



The Life of the Mahāsiddha Tilopa



Mar-pa Chos-kyi bLo-gros

The Life Of The Mahasiddha Tilopa

WJ Hussar



The Life Of The Mahasiddha Tilopa:

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. *The Life of the Mahāsiddha Tilopa* Mar-pa Chos-kyi-blo-gros, 1995 Thought of have been composed in the 11th century by the renowned Tibetan yogi Marpa Lotsawa is a compelling account of the complete liberation of the guru of Naropa and belongs to the genre of Buddhist hagiology. As such, it will be of interest to followers of the Kagyud school of Tibetan Buddhism as well as to those who are fascinated by the lives of the Buddhist saints and masters. This fine translation is presented in a vivid and accessible manner, and the translators have included a transliteration of the original Tibetan text for scholars who wish to study this early biography of Tilopa in both languages. Courtesans and Tantric Consorts Serinity Young, 2004 The wisest teachings of Buddhism say that like all oppositions, one must move beyond gender. But as Serinity Young shows in this enlightening work, the rhetoric of Buddhist texts, the symbolism of its iconography, and the performative import of its rituals tell different and often contradictory stories. In *Courtesans and Tantric Consorts*, Serinity Young takes the reader on a journey through more than 2000 years of biographical writings, iconographic depictions, and ritual practices, revealing Buddhism's deep struggles with gender. Juxtaposing empowering images of women with their textual repudiation, beginning with the Buddha himself who abandoned his wife, tantric courtesans who are considered necessary to male enlightenment with fertility rituals designed to ensure male offspring, tales of gender-bending gods and goddesses with all-male heavens, Serinity Young draws on a vast range of sources to reveal the colourful and often troubling mosaic of beliefs that inform Buddhist views about gender and sexuality. *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 **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 **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 The Biographies of Rechungpa Peter Alan Roberts,2007-03-12 This book traces the lifestory of Rechungpa 1084-1161 the student of the famous teacher Milarepa using rare and little known manuscripts and discovers how the image of both Milarepa and Rechungpa underwent fundamental transformations over a period of over three centuries Peter Alan Roberts compares significant episodes in the life of Rechungpa as portrayed in a succession of texts and thus demonstrates the evolution of Rechungpa's biography This is the first survey of the surviving literature which includes a detailed analysis of their dates authorship and

interrelationships It shows how Rechungpa was increasingly portrayed as a rebellious volatile and difficult pupil as a lineage from a fellow pupil prospered to become dominant in Tibet Written in a style that makes it accessible to broad readership Roberts book will be of great value to anyone with an interest in the fields of Tibetan literature history or religion

Naropa's Wisdom Khenchen Thrangu, 2020-01-21 Accessible and practical teachings on the life of Naropa with verse by verse commentary on his two most important Mahamudra songs by a contemporary Karma Kagyu master Naropa is one of the accomplished lineage holders of the Mahamudra tradition of Tibetan Buddhism In this book Khenchen Thrangu Rinpoche a beloved Mahamudra teacher first tells the extraordinary story of Naropa s life and explains its profound lessons He follows this with lucid and practical commentaries on two of Naropa s songs of realization explaining their 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 *Guide to the Bodhisattva's Way of Life Volume 6* , Living Life Fully Bill Karelis, 2013-01-08 We are all imprisoned by the projections of our minds and we all have the power to free ourselves To gain this freedom we must do three things know that we are imprisoned investigate how we entrap ourselves and discover how to overcome our habitual patterns The discipline of the sitting practice of meditation can lead us through such a process Meditation doesn t have to be heavy or ambitious We don t have to cultivate the self image of being spiritual people Rather by forming a simple direct and honest relationship with ourselves and our world we discover a rich and full path no matter what our life situation Cultivating decency and gentleness is always possible And doing so makes a genuine life

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