

TILOPA'S
MAHAMUDRA UPADESHA
The Gangama Instructions with Commentary



SANGYES NYENPA

Translated by David Molk

Tilopas Mahamudra Upadesha The Gangama Instructions With Commentary

Jamgon Kongtrul



Tilopa's Mahamudra Upadesha The Gangama Instructions With Commentary:

Tilopa's Mahamudra Upadesha Sangyes Nyenpa Rinpoche, 2025-11-04 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 *Tilopa's Wisdom* Khenchen Thrangu, 2019-12-31 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 **Moonbeams of Mahamudra** Dakpo Tashi Namgyal, 2019-03-12 A new translation of Tibet's most important manual for Mah mudr view and meditation This classic Buddhist work written in the sixteenth century comprehensively presents the entire scope of the Tibetan Kagyu Mah mudr 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 Mah mudr 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 Mah mudr along with the Ninth Karmapa Wangchuk Dorje's *Dispelling the Darkness of Ignorance* are to this day some of the most studied texts on Mah mudr 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 Mah mudr teachings in a modern context *Llewellyn's Complete Book of Meditation* Shai Tubali,2025-08-05 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 Wondrous Ocean of Eloquence Taklungpa Ngawang Namgyel,2025-05-20 A comprehensive history of the Taklung Kagyu 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 Kagyu 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 Kagyu 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

Jonang: The One Hundred and Eight Teaching Manuals Jamgon Kongtrul, 2021-01-26 Jamgon Kongtrul Lodr 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 Lodr 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

The Transformative Philosophical Dialogue Shai Tubali, 2023-09-25 This book explores dialogue as a transformative form of philosophical practice by unveiling the method behind the unique dialogue developed by mystic and thinker Jiddu Krishnamurti 1895-1986 While Krishnamurti himself generally rejected the cultivation of systems and techniques Shai Tubali argues that there are easily identifiable patterns through which Krishnamurti strove to realize his dialogical aims For this reason he refers to this method whose existence has evaded Krishnamurti's followers and scholars alike as the Krishnamurti dialogue He suggests that these discursive patterns serve to broaden our understanding of the possibilities of philosophical and religious dialogues and further illuminate established forms of dynamic discourse such as the Socratic method Inspired by Pierre Hadot's revolutionary reading of the classical Greco-Roman texts the author centers his attention on Plato's Socratic dialogues and the guru-disciple conversations in the Hindu Upanishads which fall within the scope of what may be termed the transformative dialogue dialogues that have been written with the intention of bringing about a transformation in the mind of the interlocutor and reader and reorienting their way of life This text appeals to students as well as researchers and suggests that the Krishnamurti dialogue is not only a continuation and development of the transformative dialogue but that it also amalgamates ingredients of classical Western philosophy and South Asian mysticism Moreover this type of dialogue encourages readers to revisit the lost practice of transformative philosophy in that

it reveals new pathways of philosophical and religious inquiry that bear thought provoking practical implications

Kun-mkhyen Pad-ma dKar-po's Amitayus Tradition of Vajrayana Buddhist Transformative Care Bhikshuni Lozang Trinlae, 2017 The book opens fresh ground in Buddhist studies and practical theology by applying phenomenological research methods to empirically discern transformative aspects of contemplative experience using reports elicited directly from contemporary practitioners The work portrays the experiences of performing Kun mkhyen Pad ma dKar po's 16th c ritual in a practice tradition attributed to the 12th c female Indian teacher Siddharaj i Preliminary spiritual care and contemplative factor models are presented along with a detailed theoretical process analysis of positive spiritual development as a method of spiritual care through the contemplative action of the liturgy Bhikshuni Lozang Trinlae is a fully ordained Buddhist monastic contemplative practical theologian and chaplain Founder of Mahaprajapati Vihar hermitage in Solukhumbu Nepal her scholarly work is in the areas of contemplative studies and hermeneutics of lived religion and it explores the epistemological and transformative characteristics of religious experience Series Pastoral Care and Spiritual Healing Spiritualit t interkulturell Vol 6 Subject Buddhist Studies Pastoral Care **Marpa Kagyu, Part One** Jamgon Kongtrul Lodro Taye, 2023-03-28 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 Jamg n Kongtrul Lodr 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 Ch kyi Lodr of Lhodrak who traveled to India to study the s'tras and tantras with many scholar siddhas the foremost being N'ropa and Maitr'pa The first part of this volume contains source texts on mah mudr and the six dharmas by such famous masters as Saraha and Tilopa The second part begins with a collection of s'dhanas and abhisekas 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 **Sacred Places, Sacred Teachings** Khenchen Konchog Gyaltsen, 2025-02-18 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 Gyaltsen 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

The Top Books of the Year Tilopas Mahamudra Upadesha The Gangama Instructions With Commentary The year 2023 has witnessed a remarkable surge in literary brilliance, with numerous compelling novels enthralling the hearts of readers worldwide. Lets delve into the realm of top-selling books, exploring the captivating narratives that have enthralled audiences this year. Tilopas Mahamudra Upadesha The Gangama Instructions With Commentary : Colleen Hoovers "It Ends with Us" This touching tale of love, loss, and resilience has captivated readers with its raw and emotional exploration of domestic abuse. Hoover masterfully weaves a story of hope and healing, reminding us that even in the darkest of times, the human spirit can prevail. Tilopas Mahamudra Upadesha The Gangama Instructions With Commentary : Taylor Jenkins Reids "The Seven Husbands of Evelyn Hugo" This intriguing historical fiction novel unravels the life of Evelyn Hugo, a Hollywood icon who defies expectations and societal norms to pursue her dreams. Reids compelling storytelling and compelling characters transport readers to a bygone era, immersing them in a world of glamour, ambition, and self-discovery. Tilopas Mahamudra Upadesha The Gangama Instructions With Commentary : Delia Owens "Where the Crawdads Sing" This evocative coming-of-age story follows Kya Clark, a young woman who grows up alone in the marshes of North Carolina. Owens crafts a tale of resilience, survival, and the transformative power of nature, entrancing readers with its evocative prose and mesmerizing setting. These popular novels represent just a fraction of the literary treasures that have emerged in 2023. Whether you seek tales of romance, adventure, or personal growth, the world of literature offers an abundance of captivating stories waiting to be discovered. The novel begins with Richard Papen, a bright but troubled young man, arriving at Hampden College. Richard is immediately drawn to the group of students who call themselves the Classics Club. The club is led by Henry Winter, a brilliant and charismatic young man. Henry is obsessed with Greek mythology and philosophy, and he quickly draws Richard into his world. The other members of the Classics Club are equally as fascinating. Bunny Corcoran is a wealthy and spoiled young man who is always looking for a good time. Charles Tavis is a quiet and reserved young man who is deeply in love with Henry. Camilla Macaulay is a beautiful and intelligent young woman who is drawn to the power and danger of the Classics Club. The students are all deeply in love with Morrow, and they are willing to do anything to please him. Morrow is a complex and mysterious figure, and he seems to be manipulating the students for his own purposes. As the students become more involved with Morrow, they begin to commit increasingly dangerous acts. The Secret History is a brilliant and thrilling novel that will keep you guessing until the very end. The novel is a cautionary tale about the dangers of obsession and the power of evil.

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