

Tilopa S Mahamudra Upadesha The Gangama Instructions With Commentary

all lineages of mahamudra meditation have their source in a verse teaching a song of realization sung by the mahasiddha tilopa to his disciple naropa on the banks of the ganges river more than a thousand years ago since that time the meaning of tilopa s instructions has been passed directly from master to disciple in a continuous stream that exists unbroken to this day this book offers the reader a rare glimpse into the mahamudra oral transmission given in a traditional tibetan context by one of the lineage s most learned and accomplished contemporary masters mahamudra meditation while highly advanced is yet simple practical and accessible for anyone because what is identified and meditated upon is the very nature of one s own mind in sangyes nyenpa rinpoche s words the distinction between deception and liberation lies in whether we understand the ever present nature of our own mind or not knowing our own face is liberation not knowing our own face is samsara this is not something far distant from us the instructions are ideal for westerners because the root text is manageable and rinpoche has provided an outline of his own composition that makes it easily understandable he explains terminology with frequent

comparisons between dzogchen and mahamudra quotes prolifically from scripture gives clear examples and generally cajoles admonishes and encourages his listeners to be true to their own spiritual path

a guide to following the footsteps of the buddha for the pilgrim in india and at home the holy sites of india bodh gaya sarnath shravasti and others became holy because the buddha blessed them by performing his enlightened activities there when we become holy through our practice of the buddha s instructions then the places we go will be made holy too through meditation practice we can realize and capture what the buddha described as the profundity of the mind which is completely peaceful free from elaboration luminous and uncompounded in this wise heartfelt and indispensable guide khenchen konchog gyaltshen takes us on a journey through the major holy sites for buddhist pilgrimage by offering profound teachings related to each of the sacred places in bodh gaya the site of the bodhi tree and the buddha s enlightenment we learn of how the buddha became enlightened and what it means to take refuge in him we uncover the profundity of emptiness at the site where the buddha expounded the heart sutra at the place of the buddha s passing we learn that the legacy of his vast teachings came about through his perfection of bodhicitta a core quality we can master too in chapters based on these and other sacred places we find that the wisdom the buddha uncovered is available to us all the buddha discovered total satisfaction the ultimate achievement and left instructions on how we too can achieve the same we already have this great path we just have to follow it in that way we experience the joy of following the footsteps of the buddha

david bowie war nicht nur ein außergewöhnlicher künstler sondern sein leben lang auf der suche nach dem tieferen sinn der buddhismus war von zentraler bedeutung für ihn doch er bezog auch weitreichende erkenntnisse aus anderen quellen wie dem taoismus dem zen und der kabbala mark edwards fasst die ideen die zu david bowies leitstern wurden zu zehn kraftvollen lektionen zusammen begleitet von zahlreichen techniken kann bowies pfad zu den klangsten lehren der welt uns als inspiration für ein besseres leben dienen

free your awareness and awaken your energies with 35 worldwide meditation techniques enjoy a healthier and happier life with reduced stress decreased pain improved sleep lengthened attention span and fewer age related memory problems the key to these and other benefits meditation appropriate for practitioners of all skill levels this new addition to llewellyn s complete book series features thirty five fundamental meditation techniques from traditions around the globe including one unique method of author shai tubali s own creation these include zazen classical zen meditation qigong standing meditation jon kabat zinn s body scan taoist inner smile osho s mystic rose japanese forest bathing sufi whirling gurdjieff s i am meditation christian prayer of the heart islamic dhikr hindu aum meditation sikh kirtan kriya jewish hitbodedut ramana maharshi s self inquiry tantric hindu kriya yoga tibetan buddhist dzogchen shai presents each technique with its historical background cultural context potential benefits and clear instructions for practicing it at home in a non appropriative way you will explore the fifteen purposes of meditation and the role of chakras you will also learn how to align your mind and body open your heart to love and

compassion use the hidden powers of sound and more this comprehensive easy to understand guide introduces the magic of meditation in a way that is experiential practical and deeply researched every page encourages you to take your journey into the world of meditation further than ever before

jamgon kongtrul lodro taye presents practical teachings from a variety of tibetan buddhist traditions in this volume of the treasury of precious instructions the treasury of precious instructions by jamgon kongtrul lodro taye one of tibet s greatest buddhist masters is a shining jewel of tibetan literature presenting essential teachings from the entire spectrum of practice lineages that existed in tibet in its eighteen volumes kongtrul brings together some of the most important texts on key topics of buddhist thought and practice as well as authoring significant new sections of his own in this the eighteenth volume kongtrul expands on the one hundred and eight guidebooks a collection of teaching manuals compiled by the sixteenth century tibetan master kunga drolchok adding indic source texts tibetan antecedents and later interpretations though compiled by a jonangpa abbot and transmitted by the jonang tradition these teaching manuals are actually drawn from the kadam sakya kagyu and to a lesser extent nyingma traditions they are succinct and impart practical wisdom as transmitted by key figures like kunga chogdrub and lowo khenchen sonam lhundrub gyurme dorje the translator provides extensive notes and helpful context throughout the resulting volume preserves and integrates the diverse lineages of tibetan buddhism while providing useful advice to practitioners

accessible and practical teachings on both the life of tilopa who founded the kagyu tradition of tibetan buddhism and one of his most important texts on the practice of mahamudra most traditions of mahamudra meditation can be traced back to the mahasiddha tilopa and his ganges mahamudra a song of realization that he sang to his disciple naropa on the banks of the ganges river more than a thousand years ago in this book khenchen thrangu a beloved mahamudra teacher tells the extraordinary story of tilopa s life and explains its profound lessons he follows this story with a limpid and practical verse by verse commentary on the ganges mahamudra explaining its precious instructions for realizing mahamudra the nature of one s mind throughout thrangu rinpoche speaks plainly and directly to westerners eager to receive the essence of mahamudra instructions from an accomplished teacher

a translation from tibetan of an eighteenth century compilation by one of tibet s greatest buddhist masters of practice texts of the marpa kagyu lineage of tibetan buddhism the treasury of precious instructions by jamgon kongtrul lodro taye one of tibet s greatest buddhist masters is a shining jewel of tibetan literature presenting essential teachings from the entire spectrum of practice lineages that existed in tibet in its eighteen volumes kongtrul brings together some of the most important texts on key topics of buddhist thought and practice as well as authoring significant new sections of his own the seventh volume of the series marpa kagyu is the first of four volumes that present a selection of core instructions from the marpa kagyu lineage of tibetan buddhism this lineage is named for the eleventh century tibetan marpa chokyi lodro of lhodrak who traveled to india to study the sotras and tantras with many scholar siddhas the foremost being naropa and maitreya the first part of

this volume contains source texts on mahamudra and the six dharmas by such famous masters as saraha and tilopa the second part begins with a collection of sādhana abhishekas related to the root cakrasamvara aural transmissions which are the means for maturing or empowering students it is followed by the liberating instructions first from the rechung aural transmission this section on instructions continues in the following three marpa kagyu volumes also included are lineage charts and detailed notes by translator elizabeth m callahan

in many ways the best guide to dzogchen teachings includes explanations that were previously thought too secret to publish tricycle the buddhist review

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this volume summarizes the vast prajnaparamita text of 100 000 verses this prajnaparamita text along with its shorter versions of 25 000 and 8 000 verses came from the great tantric practitioner nagarjuna who lived in the first century a d

this volume covers translations into english of some selected texts of the oral tradition from zhang zhung which include not only the biographies or hagiographics of the principal early masters but also the very words of that ponchen tapihrista addressed to his disciple nangzher lodpo 2 parts the history and lineages the literature of the zhang zhung nyan gyud cycle 4 appendices

the kalacakra tantra kalacakra means wheel of time is a tradition of buddhist theory and practice whose root text treats a fantastic expanse of knowledge ranging from observations of the cosmos to investigations of meditative states and vital bodily energies in the tibetan speaking world a public kalacakra initiation remains the most sought after event in the life of a devout buddhist the fourteenth dalai lama has long had a strong connection with the kalacakra tantra he brought the initiation to the west in 1981 performing it in the united states switzerland spain and australia this volume has been created to celebrate his long involvement with the kalacakra teachings the twenty five contributors scholars who have made tantric studies their specialty have contributed translations of works by great indian and tibetan kalacakra masters analyses of historical figures methods of practice essays on medicine ritual expertise and ethical discipline the collection also includes practical advice for western students and practitioners from contemporary tibetan kalacakra masters

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