

Moonbeams Of Mahamudra Tsadra

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Delve into the profound wisdom embodied by 'Moonbeams Of Mahamudra Tsadra,' an illuminating resource for understanding core Tibetan Buddhism principles. This content explores the ultimate insights of Mahamudra, offering clarity and guidance for practitioners. Supported by the Tsadra Foundation, it serves as a beacon of Buddhist wisdom for those on the path to spiritual enlightenment.

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Moonbeams of Mahamudra

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.

Moonbeams of Mahamudra

The Mahamudra path of direct perception is the pre-eminent method of the Dakpo Kagyu tradition. This definitive manual systematically explains its approach to meditation, complete with definitions, pointing-out instructions, and advice for the many pitfalls and errors that beset practitioners. Central to these errors is our failure to acknowledge the difference between understanding and experience, and our tendency to fixate on meditative experiences and mistake them for realization. This translation conveys the freshness and immediacy of these instructions. Belonging to the generation of teachers to first bring Tibetan Buddhism across cultures, Traleg Kyabgon (1955-2012) presents these Mahamudra instructions in a direct, relaxed, and intimate style.

Mah mudr

Mahamudra is the first English translation of a major Tibetan Buddhist presentation of the theory and practice of meditation-a manual detailing the various stages and practices for training the advanced student. The original Tibetan text of nearly 800 pages was composed by Takpo Tashi Namgyal (1512-1587), a great lama and a scholar of the kagyu sect of Tibetan Buddhism. His text is so vast and thorough in scope that it is still the primary source used by living Tibetan meditation masters in instructing their disciples. The first major text representing the meditational methods of both mahayana

and vajrayana Buddhism to appear in English, Mahamudra is an invaluable guide for advanced students, scholars, and Buddhist practitioners. Mahamudra is the first English translation of a major Tibetan Buddhist presentation of the theory and practice of meditation—a manual detailing the various stages and practices for training the advanced student. The original Tibetan text of student. The original Tibetan text of nearly 800 pages was composed by Takpo Tashi Namgyal (1512-1587) a great lama and a scholar of the Kagyu sect of Tibetan Buddhism. The first major text representing the meditational methods of both mahayana and vajrayana Buddhism to appear in English. Mahamudra is an invaluable guide for advanced students, scholars, and Buddhist practitioners.

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The Mahamudra Eliminating the Darkness of Ignorance & Fifty Stanzas of Guru-Devotion

Mah mudr or the great Seal, refers to a Mahayana Buddhist system of meditation on nature of the mind and is undertaken for realising Enlightenment. Taught by Buddha manifesting in the form of Vajradhara, its lineage was passed in India from Tilopa to Naropa to Marpa, and then in Tibet to Mila-repa and Gampa-pa, author of The Jewel Ornament of Liberation. The specific lineage represented here is that of the Karma Ka-gyü which passed from Gampo-pa to the First Karmapa and then through successive Gurus until the present day. This text by the Ninth Karmapa (1556-1603) is one of the most famous expositions of this meditational system. It covers both the preliminary practices as well as the actual Mah mudr meditations of mental quiescence (samatha) and penetrative insight (Vipasyana). Explaining the stages and paths as travelled in this system, it represents a complete path to Enlightenment. Accompanying the root text is a commentary given orally by Beru Khyentse Rinpoche, based on the teachings of his Guru, His Holiness the Sixteenth Karmapa. As a proper relation with a Guru is essential for realising Mah mudr , also included is the basic text on Guru-devotion by the first century B.C. Indian Master A[vaghosa] with an oral commentary by Geshe Ngawang Dhargyey. This work is published under the auspices of the Library of Tibetan Works and Archives of His Holiness the Dalai Lama to make available living teachings from the many traditions of Buddhism as preserved in Tibet.

Clarifying the Natural State

A Buddhist Classic A practical manual for both teacher and student alike, Clarifying the Natural State covers the path from mindfulness to complete enlightenment, simply and methodically. Presenting the profound and ultimate instructions of Mahamudra, it embodies the realization of India and Tibet's greatest masters. The words of Dakpo Tashi Namgyal are unique. Adorned with plenty of pithy advice out of his personal experience, practitioners are greatly benefited by his instructions on how to remove hindrances and progress further. His methods for practicing Mahamudra are preeminent. This book is indispensable as it focuses exclusively on practice. -Khenchen Thrangu Rinpoche Elevate your experience and remain wide open like the sky. Expand your mindfulness and remain pervasive like the earth. Steady your attention and remain unshakable like a mountain. Brighten your awareness and remain shining like a flame. Clear your thought free wakefulness and remain lucid like a crystal. - Dakpo Tashi Namgyal 16th Century

The Ninth Karmapa's Ocean of Definitive Meaning

The most in-depth and famed text on Mahamudra ever written, The Ocean of Definitive Meaning by the Ninth Karmapa offers a detailed, uniquely comprehensive presentation. Thrangu Rinpoche has distilled

the essence of the Ninth Karmapa's massive text and gives guidance in implementing the instructions. The availability of the translation of this text has traditionally been restricted to advanced students only. However, Khenchen Thrangu Rinpoche has consented to the publication of these core teachings. He believes Mahamudra is especially appropriate for Westerners because it can be realized in the context of virtually any lifestyle, revealing the radiant display of mind.

Heart Advice from a Mahamudra Master

This book is by a Tibetan lama who spent three decades in meditation retreat in Tibet and India and then 22 years teaching Buddhism in Europe. It contains teachings that he considered vital for treading the Buddhist path to liberation, especially for westerners, and that he gave again and again to his Western students. His advice on Buddhist practice is simple and yet profound; it extends from the basics all the way up to the highest teaching of Mahamudra. His words are imbued with an authority and authenticity that comes from having tested these teachings and practices in the fire of his own extraordinary meditative experience. There is no dogma or display of rote learning in this book - everything offered here is heartfelt advice coming from personal experience and constitutes essential fare for the practitioner. The outstanding characteristic of the book is its singular power to inspire the reader to dedicate themselves seriously to Buddhist practice. It will be helpful to newcomers to Buddhism who want a practical and authoritative introduction to its key themes. It will also be of great value to experienced practitioners who will find in it countless gems of advice to help them resolve remaining uncertainties about their Dharma practice. Also included in the book is a lengthy chapter that tells the fascinating tale of Gendun Rinpoche's life and practice in the monasteries and mountains of Tibet, his escape to India, his interactions with the 16th Karmapa, and his powerful impact on his numerous Western students.

Essence of Ambrosia

Essence of Ambrosia is a guide to Buddhist meditation, composed by the prolific and eclectic Tibetan scholar and practitioner Taranatha (1575-1634). Following the lead of Atisha, Taranatha expounds a graduated approach (known as lam rim) to cognitive and meditative development designed to address the needs of three types of person: the person of lesser, average and greater capacity. Taranatha's innovative contribution to this genre is to instruct the student in "contemplation sessions"

Confusion Arises as Wisdom

The Tibetan Buddhist teachings on the freedom that comes from perceiving the emptiness of all phenomena—teachings known collectively by the name Mahamudra—are presented here with remarkable clarity through commentary on a twelfth-century text. The text is "Gampopa's Great Teachings to the Assembly," by Gampopa, the foremost disciple of the legendary figure Milarepa and founder of Tibetan Buddhism's Kagyu school. The commentary is by Ringu Tulku Rinpoche, a contemporary teacher of deep learning and profound practice with a remarkable gift for presenting these traditional teachings in a way that is accessible to Western hearts and minds. Gampopa in his teaching combined the general Mahayana teachings he received from the Kadampa tradition of Atisha with the quintessential Vajrayana teachings, which he received from his teacher, Milarepa. These became the basis of the Kagyu lineage teachings that he founded. This particular text, which includes both Mahayana and Vajrayana teachings, is representative of the classic teachings of the Kagyu tradition in general.

Maitripa

Maitripa (986–1063) is one of the greatest and most influential Indian yogis of Vajrayana Buddhism. The legacy of his thought and meditation instructions have had a profound impact on Buddhism in India and Tibet, and several important contemporary practice lineages continue to rely on his teachings. Early in his life, Maitripa gained renown as a monk and scholar, but it was only after he left his monastery and wandered throughout India as a yogi that he had a direct experience of nonconceptual realization. Once Maitripa awakened to this nondual nature of reality, he was able to harmonize the scholastic teachings of Buddhist philosophy with esoteric meditation instructions. This is reflected in his writings that are renowned for evoking a meditative state in those who have trained appropriately. He eventually became the teacher of many well-known accomplished masters, including Padampa Sangyé and the translator Marpa, who brought his teachings to Tibet. Drawing on Maitripa's autobiographical writings and literary work, this book is the first comprehensive portrait of the life and teachings of this influential

Buddhist master. Klaus-Dieter Mathes also offers the first complete English translation of his teachings on nonconceptual realization, which is the foundation of Mah mudr meditation.

Mahamudra

Mahamudra meditation is simultaneously the most profound of meditative disciplines and the most accessible for modern practitioners. Traditionally passed orally from teacher to disciple, mahamudra instructions point the meditator to the innate perfection of every experience. When it first appeared in 1986, *Mahamudra: The Moonlight - Quintessence of Mind and Meditation* was the first presentation in English of a major Tibetan Buddhist work on meditation. This classic guide was composed in the sixteenth century by an eminent lama of the Kagyu school and is so comprehensive and practical that it is still widely used today as a manual. Divided into two major sections, it presents first the common approach and then the mahamudra approach to tranquility (shamatha) and insight (vipashyana) meditation.

The Treasury of Knowledge: Book One

In Tibetan religious literature, Jamgön Kongtrül's *Treasury of Knowledge* in ten books stands out as a unique, encyclopedic masterpiece embodying the entire range of Buddhist teachings as they were preserved in Tibet. In his monumental *Treasury of Knowledge*, Jamgön Kongtrül presents a complete account of the major lines of thought and practice that comprise Tibetan Buddhism. This first book of *The Treasury* which serves as a prelude to Kongtrul's survey describes four major cosmological systems found in the Tibetan tradition—those associated with the Hinayana, Mahayana, Kalachakra, and Dzogchen teachings. Each of these cosmologies shows how the world arises from mind, whether through the accumulated results of past actions or from the constant striving of awareness to know itself.

The Profound Inner Principles

Moonbeams of Mahamudra presents a direct meditation on the mind that has led thousands of practitioners to complete enlightenment in one lifetime.

Moonbeams of Mahamudra

Collection of Kagyudpa's texts on Mah mudr with oral commentary by Benchen Tenga Rinpoche.

Gampopa's Mahamudra

The Life of Shabkar has long been recognized by Tibetans as one of the masterworks of their religious heritage. Shabkar Tsogdruk Rangdrol devoted himself to many years of meditation in solitary retreat after his inspired youth and early training in the province of Amdo under the guidance of several extraordinary Buddhist masters. With determination and courage, he mastered the highest and most esoteric practices of the Tibetan tradition of the Great Perfection. He then wandered far and wide over the Himalayan region expressing his realization. Shabkar's autobiography vividly reflects the values and visionary imagery of Tibetan Buddhism, as well as the social and cultural life of early nineteenth-century Tibet.

The Life of Shabkar

Describes two journeys: a journey outward to specific pilgrimage places in Eastern Tibet and a journey inward, to the sacred world of tantra, accessible through contemplation and meditation.

Sacred Ground

For many Tibetans, the phrase "the Kadam masters" evokes a spiritual golden age in Tibet—an image of a community of simple monks devoted to humble rectitude in the service of others. These Tibetan masters are particularly famed for their pithy spiritual sayings, poignant utterances that capture essential teachings in digestible bites. The sayings reveal an absence of confusion about what makes for a truly happy life, one grounded in ethics, love, and insight borne of meditation. The teachings of the Kadam masters have spiritually nourished the Tibetan people for nearly a millennium. The Kadampa tradition began in the eleventh century with the arrival in Tibet of the Indian Bengali teacher Atisa, who heralded a large-scale revival of Buddhism there with a return to the basics. Although these Tibetan

teachings emerged nearly a thousand years ago, within a specific historical cultural context, like many of the world's great spiritual teachings, the teachings of the Kadam masters embody wisdom that resonates beyond the boundaries of time, culture, and language. To modern-day Tibetan Buddhists, this volume will offer in an accessible format some of the most loved teachings of the Tibetan tradition. For practitioners of other religious traditions, the texts collected in this special

Wisdom of the Kadam Masters

At the heart of successful Mahamudra practice is the ability to understand the nature of mind. The Ninth Karmapa Wangchuk Dorje (1556–1603) was the acknowledged master of this approach. No more authoritative or useful instructions exist than in his three definitive texts on Mahamudra, of which this easy-to-use manual is the shortest and most practical. *Pointing Out the Dharmakaya* is an indispensable companion to *The Ocean of Definitive Meaning*, the most vast and detailed of the texts. An invaluable guide for Mahamudra practitioners on how to look at the mind, it is clearly laid out so that the instructions are easy to recall and put to use. Brilliant explanations by Khenchen Thrangu Rinpoche make this text vividly relevant for contemporary Western practitioners. For those committed to ascertaining the mind's true nature, checking their experience, and refining and extending their insight, there is no more systematic or comprehensive approach than can be found in this extraordinary set of instructions.

Mahamudra

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.

Pointing Out the Dharmakaya

This “gem of a book” reveals how we can go beyond mindfulness to connect with the ultimate happiness within us and transform our lives (Rick Hanson, *Buddha's Brain*) The true nature of our mind is brilliant, clear, and joyful. But we don't experience this reality amid the swirl of stresses, thoughts, and emotions of day-to-day life. *Our Pristine Mind* is a practical guide to uncovering our naturally comfortable state of mind and reconnecting with the unconditional happiness that is already within us. Using straightforward, accessible language, Orgyen Chowang Rinpoche leads us through the path of *Pristine Mind* meditation, a practice from the profound teachings known as Dzogchen. This book presents the entire journey of meditation, from the very beginning all the way to the complete happiness of enlightenment. It is a realistic, natural process that can be practiced and experienced by anyone.

Tilopa's Wisdom

From the #1 New York Times bestselling author, an extraordinary story of redemption in the darkest of places.

Our Pristine Mind

Bodies in Balance: The Art of Tibetan Medicine is the first comprehensive, interdisciplinary exploration of the triangular relationship among the Tibetan art and science of healing (*Sowa Rigpa*), Buddhism, and arts and crafts. Generously illustrated with more than 200 images, *Bodies in Balance* includes essays on contemporary practice, pharmacology and compounding medicines, astrology and divination, history and foundational treatises. The volume brings to life the theory and practice of this ancient healing art. 2015 Best Art Book Accolade, ICAS Book Prize in the Humanities Category *Bodies in Balance: The Art of Tibetan Medicine* is the first comprehensive, interdisciplinary exploration of the triangular relationship among the Tibetan art and science of healing (*Sowa Rigpa*), Buddhism, and arts and crafts. This book is dedicated to the history, theory, and practice of Tibetan medicine, a

unique and complex system of understanding body and mind, treating illness, and fostering health and well-being. Sowa Rigpa has been influenced by Chinese, Indian, and Greco-Arab medical traditions but is distinct from them. Developed within the context of Buddhism, Tibetan medicine was adapted over centuries to different health needs and climates across the region encompassing the Tibetan Plateau, the Himalayas, and Mongolia. Its focus on a holistic approach to health has influenced Western medical thinking about the prevention, diagnoses, and treatment of illness. Generously illustrated with more than 200 images, *Bodies in Balance* includes essays on contemporary practice, pharmacology and compounding medicines, astrology and divination, history and foundational treatises. The volume brings to life the theory and practice of this ancient healing art.

The Buddhist on Death Row

Tharpa Publications is delighted to announce *The Oral Instructions of Mahamudra Second Edition*. In this special edition, Venerable Geshe-la has made numerous revisions and clarifications to guide the reader ever more confidently through the profound and world-transforming practice of Mahamudra – the very essence of Buddha's teachings of Sutra and Tantra. This precious book reveals the uncommon practice of Tantric Mahamudra of the Ganden Oral Lineage, which the author received directly from his Spiritual Guide, Vajradhara Trijang Rinpoche. It explains clearly and concisely the entire spiritual path from the initial preliminary practices to the final completion stages of Highest Yoga Tantra that enable us to attain full enlightenment in this life.

Bodies in Balance

An accessible commentary by a popular and respected Tibetan Buddhist master opens the door for Westerners to Karma Chagme's classic text that integrates two of the great meditation systems of Tibet: Mahamudra and Dzogchen. This book grows out of an oral teaching that Khenchen Thrangu gave in Crestone, Colorado, on Karma Chagme's text *Meaningful to Behold: The Essential Instructions of the Compassionate One on the Union of Mahamudra and Dzogchen*. Thrangu Rinpoche explains in lucid detail the advanced meditation practices of Mahamudra and Dzogchen and also their similarities and differences, including advice on how to safely perform some of the more advanced Dzogchen practices. Many chapters include his answers to questions from the audience, which give the book an intimate feeling.

The Oral Instructions of Mahamudra

Providing a rare glimpse of feminine Buddhist history, *Niguma, Lady of Illusion* brings to the forefront the life and teachings of a mysterious eleventh-century Kashmiri woman who became the source of a major Tibetan Buddhist practice lineage. The circumstances of her life and extraordinary qualities ascribed to her are analyzed in the greater context of spiritual biography and Buddhist doctrine. More than a historical presentation, *Niguma's* story raises the question of women as real spiritual leaders versus male images of feminine principle and other related contemporary issues. This volume includes the thirteen works that have been attributed to Niguma in the Tibetan Buddhist canon. These collected works form the basis of an ancient lineage Shangpa, which continues to be actively studied and practiced today. These works include the source verses for such esoteric practices as the Six Yogas, the Great Seal, and the Chakrasamvara and Hevajra tantric practices that are widespread in Tibetan traditions. Also included is the only extant biography, which is enhanced by the few other sources of information on her life and work.

Luminous Clarity

The Library Of Tibetan Classics is a special series being developed by The Institute of Tibetan Classics to make key classical Tibetan texts part of the global literary and intellectual heritage. Eventually comprising thirty-two large volumes, the collection will contain over two hundred distinct texts by more than a hundred of the best-known Tibetan authors. These texts have been selected in consultation with the preeminent lineage holders of all the schools and other senior Tibetan scholars to represent the Tibetan literary tradition as a whole. Peter Alan Roberts was born in Wales and lives in Hollywood, California. He obtained a B.A. in Sanskrit and Pali and a Ph.D. in Tibetan Studies from Oxford University. For more than thirty years he has been working as an interpreter for lamas and as a translator of Tibetan texts. He specializes in the literature of the Kagyü and Nyingma traditions with a focus on tantric practices, and he is the author of *The Biographies of Rechungpa*. Thupten Jinpa holds a Geshe Lharam degree from Ganden monastic university and a Ph.D. in religious studies from Cambridge University.

The translator and editor of numerous books, he has been the principal English-language translator for His Holiness the Dalai Lama for over two decades, and he is the author of *Self Reality and Reason* in Tibetan Philosophy. He lives in Montreal with his wife and two daughters.

Niguma, Lady of Illusion

Meditation Manual of the Karma Kagyu School of Tibetan Buddhism

Mahamudra and Related Instructions

View & Meditation consists of six teachings by the 14th, 4th, and 2nd Shamar Rinpoches in which they describe the essential view and meditation of the Kagyü Mah mudr tradition of Tibetan Buddhism. These teachings elucidate "concept-dharmak ya\

Mahamudra - The Ocean of True Meaning

Jamgon Kongtrul Lodro Thaye's classic text *The Torch of True Meaning* gives clear and concise instructions on the preliminary and main practices of mahamudra meditation. But it not only teaches mahamudra, it describes vividly what is necessary for any meditation practice. It is presented here in a new translation that includes the previously unpublished final chapter of Jamgn Kongtrul's work, a brief yet inspiring description of the actual practice of mahamudra. Paired with Jamgon Kongtrul Lodro Thaye's instructions is *The Chariot That Travels the Noble Path*, the standard practice text for the mahamudra preliminaries in the Karma Kagyu lineage, in a new version compiled by the Seventeenth Karmapa Ogyen Trinley Dorje. Together, these two works are essential for anyone who wants to practice mahamudra.

View and Meditation

A classic collection of writings on the meditation practice and theory of Dzogchen, the Great Perfection, by the celebrated fourteenth-century scholar and adept Longchen Rabjam (Longchenpa). This classic collection of texts on the meditation practice and theory of Dzogchen presents the Great Perfection through the writings of its supreme authority, the fourteenth-century Tibetan scholar and visionary Longchen Rabjam. The pinnacle of Vajrayana practice in the Nyingma tradition of Tibetan Buddhism, Dzogchen embodies a system of training that awakens the intrinsic nature of the mind to reveal its original essence, utterly perfect and free from all duality—buddha nature, or buddhahood itself. In *The Practice of Dzogchen*, Tulku Thondup translates essential passages from Longchen Rabjam's voluminous writings to illuminate and clarify this teaching. He also draws on the works of later masters of the tradition, placing Dzogchen in context both in relation to other schools of Buddhism and in relation to the nine-vehicle outline of the Buddhist path described in the Nyingma tradition. This expanded edition includes *Counsel for Liberation*, Longchenpa's poetic exhortation to readers to quickly enter the path of liberation, the first step toward the summit of Dzogchen practice.

Torch of True Meaning

The five volume set, *Karma Chakme's Mountain Dharma*, includes the text as taught by Khenpo Karthar Rinpoche at Karma Triyana Dharmachakra (KTD) from 1999 to 2003, with translations by Lama Yeshe Gyamtso and Chojor Radha. Volume two examines the complete path of Mahamudra from initial experience to full realization. There is emphasis on how to conduct a proper retreat, including the use of geomancy in determining the appropriate site, the longevity practices of White Tara and Tseringma, chA practice, and how to use compassion as protection from fear and danger. This volume introduces the tantras, and gives anuttara yoga tantra instructions for Vairochana purification practices both for oneself and for the deceased.

The Practice of Dzogchen

The legendary exploits of a spiritual superhero, and Tibetan Buddhism's most renowned saint--in a full-color graphic novel. From avenging evil sorcerer to devoted Buddhist ascetic to enlightened being—the story of Milarepa's spectacular life is a powerful testimony to self-knowledge, transformation, and liberation. It is the year 1050, and Milarepa is seeking vengeance on unscrupulous relatives for mistreating his mother and sister. Trained in dark magic, he commands a rain of scorpions, snakes, and lizards to attack the villains. But when his teacher rebukes him for his odious deeds, Milarepa renounces witchcraft to seek mystical truth. He retreats to a cave where, after years of intense meditation, he

acquires the power to shape-shift. But most importantly he achieves the greatest victory of all—mastery over himself.

Karma Chakme's Mountain Dharma

Mahamudra is the union of great bliss and emptiness--the very subtle mind that experiences great bliss and realizes ultimate truth. By enabling us to go within to uncover the deepest level of our mind and then to use the very subtle mind to meditate on ultimate truth, Mahamudra practice destroys all our delusions at their very root and thus propels us quickly to the state of full enlightenment. "Mahamudra Tantra" begins by explaining the basic correct view and intention needed for successful Mahamudra meditation, as well as the meaning of Tantra and the two stages of Highest Yoga Tantra practice, and then explains the preliminaries and stages of training in this profound practice.

Milarepa

A definitive study of one of the most important practices in Tibetan Buddhism, with translations of a number of its key texts. Mahamudra, the "great seal," refers to the ultimate nature of mind and reality, to a meditative practice for realizing that ultimate reality, and to the final fruition of buddhahood. It is especially prominent in the Kagyü tradition of Tibetan Buddhism, so it sometimes comes as a surprise that mahamudra has played an important role in the Geluk school, where it is part of a special transmission received in a vision by the tradition's founder, Tsongkhapa. Mahamudra is a significant component of Geluk ritual and meditative life, widely studied and taught by contemporary masters such as the Dalai Lama. Roger Jackson's *Mind Seeing Mind* offers us both a definitive scholarly study of the history, texts, and doctrines of Geluk mahamudra and masterful translations of its seminal texts. It provides a skillful survey of the Indian sources of the teaching, illuminates the place of mahamudra among Tibetan Buddhist schools, and details the history and major textual sources of Geluk mahamudra. Jackson also addresses critical questions, such as the relation between Geluk and Kagyü mahamudra, and places mahamudra in the context of contemporary religious studies. The translation portion of *Mind Seeing Mind* includes ten texts on mahamudra history, ritual, and practice. Among these are the First Panchen Lama's root verses and autocommentary on mahamudra meditation, his ritual masterpiece *Offering to the Guru*, and a selection of his songs of spiritual experience. *Mind Seeing Mind* adds considerably to our understanding of Tibetan Buddhist spirituality and shows how mahamudra came to be woven throughout the fabric of the Geluk tradition.

Mahamudra Tantra

Within all of us lies a source of infinite bliss, clarity of wisdom, and compassion for others. In this unique and highly praised book, based on Buddha's Tantric teachings, the contemporary Buddhist Master, Geshe Kelsang Gyatso, presents authentic methods for discovering this inner wealth for ourselves. In a clear and precise way, he explains step-by-step how we can generate a deeply peaceful and concentrated mind by harnessing the subtle energy system within our body. With this blissful awareness we can uncover our true nature, destroy ignorance and suffering at its root, and swiftly become a source of inspiration and benefit for others. -- Publisher description.

Mind Seeing Mind

These works, transmitted from Arya Maitreya - the fifth and future Buddha of this fortunate age - to Arya Asanga some time in the third century, comprise one of the major foundations of Mahayana Buddhism, the unbroken transmission and practice of which continues today. The focus of this text is the Prajnaparamita teachings. There are two main ways of approaching the meaning of the Prajnaparamita, the direct and indirect approach, with both approaches revealing the meaning of emptiness. Many students these days are familiar with the direct approach to understanding emptiness as shown in texts such as those by Nagarjuna. However, the indirect approach is perhaps less familiar and is what Maitreya is focussing on in this text. The indirect approach to emptiness reveals the hidden meaning of the Prajnaparamita sutras by examining the five paths and spiritual levels. Through this approach one understands how emptiness is realized, how this wisdom is developed and what is removed by this wisdom. Maitreya received the full transmission and meaning of these teachings directly from the Buddha and is therefore able to convey the meaning clearly and directly for us. This was his main motivation for composing this particular work and also that by understanding the Prajnaparamita teachings beings would be able to accomplish Buddhahood.

