

# Tilopa S Mahamudra Upadesha The Gangama Instructions With Commentary

Tilopa's Mahamudra Upadesha Jonang: The One Hundred and Eight Teaching Manuals Wondrous Ocean of Eloquence Tilopa's Wisdom Moonbeams of Mahamudra Kakungulu & the Creation of Uganda, 1868-1928 Mahāmudrā Meditation-stages and Contemporary Cognitive Psychology The Laws of the Colony and Protectorate of Sierra Leone Lamp of Mahamudra African Abstracts Quarterly Journal of the Andhra Historical Research Society Journal of the Andhra Historical Research Society Telephone Directory Uganda Digest Sangyes Nyenpa Rinpoche Jamgon Kongtrul Lodro Taye Taklungpa Ngawang Namgyel Khenchen Thrangu Dakpo Tashi Namgyal Michael Twaddle Daniel P. Brown Sierra Leone Sna-tshogs-rañ-grol (Rtse-le Rgod-tshañ-pa) Andhra Historical Research Society, Rajahmundry, Madras Uganda Posts & Telecommunications Corporation

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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

jamgön kongtrul lodrö 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 jamgön kongtrul lodrö 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 sakyā 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

a comprehensive history of the taklung kagyü lineage of tibetan buddhism composed in the seventeenth century and includes glossy color images of recently discovered twelfth century portraits and inscriptions this is the first ever english translation of a multilayered and comprehensive historiographical volume on the political artistic architectural biographical and mystical dimensions of the taklung one of four primary subsects of the kagyü lineage of tibetan buddhism the bulk of the volume is a translation of an early seventeenth century tibetan history by taklung ngawang namgyel and includes supplements to that history written in the eighteenth nineteenth and twentieth centuries centering an otherwise marginal and understudied buddhist tradition this volume contains an extraordinary wealth of historical religious and biographical information not found in any other published work it is a complex tale of tibetan religiopolitical maneuvering in the face of centuries of civil unrest and armed conflict with central asian warring dynasties while detailing the abbatial succession of the tradition s two main monastic seats taklung and riwoche monasteries it is also broad and vast in scale going back to sixth century bce india to include early indian buddhist canon formulation moving then to narratives on the tibetan kagyü lineage holders marpa milarepa gampopa to the twelfth century founding of the taklung sect in tibet and then all the way through to the early twentieth century which saw tibet s first modern military and cultural conflicts both within the country and with chinese mongol and gorkha forces an introductory essay by art historian jane casey on painting in the taklung tradition includes her scholarly analysis of the dating and provenance of thirteenth century portraits and inscriptions only discovered in recent decades glossy color images of these paintings are included in the volume shambhala publications gratefully acknowledges the generous support of robert h n ho and john eskenazi in sponsoring the translation and the tsadra foundation in sponsoring the preparation and printing of this book

accessible and practical teachings on both the life of tilopa who founded the kagyü 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 new translation of tibet s most important manual for mahāmudrā view and meditation this classic buddhist work written in the sixteenth century comprehensively presents the entire scope of the tibetan kagyu mahāmudrā tradition these profound yet accessible instructions focus on becoming familiar with the nature of one s mind as the primary means to realize ultimate reality and thus attain buddhahood dakpo tashi namgyal s manual for the view and practice of mahāmudrā is widely considered the single most important work on the subject systematically introducing the view and associated meditation techniques in a progressive manner moonbeams of mahāmudrā along with the ninth karmapa wangchuk dorje s dispelling the darkness of ignorance are to this day some of the most studied texts on mahāmudrā in the kagyu monasteries throughout tibet and the himalayas elizabeth m callahan a renowned translator of classical kagyu literature has provided new translations of these two texts along with ancillary materials and annotations making this a genuine resource for both scholars and students of tibetan buddhism this historic contribution therefore offers the necessary tools to properly study and apply the mahāmudrā teachings in a modern context

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