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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.

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Tilopa's Mahamudra Upadesha - Dharma Treasures

Tilopa ' s Mahamudra Upadesha: the Gangama instructions with commentary / Sangyes Nyenpa; translated by David Molk.—First edition. pages cm The oral instruction of Sangyes Nyenpa Rinpoche given to the monks and nuns of Benchen Monastery, Pharping, Kathmandu, Nepal in 2001. Includes bibliographical references. eISBN 978-0-8348-2974-9

ABOUT THE BOOK

Colophon: Tilopa ' s Mahamudra Instruction to Naropa in twenty Eight Verses was transmitted by the Great Guru and Mahasiddha Tilopa to the Kashmiri Pandit, Sage and Siddha, Naropa, near the banks of the River Ganga upon the completion of his Twelve Austerities. Naropa transmitted the teaching in Sanskrit in the form of twenty eight verses to the great Tibetan translator Mar pa Chos kyi blo gros, who made a free translation of it at his village of Pulahari on the Tibet – Bhutan border.

Pith Instructions on Mahamudra from Mahasiddha Tilopa: The ...

Mahamudra Upadesha, contain the mahamudra pointing-out instructions given on the banks of the Ganges River by the Indian mahasidda Tilopa to his foremost disciple, the great pandit and mahasiddha Naropa, sometime in the eleventh century of the common era. Tilopa is regarded as preeminent among Indian siddhas. According to

issue 8, 80 pages - Thrangu Rinpoche

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Tilopa's Mahamudra Upadesha eBook by Sangyes Nyenpa ...

Tilopa was born in either Chativavo, Bengal or Jagora, Bengal in India. His name translates to "the tahini maker". He lived along the Ganges River, with wild ladies as a tantric practitioner and mahasiddha. He practiced Anuttarayoga Tantra, a set of spiritual practices intended to accelerate the process of attaining Buddhahood. He became a holder of all the tantric lineages, possibly the only person in his day to do so. As well as the way of Insight, and Mahamudra he learned and passed on the Wa

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Saraha's Dohas and other poetry (circa 8th century CE). Tilopa (988–1069) – Ganges Mahamudra and Treasury of Songs. "The Seven [or eight] Siddhi Texts" (Saptasiddhi , Tib. Grub pa sde bdun); Padmavajra's Guhyasiddhi (Q306 1, D2217); Anangavajra's Prajñopayaviniscayasiddhi (Q3062, D2218); Indrabhuti's Jñanasiddhi (Q3063, D2219);

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Tilopa's Wisdom: His Life and Teachings on the Ganges ...

In this series, Repa Dorje Odzer (Justin von Bujdoss), a Buddhist teacher and Chief Staff Chaplain for New York City ' s Department of Correction, presents advice from the 10th-century Buddhist master Tilopa. When we follow Tilopa ' s roadmap for approaching every thought, breath, and action with awareness, we achieve a clarity that will help ...