

# The Life Of The Great Mahasiddha Virupa

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**The Life of Gampopa** - Jampa Mackenzie  
Stewart 1995

The first complete life story of the foremost discipline of Milarepa and one of the fore-fathers of the Kagyu lineages.

Dharma, The - Kalu Rinpoche 1986-01-01

The Dharma is the first major collection of teachings by Kalu Rinpoche, a great meditation

master in the Tibetan Buddhist tradition. These discourses were presented in America with a Western audience in mind, and have been specially edited for this volume. The openness, simplicity, and depth of realization in his teachings have brought inspiration to many, and greater understanding of the wisdom Buddhism has to offer. The topics covered range from the

most subtle psychology and metaphysics to everyday life and practice. Readers new to Buddhism will find lucid and profound explanations of the fundamental teachings; those already familiar with Buddhism will discover unexpected insights into the heart of the tradition.

*The Copper-Colored Mountain* - Jigme Lingpa  
2022-11-01

A translation of Jigme Lingpa's eighteenth-century Tibetan Buddhist aspiration prayer for taking rebirth in the pure land Copper-Colored Mountain, accompanied by a commentary and analysis by the translators. While Pure Land Buddhism is generally thought of as an East Asian tradition with an Indian origin, the Copper-Colored Mountain is in fact the first and only pure land with scriptural origins entirely in the Tibetan tradition. It represents Tibetan culture's fascinating intersection of traditional history with liturgical tantric practice. The Copper-Colored Mountain is understood to be

the current abode of Padmasambhava, the Indian master credited with first bringing Buddhism to Tibet and founding Tibet's first monastery, Samye. After leaving Tibet, it is said that Padmasambhava set up residence on Cāmara, one of the two islands on either side of the continent of Jambudvīpa, our world according to Buddhist cosmology. After taming the resident ogres of Cāmara and converting them to Buddhism, he then built an octagonal palace where Buddhist practitioners may be transported in visions and dreams or reborn through aspiration prayers. This work is a translation and analysis of one such aspiration prayer. This prayer was composed by Jigme Lingpa, a treasure revealer of the Nyingma tradition in the eighteenth century and remains the most important prayer to this pure land in Tibetan Buddhism. Merging academic precision in representing the Tibetan texts and devotion to the principles of tantric Buddhism, translators Georgios T. Halkias and Christina Partsalaki

enable a wider appreciation of the history and impact of this prayer in Tibetan Buddhist literature while elucidating its meaning for Buddhist practitioners.

Luminous Bliss - Georgios T. Halkias 2012-09-30

With an annotated English translation and critical analysis of the Orgyan-gling gold manuscript of the short Sukhāvativyūha-sūtra Pure Land Buddhism as a whole has received comparatively little attention in Western studies on Buddhism despite the importance of “buddha-fields” (pure lands) for the growth and expression of Mahāyāna Buddhism. In this first religious history of Tibetan Pure Land literature, Georgios Halkias delves into a rich collection of literary, historical, and archaeological sources to highlight important aspects of this neglected pan-Asian Buddhist tradition. He clarifies many of the misconceptions concerning the interpretation of “other-world” soteriology in Indo-Tibetan Buddhism and provides translations of original Tibetan sources from the

ninth century to the present that represent exoteric and esoteric doctrines that continue to be cherished by Tibetan Buddhists for their joyful descriptions of the Buddhist path. The book is informed by interviews with Tibetan scholars and Buddhist practitioners and by Halkias’ own participant-observation in Tibetan Pure Land rituals and teachings conducted in Europe and the Indian subcontinent. Divided into three sections, Luminous Bliss shows that Tibetan Pure Land literature exemplifies a synthesis of Mahāyāna sutra-based conceptions with a Vajrayana world-view that fits progressive and sudden approaches to the realization of Pure Land teachings. Part I covers the origins and development of Pure Land in India and the historical circumstances of its adaptation in Tibet and Central Asia. Part II offers an English translation of the short Sukhāvativyūha-sūtra (imported from India during the Tibetan Empire) and contains a survey of original Tibetan Pure Land scriptures and meditative techniques from

the dGe-lugs-pa, bKa'-brgyud, rNying-ma, and Sa-skya schools of Tibetan Buddhism. Part III introduces some of the most innovative and popular mortuary cycles and practices related to the Tantric cult of Buddha Amitābha and his Pure Land from the Treasure traditions in the bKa'-brgyud and rNying-ma schools. Luminous Bliss locates Pure Land Buddhism at the core of Tibet's religious heritage and demonstrates how this tradition constitutes an integral part of both Tibetan and East Asian Buddhism.

**Sakya: The Path with Its Result, Part One** -  
Jamgon Kongtrul Lodro Taye 2022-07-26

A compilation by one of Tibet's greatest Buddhist masters of the Path with Its Result teachings and practices of the Sakya lineage of Tibetan Buddhism. The Treasury of Precious Instructions by Jamgön Kongtrul Lodrö 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. Volumes

in this series may be engaged as practice manuals while also preserving ancient teachings significant to the literature and history of world religions. Volume 5 of the series, Sakya: The Path with Its Result, presents a selection of teachings and practices from the Path with Its Result (Lamdre) practice lineage of the Sakya tradition of Tibetan Buddhism. The Sakya lineage derives from Virupa, Dombhi Heruka, and other Indian masters, or mahasiddhas, and passes through Gayadhara and his Tibetan disciple Drokmi Lotsawa Sakya Yeshe (992-1072). The practice tradition centers around the teaching and transmission of the Hevajra Tantra and its subsidiary texts. In three parts, this volume includes, respectively: the root text, commentary, and outlines for the Indian mahasiddha Virupa's core text, the Vajra Verses; the liturgies for empowerment and offering rituals specific to a Hevajra Tantra practice lineage; and instructional manuals for practice.

*Tibetan Buddhist Essentials: A Study Guide for the 21st Century* - Tenzin Tharpa

This text is best viewed in pdf format. Download this and other free original texts from my website: TenazinTharpa.com. Tibetan Buddhist Essentials is a complete guide to Tibetan Buddhism. A unique text series presenting an expansive modern view of Tibetan Buddhism for students of diverse backgrounds and sensibilities. It shares an authentic yet progressive presentation of Tibetan Buddhism in an easily accessible no-nonsense format.

*Tibetan Buddhism* - Steven D. Goodman  
1992-01-01

This volume consists of eight studies, each one bringing to light new material of use to comparative religionists and historians of religion, as well as to students of Tibetan Buddhism. These studies are based on critical scrutiny of indigenous sources and, in many cases, the learned opinion of native Tibetan scholars. The studies are organized around two

dominant themes in Tibetan religious life -- the quest for clarity and insight via visionary exploration and philosophical exploration.

*The Encyclopedia of Yoga and Tantra* - Georg Feuerstein 2022-08-16

The ever-increasing popularity of Yoga and related practices makes a desktop reference like this indispensable. With over twenty-five hundred entries and extensive illustrations, it combines comprehensiveness with accessibility. The book is arranged and written in a manner that will inform rather than overwhelm the lay reader, while at the same time offering valuable references for the professional researcher and the historian of religion. This new edition includes information about contemporary Yoga teachers. It also provides fuller descriptions and illustrations of Yoga poses, and features additional cross references.

**Niguma, Lady of Illusion** - Sarah Harding  
2011-01-16

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.

**The Oxford Handbook of Meditation** - Miguel Farias 2021-10-21

Meditation techniques, including mindfulness, have become popular wellbeing practices and the scientific study of their effects has recently turned 50 years old. But how much do we know about them: what were they developed for and by whom? How similar or different are they, how effective can they be in changing our minds and biology, what are their social and ethical implications? The Oxford Handbook of Meditation is the most comprehensive volume published on meditation, written in accessible language by world-leading experts on the science and history of these techniques. It covers the development of meditation across the world and the varieties of its practices and experiences. It includes approaches from various disciplines, including psychology, neuroscience, history, anthropology, and sociology and it

explores its potential for therapeutic and social change, as well as unusual or negative effects. Edited by practitioner-researchers, this book is the ultimate guide for all interested in meditation, including teachers, clinicians, therapists, researchers, or anyone who would like to learn more about this topic.

**HALI** - 1999

**The Dharma** - Karma-ran-byun-kun-khyab-phrin-las (Khenpo Kalu.) 1986-01-01

The Dharma is the first major collection of teachings by Kalu Rinpoche, a great meditation master in the Tibetan Buddhist tradition. These discourses were presented in America with a Western audience in mind, and have been specially edited for this volume. The openness, simplicity, and depth of realization in his teachings have brought inspiration to many, and greater understanding of the wisdom Buddhism has to offer. The topics covered range from the most subtle psychology and metaphysics to

everyday life and practice. Readers new to Buddhism will find lucid and profound explanations of the fundamental teachings; those already familiar with Buddhism will discover unexpected insights into the heart of the tradition.

**A Gift of Positive Thinking** - Gill Farrer-Halls 2004

A Gift of Inner Peace and A Gift of Positive Thinking are two more books in a new inspirational series (see opposite page) that deliver greater understanding, harmony, and enlightenment for all who journey through life. Each volume combines author Gill Farrer-Halls's Buddhist-focused concepts with British artist Robert Beer's exquisite color illustrations inspired by the natural world. Book jackets boast an eye-catching translucent cover with metallic inks. A Gift of Positive Thinking explores positive thought as a central element to karma theory. To grow as individuals, we must relinquish the past and our negative thoughts that have developed

there. Thus freed, we can move forward toward joy, a more supportive self-image, and fulfillment through positive thinking. This book guides the process, with thoughts, meditations, and affirmations all designed to instruct and inspire readers toward the sunnier side of life.

**Religion and Biography in China and Tibet** - Benjamin Penny 2013-09-05

The Chinese and Tibetan traditions value biography as a primary historiographical and literary genre. This volume analyses biographies as texts, taking seriously the literary turn in historical and religious studies and applying some of its insights to an understudied but central corpus of material in Chinese and Tibetan religion.

**108 Buddhist Statues in Tibet** - Ulrich von Schroeder 2008

Mostly unknown to the outside world, the temples and storerooms of Tibet's monasteries shelter a great number of ancient Buddhist objects, including rare examples originating

from India, Pakistan, Afghanistan, Nepal, Burma, and China. Hitherto books on this subject are almost exclusively illustrated with objects scattered worldwide in private or public collections. A notable exception is the monumental two-volume chronicle *Buddhist Sculptures in Tibet*, published in 2001 by this author. This book is a condensed edition introducing the very finest examples that illustrate the development of art in the round in Tibet. Effectively acting as a catalogue, it also serves to ensure the objects remain where they are. The free DVD contains 527 digital images that can be freely used. It is the hope of the author that other scholars will take use of this opportunity to publish some of these wonderful Buddhist sculptures.

*Freeing the Heart and Mind* - Sakya Trichen 2020-05-12

A plain-English introduction to a major school of Tibetan Buddhism, by His Holiness the Sakya Trichen, its emeritus head. LUMINOUS

WISDOM DIRECTLY FROM HIS HOLINESS THE SAKYA TRICHEN. Collected from teachings by His Holiness, this book is a warm and comprehensive introduction to the Buddhist path as told by the patriarch of the Sakya order. His Holiness offers explanations of the philosophical tenets of the Mahayana path and in particular the Sakya school of Tibetan Buddhism—giving down-to-earth advice for practicing in the world today, including • the principles of tantra, • the value of retreat, • the history of the Sakya lineage, • ecology from a Buddhist perspective, • biographies of great women practitioners, • and other fascinating topics. This is a must-read for anyone interested in following a Buddhist spiritual path.

The Play of Mahamudra - Lama Migmar Tseten  
2021-05-25

Essential commentary on the spontaneous mystical songs of the Indian Buddhist rebel-saint Virupa. In this collection, renowned Tibetan Buddhist teacher Lama Migmar Tseten provides

essential commentary on the mystical songs of the Indian Buddhist rebel-saint Virupa. One of the most celebrated tantric masters of Buddhist India, Virupa's songs describe his realization of mahamudra, the ultimate nature of reality. Intimate and highly engaging, *The Play of Mahamudra* unpacks these songs with meticulous clarity, making Virupa's insights accessible to modern readers. "This new collected edition of Khenpo Migmar Tseten's *Play of Mahamudra* volumes constitutes a veritable treasure for all who are deeply engaged on the path to enlightenment. Khenpo Migmar's translation of Mahasiddha Virupa's *Treasury of Dohas* and of Sachen Kunga Nyingpo's *Praise to Virupa* makes us intimately familiar with the essence of these root texts, and his elucidation of the Dohas offers us a deep and clear understanding of their core meaning. Anyone who truly contemplates on Mahasiddha Virupa's words is certain to attain realization." —His Holiness the Sakya Triche

## **A Drop from the Marvelous Ocean of History**

- Lelung Tulku Rinpoche, XI 2013-05-06

A Drop from the Marvelous Ocean of History, written by Lelung Tulku Rinpoche XI, the current reincarnation of Lelung Jedrung, chronicles the history of this important lineage. Using varied Tibetan resources and biographies, Rinpoche begins with the source of the reincarnations, Olkha Jedrung, known as Lelung Pema Zhepai Dorje, who was the first human manifestation of the Buddhist deity Vajrapani, the powerful Lord of Secrets. He is the compiler and protector of the profound Tantras, which are the ultimate vehicle of the Buddha's teachings. From the origin of the lineage, Rinpoche moves through time until the mid 1900s, tracing the lives of each Lelung reincarnation, beginning with Lhodrak Namkha Gyaltzen, who was born in 1326, and moving through to his predecessor Thubten Lungtok Choekyi Wangchuk, who passed away in 1962. This wonderful compilation will be a valuable resource about

this essential part of Tibetan history.

## **Straight from the Heart** - 2014-04-22

Straight from the Heart brings together an inspiring collection of Buddhist teachings, songs of realization, meditation instructions, and enlightened poetry—all chosen for their power to speak directly to the student. Drawn from Indian Mahayana and Vajrayana Buddhism as well as from all four schools of Tibetan Buddhism, some will impress with their beautiful poetry and powerful imagery, others with their profound power of instruction. Still others share personal advice for life that seems to come directly from the mouth of the author, and some serve as immediate and profound practice instructions. Several are just delightfully unconventional, even outrageous, letting in fresh air on petrified views or musty traditions. Most of them are simply unknown precious gems, which deserve a wider audience. Each of the works is preceded by a brief introduction and a short biography of its author. Many of these are

legendary accounts of supernatural feats, edifying examples for students on the same spiritual path meant to expand their limited outlook with “mind-blowing” stories. Miraculous deeds, magnificent songs, and pithy instructions distinguish this collection assembled by the Buddhist scholar and translator Karl Brunnhölzl, whose years of work among dharma texts and his skill as a translator yield a rich mine of teachings all chosen for their ability to speak directly to the heart.

*Sacred Visions* - Steven Kossak 1998

Accompanying an exhibition to be held in New York during late fall of 1998, *Sacred Visions* is a superbly illustrated volume of art works from the 11th to the mid-15th centuries which includes scholarly essays that relate to the paintings to be displayed.

**Art and Devotion at a Buddhist Temple in the Indian Himalaya** - Melissa R. Kerin

2015-07-06

Sixteenth-century wall paintings in a Buddhist

temple in the Tibetan cultural zone of northwest India are the focus of this innovative and richly illustrated study. Initially shaped by one set of religious beliefs, the paintings have since been reinterpreted and retraced by a later Buddhist community, subsumed within its religious framework and communal memory. Melissa Kerin traces the devotional, political, and artistic histories that have influenced the paintings' production and reception over the centuries of their use. Her interdisciplinary approach combines art historical methods with inscriptional translation, ethnographic documentation, and theoretical inquiry to understand religious images in context.

*A Clear Differentiation of the Three Codes* -

Sakya Pandita Kunga Gyaltsen 2002-04-25  
The first English translation of the influential and controversial Tibetan Buddhist classic.

**Guide to the Deities of the Tantra** -

Vessantara 2013-09-27

Vessantara explains the key characteristics of

the Tantra, introduces its many Deities, and explores its symbolism. This guide provides the foundations for a gradual and thorough understanding of Tantric Buddhism, encouraging confidence in the exploration of its many themes and lavish forms. Mantra recitation and colourful visualizations of the Deities lie at the heart of the Tantric practice and Vessantara provides beautiful meditations on each of the key figures while also explaining the reasoning, theory and history behind each practice.

### **The Guru Drinks Bourbon?** - Dzongsar

Jamyang Khyentse 2016-11-22

An enlightening, accessible, and highly entertaining guide to the guru-disciple relationship, the heart of Tibetan Buddhism. The humility and compassionate activity of the Dalai Lama is something many people can connect with, but how can one understand the stories about some other Buddhist teachers' unorthodox behavior? The centrality of and reliance on a

guru is one of the most misunderstood elements of Tibetan Buddhism—and one that is most often veiled in mystery. Because the guru can and will use whatever means it takes to wake us up, this relationship may require us to drop our most deeply held beliefs and expectations. Dzongsar Jamyang Khyentse addresses some of the most misunderstood aspects of this powerful relationship and gives practical advice on making the most of this precious opportunity for transformation. Through stories and classical examples, he shows how to walk the path with eyes wide open, with critical-thinking skills sharpened and equipped to analyze the guru, before taking the leap.

### The Treasury of Knowledge: Book Eight, Part Three - Jamgon Kongtrul 2008-10-16

Jamgön Kongtrül's Treasury of Knowledge in ten volumes is a unique encyclopedic masterpiece embodying the entire range of Buddhist teachings as they were presented in Tibet. Tibetan Buddhist teachers expected their

students to study Buddhist philosophical texts as well as practice reflection and meditation; present-day students have also realized that awakening has its source in study as well as in reflection and practice. The Elements of Tantric Practice sets forth the essential components of the path of highest yoga tantra, a system of meditation that unites wisdom and compassion in its two phases of practice. The first phase, that of creation, relies primarily on the use of the imagination to effect personal transformation. The phase of completion allows the practitioner to perfect the process of transformation by training in methods that manipulate the energies and constituents of the mind and body. The result of this path is the direct experience of the fundamental nature of mind and phenomena. The Elements of Tantric Practice concerns the meditative processes of the inner system of secret mantra—that of highest yoga tantra—and is based primarily on tantric sources. The author introduces the

subject by describing the path of tantra and its underlying principles. The main body of the book deals with two major elements essential to all highest yoga tantras: the practice of the creation phase and that of the completion phase. For the first phase, Kongtrül describes the visualization sequences in which ordinary perceptions are transformed into the forms of awakening and explains how these practices purify the stages of cyclic existence—life, death, and rebirth. The creation phase prepares the practitioner for the techniques of the completion phase, which entail focusing directly on the channels, winds, and vital essences that form the subtle body. Kongtrül presents the key elements of a variety of tantras, including the Guhyasamaja and Yamari, belonging to the class of father tantras and the Kalachakra Hevajra Chakrasamvara Mahamaya Buddhakapala and Tara mother tantras. All these tantras share a common goal: to make manifest the pristine awareness that is the union of emptiness and bliss.

Vajradhara in Human Form: The Life and Times of Ngor chen Kun dga' bzang po - Jörg Heimbel 2017

*Buddhism Between Tibet and China* - Matthew Kapstein 2014-05-01

Exploring the long history of cultural exchange between 'the Roof of the World' and 'the Middle Kingdom,' *Buddhism Between Tibet and China* features a collection of noteworthy essays that probe the nature of their relationship, spanning from the Tang Dynasty (618 - 907 CE) to the present day. Annotated and contextualized by noted scholar Matthew Kapstein and others, the historical accounts that comprise this volume display the rich dialogue between Tibet and China in the areas of scholarship, the fine arts, politics, philosophy, and religion. This thoughtful book provides insight into the surprisingly complex history behind the relationship from a variety of geographical regions. Includes contributions from Rob Linrothe, Karl

Debreczeny, Elliot Sperling, Paul Nietupski, Carmen Meinert, Gray Tuttle, Zhihua Yao, Ester Bianchi, Fabienne Jagou, Abraham Zablocki, and Matthew Kapstein.

**Encyclopedia of Monasticism** - William M. Johnston 2013-12-04

First published in 2000. Routledge is an imprint of Taylor & Francis, an informa company.

*Tibet* - Pratapaditya Pal 1997

The Gelug/Kagyu Tradition of Mahamudra - Dalai Lama 1997-01-01

Mahamudra, the great sealing nature, refers to systems of meditation on both the conventional and ultimate natures of the mind. These have been transmitted through the Kagyu, Sakya, and Gelug traditions of Tibetan Buddhism. Within the Gelug, Mahamudra teachings occur in a combined Gelug/Kagyu tradition exemplified in the First Panchen Lama's Root Text for the Precious Gelug/Kagyu Tradition of Mahamudra. The work presented here contains two brilliant

commentaries by the Dalai Lama. The first is a teaching based directly on the First Panchen Lama's root text. In the second, His Holiness bases his discussion on the First Panchen Lama's own commentary to this text. The book opens with an overview of Mahamudra by Alexander Berzin that discusses the relation of mind appearances and reality and offers practical techniques for overcoming problems of excessive worry, anxiety, and disturbing thoughts. This treasury of practical instruction contains extensive teachings on the nature of mind, the development of shamata, sutra and tantra levels of Mahamudra, and the compatibility of Dzogchen and Anuttarayoga Tantra.

*Sakya: The Path with Its Result, Part One -*

Jamgön Kongtrul Lodrö Thayé 2022-07-26

A compilation by one of Tibet's greatest Buddhist masters of the Path with Its Result teachings and practices of the Sakya lineage of Tibetan Buddhism. The Treasury of Precious Instructions by Jamgön Kongtrul Lodrö 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. Volumes in this series may be engaged as practice manuals while also preserving ancient teachings significant to the literature and history of world religions. Volume 5 of the series, *Sakya: The Path with Its Result*, presents a selection of teachings and practices from the Path with Its Result (Lamdre) practice lineage of the Sakya tradition of Tibetan Buddhism. The Sakya lineage derives from Virupa, Dombhi Heruka, and other Indian masters, or mahasiddhas, and passes through Gayadhara and his Tibetan disciple Drokmi Lotsawa Sakya Yeshe (992-1072). The practice tradition centers around the teaching and transmission of the Hevajra Tantra and its subsidiary texts. In three parts, this volume includes, respectively: the root text, commentary, and outlines for the Indian mahasiddha Virupa's core text, the Vajra

Verses; the liturgies for empowerment and offering rituals specific to a Hevajra Tantra practice lineage; and instructional manuals for practice.

**A Handbook Of Tibetan Culture** - Graham Coleman 2016-03-24

Over the past nine years the Orient Foundation has compiled a database that brings together information on over 600 Tibetan-related organizations throughout the world. Compiled under the auspices of HH The Dalai Lama, this book provided comprehensive information about Tibetan Buddhism and culture for the general public including: Museums, teaching centres, retreat centres and publications listed in a country-by-country gazetteer. Background information on the four schools of Tibetan Buddhism Biographies of practising Tibetan teachers The First glossary of Tibetan terms

**Freeing the Heart and Mind** - Sakya Trizin 2011-05-01

His Holiness Sakya Trizin, the head of the

glorious Sakya lineage, one of the four primary schools of Tibetan Buddhism, presents here the essential Buddhist teachings of the four noble truths, universal compassion, and the proper motivation for practice. This book opens by sharing a private teaching His Holiness gave to a young newcomer seeking to understand this great master's spiritual heritage. His Holiness's advice inspires us to integrate the living power of these teachings into our daily lives. Full of timeless wisdom, *Freeing the Heart and Mind* contains, in addition to this introduction, an explanation of the teaching Matchless Compassion by the Indian saint Virupa, and a selection of commentaries on the essential teaching called Parting from the Four Attachments. Developed as the first volume in a course of study for students of the Sakya tradition, it nonetheless stands alone as an excellent entry into the teachings of the Buddha. *Freeing the Heart and Mind* includes a full-color photo insert of Sakya lineage masters.

## **Masters of Mahamudra** - Keith Dowman

2010-03-31

In Tibetan Buddhism, Mahamudra represents a perfected level of meditative realization: it is the inseparable union of wisdom and compassion, of emptiness and skillful means. These eighty-four masters, some historical, some archetypal, accomplished this practice in India where they lived between the eighth and twelfth centuries. Leading unconventional lives, the siddhas include some of the greatest Buddhist teachers; Tilopa, Naropa, and Marpa among them. Through many years of study, Keith Dowman has collected and translated their songs of realization and the legends about them. In consultation with contemporary teachers, he gives a commentary on each of the Great Adepts and culls from available resources what we can know of their history. Dowman's extensive Introduction traces the development of tantra and discusses the key concepts of the Mahamudra. In a lively and illuminating style, he

unfolds the deeper understandings of mind that the texts encode. His treatment of the many parallels to contemporary psychology and experience makes a valuable contribution to our understanding of human nature. Keith Dowman's many publications include: *Sky Dancer: The Secret Life and Songs of the Lady Yeshe Sogyel* (Routledge & Kegan Paul) and *The Legend of the Great Stupa* (Dharma Publishing). He lives and practices in Kathmandu, Nepal. [The Circle of Bliss](#) - John C. Huntington 2003 Published in conjunction with a 2003 exhibition co-organized by the Columbus Museum of Art and the Los Angeles County Museum of Art, this hefty, oversize (10x13 catalogue features approximately 160 powerful masterpieces of Indian, Nepalese, Tibetan, Chinese, and Mongolian art produced over the past 2000 years. **Secret of the Vajra World** - Reginald A. Ray 2002-07-23

This book provides an entrée into the Tantric (or Vajrayana) Buddhism of Tibet, as conveyed by

Tibetan masters teaching in the West, and as received by their Western students. The Tantric tradition is a unique collection of lesser-known texts, concepts, and meditation practices that are usually made available only to experienced and specially initiated practitioners. The "Vajra World" (vajradhatu in Sanskrit) is a realm of indestructibility, the level of reality beyond all thought and imagination, all impermanence and change, which a fully realized person knows and inhabits. Used metaphorically, "Vajra World" refers to the traditional culture of Tibet and the unique spirituality that is its secret strength. Topics include: The tantric view of human nature and the external world The special role of the guru, or tantric mentor The preliminary practices that prepare the student for full initiation The major dimensions of Vajrayana practice, including visualizations, liturgies, and inner yogas The tradition of the tulku, or incarnate lama The lore surrounding the death of ordinary people and of saints The practice of

solitary retreat, the epitome of traditional Tibetan Buddhism Secret of the Vajra World is the companion volume to the author's earlier book, Indestructible Truth: The Living Spirituality of Tibetan Buddhism. While that book focuses on the history, cosmology, philosophy, and practice of the more public, exoteric side of Tibetan Buddhism, this work treats its more hidden and esoteric aspects as they take shape in Vajrayana. Together, the two volumes provide a broad introduction to the major traditions of Tibetan Buddhism.

**Reincarnation in Tibetan Buddhism** - Ruth Gamble 2018-07-09

Reincarnation in Tibetan Buddhism examines how the third Karmapa hierarch, Rangjung Dorjé (1284-1339) transformed reincarnation from a belief into a lasting Tibetan institution. Born the son of an itinerant, low-caste potter, Rangjung Dorjé went on to become a foundational figure in Tibetan Buddhism and a teacher of the last Mongolian emperor. He became renowned for

his contributions to Buddhist philosophy, literature, astrology, medicine, architecture, sacred geography and manuscript production. But, as Ruth Gamble demonstrates, his most important legacy was the transformation of the Karmapa reincarnation lineage to ensure that, after his death, subsequent Karmapas were able to assume power in the religious institutions he had led. The inheritance model of reincarnation instituted by Rangjung Dorjé changed the Tibetan Plateau's power relations, which until that time had been based on family associations, and created a precedent for later reincarnate institutions, including that of the Dalai Lamas. Drawing on Rangjung Dorjé's hitherto untranslated autobiographies and autobiographical songs, this book shows that his reinvention of reincarnation was a self-conscious and multi-faceted project, made possible by Rangjung Dorjé's cultural, social, and political standing and specific historical and geographical circumstances. Exploring this combination of

agency and historical coincidence, this is the first full-length study of the development of the reincarnation institution.

**Mind Seeing Mind** - Roger R. Jackson

2019-10-29

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.

**Chö-yang** - 1991

The voice of Tibetan religion & culture.

**The Life of the Sixteenth Karmapa**

**Rangjung Rigpe Dorje** - Meng Wang 2022

This book examines the life of the sixteenth Karmapa and his contributions to the preservation and transmission of Tibetan Buddhism in exile. The author analyzes the life and activity of the Karmapa through the lens of cross-cultural interaction between Buddhism and the West with a particular focus on Asian agency.