

The Yeshe Lama

Jigme Lingpa's Dzogchen Atiyoga Manual



A Radical Dzogchen Translation by
Keith Dowman

The Yeshe Lama Jigme Lingpas Dzogchen Atiyoga Manual

Michael Hoelscher



The Yeshe Lama Jigme Lingpa's Dzogchen Atiyoga Manual:

The Yeshe Lama Keith Dowman, 2014-11-22 Here is the great Yeshe Lama the most renowned comprehensive and the most efficacious of the Dzogchen manuals It is a sourcebook for Dzogchen Breakthrough Leapover precepts Certainly the Yeshe Lama lives up to its reputation It is still the crown jewel of the latter day Dzogchen lineages It is at the apex of the Longchen Nyingtik corpus of literature presenting the essential Dzogchen yogas in pith instruction The Longchen Nyingtik is based firmly in Longchen Rabjampa's vision a massive vast and profound Dzogchen vision written down as the Seven Treasuries which in turn were based intimately upon the tantras of the Nyingma Gyubum the treasure house of Dzogchen The translation was made for the benefit of students who have received transmission and oral instructions from a teacher and need clarification and elucidation from an authoritative literary source It is meant for yogins and yoginis adepts and practitioners It may not be finally authoritative but grounded in the wisdom of the old Dzogchen lamas who were wise before they came out of Tibet as the fruit of a lifetime's listening studying and contemplation it may be of some use to people who are committed to the Dzogchen yogi ethos The urban yogis who have no connection with the traditional teaching may also appreciate access to its precepts Most significantly in my mind this translation stresses the nondual aspect of Dzogchen the radical aspect that is overlooked by conventional Buddhist Vajrayanists The translation attempts wherever possible to clarify instruction resolve ambiguities and turn abstruse Tibetan nuance and allusion into comprehensible English prose Sometimes that is not possible because of an absence of English equivalents of Tibetan terms or metaphors sometimes because of the density or obscurity of the Tibetan meaning sometimes because an arbitrary meaning has been lost in the recent attenuation of the tradition Certainly this translation does not purport to reproduce the high literary quality and form of Jigme Lingpa's Tibetan prose which is inimitable Nor is it a literal translation where every word is accounted for and every instance of a particular word translated by the same English equivalent Rigzin Jigme Lingpa the eighteenth century mystic scholar who composed the Longchen Nyingthig was an incarnation of Longchenpa in the most significant sense of the expression and his Longchen Nyingtik became the seed root and branch of a Dzogchen revival that reverberates around the entire world at the beginning of the twenty first century Contents Introduction i lv The Yeshe Lama Prologue 1 Part One Chapter One Basic Training 9 Chapter Two Fruition in Breakthrough Nonmeditation 27 Chapter Three Fruition in Leapover Methods 41 Part Two Chapter Four The Four Bardos 101 Part Three Chapter Five The Fields of Natural Emanation 147 Appendixes 1 Structure of the Tibetan Text 153 2 Texts Cited 157 3 The Twelve Vajra Laughs 162 4 The Vase Body 164 5 The Ground Path and Fruit 167 6 List of Similes 169 Glossary 177 English Tibetan Concordance 188 Sanskrit English Concordance 191 Bibliography 194 Index 197

The Words and World of Gebchak Nunnery Elizabeth McDougal, 2024-02-06 Gebchak dgon pa founded in 1892 in Nang chen Khams Qinghai Province PRC is still active today with around 250 nuns practising intensive Vajrayana rituals yogas and meditation The nuns' knowledge goal is embodied nonconceptual awareness

yet they spend many hours daily reading texts as part of their training By investigating the whole context of the nuns lifeworld and ways of learning this ethnography questions the role of reading in Ge bcags tacit knowledge tradition At a time when Tibetan learning practices are quickly modernising this book demonstrates a Buddhist tradition whose textual knowledge is not exactly literal but cultivated through continuous whole person learning **Open Mind** Eva Natanya, 2018-02-06 Get to know the teachings and legacy of the celebrated Lerab Lingpa the influential confidant of the Thirteenth Dalai Lama in this collection of practical instructions on the Great Perfection and reflections on the nonsectarian rim approach to Tibetan Buddhism Lerab Lingpa 1856 1926 also known as Tert n Sogyal was one of the great Dzogchen Great Perfection masters of the nineteenth and early twentieth centuries and a close confidant and guru of the Thirteenth Dalai Lama This volume contains translations by B Alan Wallace of two works that are representative of the lineage of this great treasure revealer or tert n The first work composed by Lerab Lingpa himself is The Vital Essence of Primordial Consciousness It presents pith instructions on all the stages of the Great Perfection which is the highest form of meditation and practice in the Nyingma school of Tibetan Buddhism In this practice the meditator comes to see directly the ultimate nature of consciousness itself The work guides the reader from the common preliminaries through to the highest practices of the Great Perfection the direct crossing over and the achievement of the rainbow body The second work Selected Essays on Old and New Views of the Secret Mantrayana is a collection of seven essays by two of Lerab Lingpa's close disciples Dharmasara and J Tsultrim Zangpo Dharmasara wrote six of the essays providing detailed erudite explanations of the compatibility among the theories and practices of Great Perfection Mahamudra a parallel practice tradition found in other schools and the Madhyamaka view especially as these are interpreted by the Indian pandita Candrakirti the Nyingma master Longchen Rabjam and Tsongkhapa founder of the Geluk school of Tibetan Buddhism The one essay by J Tsultrim Zangpo a k a Tulku Tsullo An Ornament of the Enlightened View of Samantabhadra contextualizes the Great Perfection within the broader framework of Mahayana and Vajrayana Buddhism and then elucidates all the stages of practice of the Great Perfection unifying the profound path of cutting through and the vast path of the spontaneous actualization of the direct crossing over This volume will be of great interest for all those interested in the theory and practice of the Great Perfection and the way it relates to the wisdom teachings of Tsongkhapa and others in the new translation schools of Tibetan Buddhism

Yoga in Transformation Karl Baier, Philipp André Maas, Karin Preisendanz, 2018 This volume explores aspects of yoga over a period of about 2500 years In its first part it investigates facets of the South Asian and Tibetan traditions of yoga such as the evolution of posture practice the relationship between yoga and sex yoga in the theistic context the influence of Buddhism on early yoga and the encounter of Islam with classical yoga The second part addresses aspects of modern globalised yoga and its historical formation as for example the emergence of yoga in Viennese occultism the integration of yoga and nature cure in modern India the eventisation of yoga in a global setting and the development of Patajali's

iconography In keeping with the current trend in yoga studies the emphasis of the volume is on the practice of yoga and its theoretical underpinnings

Yeshe Lama 'Jigs-med-gling-pa Rang-byung-rdo-rje, 2020 Yeshe Lama written by Vidyadhara Jigmed Lingpa is the most important practice manual on the Great Perfection teachings of the Nyingma tradition Jigmed Lingpa stated Realization of the pure awareness that transcends the mind is the specialty of the Great Perfection Beginning with the preliminary prerequisites the entire Great Perfection path is spelled out clearly and succinctly in Yeshe Lama which is meant to be studied and practiced by qualified practitioners who are committed to completing the prerequisites before entering the path of Dzogchen Even to open this book one must have received empowerment and have been introduced to the nature of the mind by a qualified master The teachings and practices taught in Yeshe Lama encompass the innermost cycle of upadesha teachings and clearly define the Dzogchen practices of trekcho cutting through to original purity and t gal crossing over with spontaneous presence These are the swift practices that can lead to the attainment of the rainbow body and the complete attainment of buddhahood and this is the same path that has been followed by many of the great spiritual adepts of India and Tibet Consequently if one studies and trains in the Yeshe Lama correctly and with deepest respect and diligence the possibility of enlightenment within one lifetime is within reach

La mort, un passage ? Bertrand Dumas, Philippe Cornu, 2018-03-16 Point obscur de la r flexion et de la sensibilit contemporaines la mort se tient pourtant l horizon de chaque existence humaine Ni e ou pas il faudra bien qu elle adienne faudrait il pour autant attendre le moment dernier pour y r fl chir De ce point de vue les voies bouddhiste et chr tienne sont riches de toute une tradition r flexive pratique et spirituelle La mort n y est pas taboue bien au contraire elle se pr sente dans toute son aust rit dans toute sa capacit aussi convoquer ce que chaque tradition porte en elle de plus important R fl chir la mort c est ainsi tenter une perc e au coeur de chaque existence humaine tout autant que du christianisme et du bouddhisme en soi Fruit d un colloque pr sid par Dennis Gira th ologien catholique et sp cialiste reconnu du bouddhisme le pr sent volume d roule son propos de mani re p dagogique Il part de consid rations g n rales sur la mort pour envisager ensuite des aspects doctrinaux thiques spirituels et liturgiques R dig dans une langue volontairement accessible au grand public par des auteurs qui sont la fois des rudits et des pratiquants il propose un chemin de dialogue exigeant mais n cessaire Se r pondant l un l autre plusieurs textes nous plongent sans faux semblant dans des questions difficiles sans r duire la singularit de chaque voie il s agit de questionner la place de la mort dans le bouddhisme et dans le christianisme puis de l une l autre tradition d oser quelques interpellations r ciproques Une occasion de d couvrir que les convergences s av rent aussi pr cieuses que les diff rences Dans une soci t postmoderne pour qui la technique ou le divertissement tiennent souvent lieu de non r ponse la grande question de la finitude humaine et de la mort parions qu il vaut le coup de poser nouveau cette question essentielle la mort est elle un passage

Yeshe Lama Keith Dowman, 2021 **Der Eintritt in den Weg des Erwachens** Shantideva, 2016 **Steps to the Great Perfection** Jigme Lingpa, 2016-07-05 The mind training practices contained in the Dzogchen tradition of Tibetan

Buddhism have never before been presented in the English language The main text translated here The Steps to Liberation will be of great interest to Western practitioners since its instructions are pithy and direct and experiential rather than scholarly The contemplations on core Buddhist principles like impermanence and karma intended for beginning meditators unfold as dramatic stories in which the meditator is to vividly imagine himself or herself as the main character who undergoes a sequence of experiences that result in transformative realizations They distill the most essential teachings of the Buddha into a practical system that can be easily implemented in a daily meditation practice At the same time they bring together the most foundational Buddhist teachings with the profound methods of the Vajrayana the esoteric teachings of Buddhist tantra This is the hallmark of Dzogchen mind training and what sets it apart from other mind training lineages

The Flowing River of Dharma Anyen Rinpoche, Allison Choying Zangmo, 2025-11-18 Discover succinct instructions for ending the habits that cause you so much suffering in this contemporary exploration of a foundational four line teaching from Vajrayana Buddhism How do we break free from the habits and compulsions that bring us suffering In the twelfth century Sakya Drakpa Gyeltsen penned four short but significant lines known as Parting from the Four Attachments offering a concise guide to becoming a genuine dharma practitioner and charting a path to enlightenment In *The Flowing River of Dharma* Anyen Rinpoche and Allison Choying Zangmo offer a fresh contemporary exploration of this foundational Vajrayana Buddhist text drawing on insights from Anyen Rinpoche's teacher Khenchen Tsara Dharmakirti Rinpoche and a cave dwelling hermit known as Lama Tsepel Using the rime approach which promotes cross tradition learning the authors refer to teachings from a variety of traditions in particular The Four Dharmas of Gampopa as well as wisdom from the Sakya Kagyu Nyingma Kadam of old and Gelug traditions of Tibet With clear language and a candid look at the challenges of dharma practice Anyen Rinpoche explores the power of renunciation understanding samsara's true nature and cultivating bodhicitta as pathways to a meaningful life Buddhists of all backgrounds will discover how these lojong mind training teachings can anchor us firmly on the path and ensure that we don't stray from it until we reach complete liberation Yeshe Lama 'Jigs-med-glin-pa Rañ-byuñ-rdo-rje, Jigs-Med-Glin-P, Lama Chonam, Sangye Khandro, 2007-11 **The Middle Way**, 1985

Jigmed Lingpa's Yeshe Lama Rinpoche Khenpo Namdrol, 2020 Yeshe Lama is the most important practice manual on the Great Perfection teachings of the Nyingma tradition Jigmed Lingpa stated Realization of the pure awareness that transcends the mind is the specialty of the Great Perfection Beginning with the preliminary prerequisites the entire Great Perfection path is spelled out clearly and succinctly in Yeshe Lama which is meant to be studied and practiced by qualified practitioners who are committed to completing the prerequisites before entering the path of dzogchen One must have received empowerment and have been introduced to the nature of the mind by a qualified master The teachings and practices taught in Yeshe Lama encompass the innermost cycle of upadesha teachings and clearly define the dzogchen practices of trekcho cutting through to original purity and togal crossing over with spontaneous presence These are the swift

practices that can lead to the attainment of the rainbow body and the complete attainment of buddhahood and this is the same path that has been followed by many of the great spiritual adepts of India and Tibet Consequently if one studies and trains in the Yeshe Lama correctly and with deepest respect and diligence the possibility of enlightenment within one lifetime is within reach Khenchen Namdrol Rinpoche gave an extensive teaching on Jigmed Lingpa s Yeshe Lama to a gathering of several hundred khenpos tulkus monks nuns and a limited group of westerners at his center in Pharping in 2014 Lama Chonam and Sangye Khandro Light of Berotsana Translation Group translated Khen Namdrol s commentary in English This commentary will be published with portions of Jigmed Lingpa s Yeshe Lama root text included The Fearless Lion's Roar Nyoshul Khenpo,2015-07-28 This volume is a heartfelt intimate presentation of the entire system of the Nyingma tradition from sutra to tantra to Dzogchen the Great Perfection and how through it modern day practitioners can succeed in attaining fully realized buddhahood Inspiring stories of the great masters Longchenpa and Jigme Lingpa kindle the prerequisites of faith and devotion that are the basis for the practices that follow The Tibetan Buddhist master Nyoshul Khenpo Jamyang Dorje gave these talks during a three year retreat in France from 1982 to 1985 The Union of Dzogchen and Bodhichitta Anyen Rinpoche,2006-04-26 An illuminating look at key aspects of Tibetan Buddhist practice of interest to many practitioners is presented in this practical and interesting book Through demonstrating the interrelationship of the outer inner and secret teachings and a textual analysis of the words of four renowned Dzogchen yogis it makes clear that the practice of Bodhichitta is a necessary aspect of every practice within Tibetan Buddhism Unlike other books that present either the teachings of Bodhichitta or the teachings of Dzogchen as their own system of practice this book presents them not as complementary practices but as a deconstructed inner and outer practices which are fundamentally intertwined Anyen Rinpoche works to create a new generation of holistic practitioners who value the depth found in the entire spectrum of teachings While Anyen Rinpoche acknowledges the profundity of the Dzogchen teachings he dispels the myth that they are an effortless path to liberation and rather shows that they are a progressive path that requires diligence insight and the compassionate mind of a Bodhisattva He presents a style of contemplation that combines Dzogchen meditation on the ultimate view with the generation of Bodhichitta such as has been taught by Nyingmapa yogis throughout the centuries This book presents the union of Dzogchen and Bodhichitta not only through philosophy and scripture but also through concrete methods for practice

The Preliminary Practice of the Dzogchen Longchen Nyingtik Longchen Ngondro,2019-02-10 From the authentic teachings of the Hundred Thousand Doctrine of the Great Master Jigme Lingpa Lama Jigme Rinpoche has brought this key practice to us The Benefits of the Longchen Nyingtik Ngondro Before you do something in your Dharma Practice it is of the most importance to practice the Ngondro Before you can accomplish any form of the 4 activities Pacifying Increasing Magnetization or Subjugation you have to finish your daily Ngondro You will gain realization through the 4 Empowerments in Guru Yoga though this you will have the strength to benefit others However without it it will be difficult The Ngondro is

indispensable without it you will have no foundation from which to hold your practice A strong foundation is like having strong walls in a house if you jump around from practice to practice and not focus on the Ngondro then your house will be weak and will eventually fall over Ngondro can help you realize emptiness or Dzogchenpo The Great Perfection Gives you your daily empowerment to practice Ati Yoga Dzogchen practices Through the practice of the Ngondro diligent and fortunate practitioners can achieve enlightenment after just six months of practice the Ngondro covers all the fundamental yet essential preliminary practices that are necessary to enter the ultimate realization etc Having a focused Ngondro practice will allow you to remember and see your past 3 lives You should treat this book as Dharma the Buddha's teachings And you should treat any form of Dharma with the most respect Never touch it the ground try to keep it in a high clean place it is good to keep on your altar After using it you can touch it to your 3rd eye to accumulate merit To not treat Dharma with respect can create negative karma This marks the end of the daily practice of the Longchen Nyingtik Ngondro The following section in this book is the Dharmapala Hayagriva practice Lama Jigme Rinpoche comes from the Nyingma tradition in Tibetan Buddhism and under the Longchen Nyingtik teachings from Jigme Lingpa This specific book was compiled with the help of the Venerable Lama Jigme Rinpoche's students Tenzin Wangden from Switzerland and Jacob Ewers from Las Vegas for the highest benefits of all sentient beings Explanation on Visualization Consider that the whole area where you are sitting is a beautiful paradise Upon the bejeweled ground stands a wish fulfilling tree with five main branches adorned with abundant leaves flowers and fruit garlands of jewels and tiny bells It pervades the whole of space In its center upon a jeweled throne supported by lions and seats of multi colored lotus sun and moon is the embodiment of all the buddhas your own root master in the form of Padmasambhava and holding vajra and bell He is in union with his consort Yeshe Tsogyal who is white and holding a hooked knife and skull cup They are adorned with silk and bone ornaments Above his head are the masters of the Dzogchen lineage seated one above the other On the branch in front are Sakyamuni Buddha and all the other buddhas of the three times in nirmanakaya form On the branch to the right is the Mahayana sangha including the Eight Close Sons On the branch to the left are Sariputra and Maudgalyayana and the assembly of the noble sangha of sravakas On the branch at the back is the Jewel of the Dharma in the form of stacks of books red in colour In the space in between there is a great ocean like gathering of oath bound and karmic guardians that fills the whole area Consider how all these deities have immeasurable qualities of wisdom love and power and are actually present as great guides who care for you

Natural Great Perfection Nyoshul Khenpo, Lama Surya Das, 2009-01-16 Dzogchen is the consummate practice of Tibetan Buddhism A pure awareness practice applicable to any circumstance and readily integrated into modern life Dzogchen directly introduces us to the inherent freedom purity and perfection of being that is our true nature Natural Great Perfection is an inspiring collection of teachings providing the deepest possible insight into the practice of the Dzogchen path The teachings are followed by a collection of spontaneous vajra songs composed in the tradition of Milarepa as the delightful play of wisdom

consciousness **Practicing the Great Perfection** Shechen Gyaltsap IV, 2020-06-02 A collection of essential instructions on the practice of Dzogchen or The Great Perfection from one of the great early 20th century Buddhist masters Shechen Gyaltsap 1871 1926 was widely recognized as one of the greatest meditation masters and most compassionate bodhisattvas in the history of Tibetan Buddhism He lived a life of complete devotion and commitment to monastic discipline and study and became the root teacher of Dilgo Khyentse Rinpoche who said of Shechen Gyaltsap s teachings that they were worth more than all the gold in the entire world This collection intended for the advanced Buddhist practitioner who has received initiation from a qualified master provides the essential instructions of Dzogchen or Great Perfection practice Written with a clear simplicity that belies their profundity the teachings give practical and pointed advice on how students should meditate and behave in ordinary life The work begins with an extensive reflection on the problem of self clinging and the analytical meditation designed to uproot it and proceeds to more specific instructions for the mind practice itself **Being Human and a Buddha Too** Anne Klein, 2023-08-15 In writing that sparkles and inspires Anne Klein Lama Rigzin Drolma shows us how to liberate our buddha nature to be both human and a buddha too This first volume in the House of Adzom series centers on Longchenpa s seven trainings in bodhicitta our awakened mind the ultimate purpose of our practice and training Anne Klein s original composition masterfully weaves in Adzom Paylo Rinpoche s commentary and Jigme Lingpa s five pith practices and commentary on the trainings in keeping with Longchenpa s skillful integration of sutra tantra and Dzogchen to resolve our most challenging questions about what awakening involves and how it relates to the truth of our human situation right now As foundational teachings for Dzogchen practitioners the seven trainings are framed as contemplations on impermanence the adventitiousness of happiness and its short duration the multiple causes of death the meaninglessness of our worldly activities reliance on the Buddha s good qualities the teacher s pith instructions and ultimately nonconceptual meditation on bliss and emptiness clarity and emptiness and reality itself **Treasury of Precious Qualities: Book One** Longchen Yeshe Dorje, Jigme Lingpa, 2010-04-20 This book is a translation of the first part of Jigme Lingpa s Treasury of Precious Qualities which in a slender volume of elegant verses sets out briefly but comprehensively the Buddhist path according to the Nyingma school The concision of the root text and its use of elaborate poetic language rich in metaphor require extensive explanation amply supplied here by the commentary of Kangyur Rinpoche The present volume lays out the teachings of the sutras in gradual stages according to the traditional three levels or scopes of spiritual endeavor It begins with essential teachings on impermanence karma and ethics Then from the Hinayana standpoint it describes the essential Buddhist teachings of the four noble truths and the twelve links of dependent arising Moving on finally to the Mahayana perspective it expounds fully the teachings on bodhicitta and the path of the six paramitas and gives an unusually detailed exposition of Buddhist vows

Reviewing **The Yeshe Lama Jigme Lingpas Dzogchen Atiyoga Manual**: Unlocking the Spellbinding Force of Linguistics

In a fast-paced world fueled by information and interconnectivity, the spellbinding force of linguistics has acquired newfound prominence. Its capacity to evoke emotions, stimulate contemplation, and stimulate metamorphosis is really astonishing. Within the pages of "**The Yeshe Lama Jigme Lingpas Dzogchen Atiyoga Manual**," an enthralling opus penned by a very acclaimed wordsmith, readers set about an immersive expedition to unravel the intricate significance of language and its indelible imprint on our lives. Throughout this assessment, we shall delve to the book is central motifs, appraise its distinctive narrative style, and gauge its overarching influence on the minds of its readers.

<https://ftp.barnabastoday.com/data/Resources/Documents/toy%20cannon%20the%20autobiography%20of%20baseballs%20jimmy%20wynn.pdf>

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The Yeshe Lama Jigme Lingpas Dzogchen Atiyoga Manual Introduction

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