



# The Six Yogas of Naropa

Tsongkhapa's commentary entitled  
A Book of Three Inspirations:  
A Treatise on the Stages of Training  
in the Profound Path of Naro's Six Dharmas  
commonly referred to  
as The Three Inspirations.

Translated, edited and introduced by *Glenn H. Mullin*

# Six Yogas Of Naropa Tsongkhapas Commentary Entitled A Of Three Inspirations

**Tsong-kha-pa**



## **Six Yogas Of Naropa Tsongkhapas Commentary Entitled A Of Three Inspirations:**

**The Six Yogas of Naropa** Glenn H. Mullin, 2014-05-13 Tsongkhapa's commentary entitled *A Book of Three Inspirations* A Treatise on the Stages of Training in the Profound Path of Naropa's Six Dharmas is commonly referred to as *The Three Inspirations*. Anyone who has read more than a few books on Tibetan Buddhism will have encountered references to the Six Yogas of Naropa, a preeminent yogic technology system. The six practices: inner heat, illusory body, clear light, consciousness transference, forceful projection, and bardo yoga, gradually came to pervade thousands of monasteries, nunneries, and hermitages throughout Central Asia over the past five and a half centuries. *The Six Yogas of Naropa* Tsong-kha-pa, 2005-10-04 Tsongkhapa's commentary entitled *A Book of Three Inspirations* A Treatise on the Stages of Training in the Profound Path of Naropa's Six Dharmas is commonly referred to as *The Three Inspirations*. Anyone who has read more than a few books on Tibetan Buddhism will have encountered references to the Six Yogas of Naropa, a preeminent yogic technology system. The six practices: inner heat, illusory body, clear light, consciousness transference, forceful projection, and bardo yoga, gradually came to pervade thousands of monasteries, nunneries, and hermitages throughout Central Asia over the past five and a half centuries. [The Extremely Secret Dakini of Naropa](#) Dechen Nyingpo Pabongkha, 2020-06-09 A thorough and sparkling translation of an essential commentary on one of the most profound practices of Tibetan Buddhism. *The Extremely Secret Dakini of Naropa* has become the basis for almost every subsequent Vajrayogini commentary in the Gelug tradition. Kyabje Pabongkha's commentary is both very thorough in its presentation and deeply inspiring, providing rich detail on essential elements of Vajrayogini practice: all eleven yogas of the generation stage, the transference of consciousness, tsok, offering, left-sided conduct, and many other auxiliary practices. There is also a stunning explanation of the completion stage that provides many extraordinarily profound methods unique to the practice of Vajrayogini. The second half of the book contains several sadhanas for the practice of Vajrayogini, including six-session guru yoga, as well as two sadhanas on the transference of consciousness. This is a teaching that practitioners can use to transform themselves into a buddha, like the artists who shape beautiful images out of raw materials. Gelek Rimpoche **The Blazing Inner Fire of Bliss and Emptiness** David Gonsalez, 2024-05-28 A set of commentaries that present some of the most rarefied and secret teachings within Tibetan Buddhism from the perspective of the Dalai Lama's Gelug school. *The Blazing Inner Fire of Bliss and Emptiness* presents lucid translations of a pair of detailed commentaries by the famed Tibetan tantric master Ngulchu Dharmabhadra (1772-1851), illuminating a set of extremely secret and restricted tantric practices of highest yoga tantra. The first of these commentaries details the practices of the Six Yogas of Naropa, one of the most celebrated and revered systems of completion stage practice in Tibet. Dharmabhadra presents the Six Yogas by elaborating upon Lama Tsongkhapa's 1357-1419 masterpiece on the subject, entitled *Endowed with the Three Inspirations*, which served as the basis for nearly all subsequent commentaries on the Six Yogas within the Gelug tradition. Ngulchu Dharmabhadra's commentary is unique in

that it presents the Six Yogas within the context of Vajrayogini practice making this book a perfect companion piece to The Extremely Secret Dakini of Naropa Wisdom Publications 2020 Also contained in this book is Ngulchu Dharmabhadra's lucid and concise commentary on the First Panchen Lama's 1570-1662 famous Supplication for Liberation from Fear of the Perilous Journey of the Intermediate State The prayer a beautiful literary contribution from the First Panchen Lama in its own right invokes the immediacy of death and the potential to use the process of dying as an opportunity for liberation The prayer extols the efficacy of the nine mixings of the completion stage as direct means of transforming our ordinary death process by using advanced yogas presented in the first commentary on the Six Yogas Together these works present the reader with a vast and profound vision of spiritual transformation one in which every aspect of human experience can be used as an opportunity for transcendence and spiritual liberation

### **Dreamworlds of Shamanism and Tibetan**

**Buddhism** Angela Sumegi, 2008-05-08 Dreamworlds of Shamanism and Tibetan Buddhism explores the fertile interaction of Buddhism shamanism and Tibetan culture with the subject of dreaming In Tibetan Buddhist literature there are numerous examples of statements that express the value of dreams as a vehicle of authentic spiritual knowledge and at the same time dismiss dreams as the ultra illusions of an illusory world Examining the third place from the perspective of shamanism and Buddhism Angela Sumegi provides a fresh look at the contradictory attitudes toward dreams in Tibetan culture Sumegi questions the longstanding interpretation that views this dichotomy as a difference between popular and elite religion and theorizes that a better explanation of the ambiguous position of dreams can be gained through attention to the spiritual dynamics at play between Buddhism and an indigenous shamanic presence By exploring the themes of conflict and resolution that coalesce in the Tibetan experience and examining dreams as a site of dialogue between shamanism and Buddhism this book provides an alternate model for understanding dreams in Tibetan Buddhism

### **Tibetan Buddhism and Mystical**

**Experience** Yaroslav Komarovski, 2015 This book links Tibetan Buddhist polemics regarding the realization of ultimate reality with contemporary debates around mystical experience Komarovski demonstrates how the realization of reality as understood by Tibetan thinkers both resembles and challenges the idea of unmediated mystical experience

**The Blazing Inner Fire of Bliss and Emptiness** Dngul-chu Dharmabhadra, 2024-05-28 A set of commentaries that present some of the most rarefied and secret teachings within Tibetan Buddhism from the perspective of the Dalai Lama's Gelug school The Blazing Inner Fire of Bliss and Emptiness presents lucid translations of a pair of detailed commentaries by the famed Tibetan tantric master Ngulchu Dharmabhadra 1772-1851 illuminating a set of extremely secret and restricted tantric practices of highest yoga tantra The first of these commentaries details the practices of the Six Yogas of Naropa one of the most celebrated and revered systems of completion stage practice in Tibet Dharmabhadra presents the Six Yogas by elaborating upon Lama Tsongkhapa's 1357-1419 masterpiece on the subject entitled Endowed with the Three Inspirations which served as the basis for nearly all subsequent commentaries on the Six Yogas within the Gelug tradition Ngulchu Dharmabhadra's commentary is

unique in that it presents the Six Yogas within the context of Vajrayogini practice making this book a perfect companion piece to The Extremely Secret Dakini of Naropa Wisdom Publications 2020 Also contained in this book is Ngulchu Dharmabhadra's lucid and concise commentary on the First Panchen Lama's 1570-1662 famous Supplication for Liberation from Fear of the Perilous Journey of the Intermediate State The prayer a beautiful literary contribution from the First Panchen Lama in its own right invokes the immediacy of death and the potential to use the process of dying as an opportunity for liberation The prayer extols the efficacy of the nine mixings of the completion stage as direct means of transforming our ordinary death process by using advanced yogas presented in the first commentary on the Six Yogas Together these works present the reader with a vast and profound vision of spiritual transformation one in which every aspect of human experience can be used as an opportunity for transcendence and spiritual liberation

**Dreams of Awakening** Charlie Morley, 2013-11-04 THIS BOOK IS FOR ALL THOSE WHO WANT TO WAKE UP BOTH IN THEIR DREAMS AND WAKING LIVES Dreams of Awakening is a thorough and exciting exploration of lucid dreaming theory and practice within both Western and Tibetan Buddhist contexts It not only explores lucid dreaming practices but also the innovative new techniques of Mindfulness of Dream and Sleep the holistic approach to lucidity training which the author co created The book is based on over 12 years of personal practice and the hundreds of lucid dreaming workshops which Charlie has taught around the world in venues as diverse as Buddhist temples and dance music festivals Using a three part structure of Ground Path and Germination the reader is given a solid grounding in the history and benefits of lucid dreaming cutting edge research from dream and sleep scientists entering the path of learning to do the practices prophetic dreams lucid living out of body experiences and quantum dreaming Although Dreams of Awakening presents many different angles on how to make the 30 years we spend asleep more worthwhile the fundamental aim of the book is to teach people how to lucid dream their way to psychological and spiritual growth This book is for all those who want to wake up both in their dreams and waking lives

*Dreams of Awakening (Revised Edition)* Charlie Morley, 2024-08-27 Embark on your journey to psychological and spiritual growth with this revised edition of Charlie Morley's bestselling exploration of the practice and benefits of lucid dreaming Dreams of Awakening is a thorough and exciting exploration of lucid dreaming theory and practice within both Western and Tibetan Buddhist contexts This revised edition includes up to date scientific research new sections on the use of lucid dreaming to aid the treatment of anxiety panic attacks nightmares and healing your inner child together with brand new techniques for day and night time practice Charlie distils wisdom from more than 20 years of personal practice and the lucid dreaming workshops he has taught around the world Using a three part structure of Ground Path and Germination you'll learn the history and transformative benefits of lucid dreaming techniques for lucid dreaming your way to psychological and spiritual growth the latest research into the application of lucid dreaming for healing how to rewire your brain to create new positive mind states while you sleep This book is for all those who want to wake up to their true potential both in their

dreams and their waking lives      **Yoga and Phenomenology on Consciousness** Giulia Moiraghi, 2025-08-01 Brings yogic traditions into dialogue with current philosophical and scientific research on consciousness In this book philosopher and yoga practitioner Giulia Moiraghi brings yoga into dialogue with current debates on consciousness in analytic philosophy and cognitive science The book explores embodiment's role in revealing a typically overlooked dimension of consciousness the horizon consciousness Bringing major thinkers in phenomenology together with the classical texts of yogic traditions as well as the author's own firsthand experience the book argues that yoga across all the centuries and in its diversity of practices points toward a common core that should not be left to an archaeological domain of study but should be integrated into ongoing philosophical research on consciousness By helping the reader understand the relevance of key phenomenological concepts to the practice and actualization of yoga the book provides a concise and agile tool for general practitioners in the contemplative field and for scholars in consciousness studies Indian studies philosophy psychology and cognitive science

**Journey through the Visible and Invisible Cosmos** Antti Savinainen, 2025-03-07 This book presents unique perspectives on esoteric ethics the afterlife reincarnation and the law of karma Its approach is deeply rooted in Finnish Rosicrucian Theosophy a blend of Theosophy esoteric Christianity and the esotericism of the Finnish national epic the Kalevala This unique blend of influences forms the backdrop of our exploration In addition the book shows a good deal of scientific evidence for the reality of the afterlife and reincarnation      **Cross-Cultural Perspectives on Hagiographical**

**Strategies** Massimo A. Rondolino, 2017-01-12 This book examines the potential of conducting studies in comparative hagiology through parallel literary and historical analyses of spiritual life writings pertaining to distinct religious contexts In particular it focuses on a comparative analysis of the early sources on the medieval Christian Saint Francis of Assisi 1182 1226 and the Tibetan Buddhist Milarepa c 1052 1135 up to and including the so called standard versions of their life stories written by Bonaventure of Bagnoregio 1221 1274 and Tsangnyen Heruka 1452 1507 respectively The book thus demonstrates how in the social and religious contexts of both 1200s Italy and 1400s Tibet narratives of the lives deeds and teachings of two individuals recognized as spiritual champions were seen as the most effective means to promote spiritual doctrinal and political agendas Therefore as well being highly relevant to those studying hagiographical sources this book will be of interest to scholars working across the fields of religion and the comparative study of religious phenomena as well as history and literature in the pre modern period      **Tantra** Tashi Tsering, 2012-07-03 There are a great many books now available

describing the complex rituals and esoteric significance of the ancient practices of Buddhist tantra But none take the friendly helpful approach of Geshe Tashi Tsering's Foundation of Buddhist Thought series Understanding the many questions Westerners have upon first encountering tantra's colorful imagery and veiled language Geshe Tsering gives straight talk about deities initiations mandalas and the various stages of tantric development He even goes through a simple tantric compassion practice written by the Dalai Lama using it to unpack the building blocks common to all such visualization

techniques Tantra is a fitting conclusion to the folksy and practical wisdom in the Foundation of Buddhist Thought series

**Being - In Every Moment of Our Lives** Alain Duhayon, 2023-04-20 Spiritual Practice and Daily Life s Collection The aim of this collection of essays is to bring together themes that were developed during lectures and teaching sessions These teachings respond to the questions of practitioners who encountered obstacles in their daily life and in their practice Although these themes are approached in a Buddhist framework they may also be of interest to anyone seeking responses to the difficulties of daily life in a turbulent modern world The first book in this collection *Petits galets sur le chemin* Small Pebbles on the Path not translated into English provided an overview of a path by answering questions asked by both beginners and experienced practitioners *Dreaming Yourself Awake* B. Alan Wallace, Brian Hodel, 2012-05-29 An accessible look at the ways we can access the hidden adventures within our dreams and stretch our imaginations into the realm of enlightenment through lucid dreaming and dream yoga San Francisco Book Review Some of the greatest of life s adventures can happen while you re sound asleep That s the promise of lucid dreaming which is the ability to alter your own dream reality any way you like simply by being aware of the fact that you re dreaming while you re in the midst of a dream There is a range of techniques anyone can learn to become a lucid dreamer and this book provides all the instruction you need to get started But B Alan Wallace also shows how to take the experience of lucid dreaming beyond entertainment to use it to heighten creativity to solve problems and to increase self knowledge He then goes a step further moving on to the methods of Tibetan Buddhist dream yoga for using your lucid dreams to attain the profoundest kind of insight **Religion, Medicine and the Human Embryo in Tibet** Frances Garrett, 2008-04-24 This book explores the cultural history of embryology in Tibet in culture religion art and literature Filling a significant gap this is the first in depth exploration of Tibetan medical history in the English language It examines embryological narratives in relation to turning points in Tibetan medical history and its relationship with religious doctrine and practice *Tsongkhapa's Six Yogas of Naropa* Tsong-kha-pa Blo-bzang-grags-pa, 1996 Regarded as one of the finest discussions on the subject to come out of Tibet *Dreaming Through Darkness* Charlie Morley, 2021-09-21 The shadow is made up of all that we hide from others our shame our fears and our wounds but also our divine light our blinding beauty and our hidden talents The shadow is a huge source of benevolent power and creativity but until we bring it into the light this power will remain untapped and our full potential unreached In this transformative book lucid dreaming teacher Charlie Morley guides you into the dazzling darkness of the shadow and shows you how to unlock the inner gold within Using ancient methods from Tibetan Buddhism alongside contemporary techniques and Western psychology he reveals how to use lucid dreaming meditation shamanic mask work creative writing and spiritual practice to help you to befriend your shadow with loving kindness heal your mind and open your heart to your highest potential This book reveals What the shadow is and how we create and project it The different types of shadow including the golden shadow the ancestral shadow and the sexual shadow Exercises visualizations and meditations to connect deeply with

and transform your shadows The life changing benefits of shadow integration including increased energy authenticity and spiritual growth How to lucid dream and lucidly call forth your golden shadow and embrace it with love Through over 30 practical exercises this book will take you on a life changing journey into the heart of spiritual transformation The light you ll find there is brighter than you could ever imagine      *Advances in Contemplative Psychotherapy* Joseph Loizzo, Emily J. Wolf, Miles Neale, 2017-05-08 *Advances in Contemplative Psychotherapy* offers mental health professionals of all disciplines and orientations the most comprehensive and rigorous introduction to the state of the art and science in integrating mindfulness compassion and embodiment techniques It brings together clinicians and thinkers of unprecedented caliber featuring some of the most eminent pioneers in a rapidly growing field The array of contributors represents the full spectrum of disciplines whose converging advances are driving today s promising confluence of psychotherapy with contemplative science This historic volume expands the dialogue and integration among neuroscience contemplative psychology and psychotherapy to include the first full treatment of second and third generation contemplative therapies based on advanced meditation techniques of compassion training and role modeled embodiment *Advances in Contemplative Psychotherapy* offers the most profound and synoptic overview to date of one of the most intriguing and promising fields in psychotherapy today      *Ani's Asylum* Marian Huntington Schinske, 2010-03-24 *Ani's Asylum* is a true story about a Tibetan Buddhist refugee fictitiously called Ani After escaping from Chinese occupied Tibet Ani eventually arrives in Northern California to seek refuge for herself and her daughter Ani s teacher the eminent Arjia Rinpoche introduces her to the author The two women travel the path toward asylum together



## **Six Yogas Of Naropa Tsongkhapas Commentary Entitled A Of Three Inspirations** Book Review: Unveiling the Magic of Language

In a digital era where connections and knowledge reign supreme, the enchanting power of language has become more apparent than ever. Its capability to stir emotions, provoke thought, and instigate transformation is actually remarkable. This extraordinary book, aptly titled "**Six Yogas Of Naropa Tsongkhapas Commentary Entitled A Of Three Inspirations**," written by a very acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound effect on our existence. Throughout this critique, we shall delve in to the book is central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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### **Six Yogas Of Naropa Tsongkhapas Commentary Entitled A Of Three Inspirations Introduction**

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