and refers to the fact that "all phenomena inevitably are stamped by the fact of wisdom and emptiness inseparable".