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Tilopa's Mahamudra Upadesha - Shambhala
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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

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form of twenty eight verses to the great Tibetan translator Mar pa Chos kyi blos 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 mahasiddha 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

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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

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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] Siddhiḥ

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Texts" (Saptasiddhih, Tib. Grub pa sde bdun):
Padmavajra's Guhyasiddhi (Q306 1, D2217);
Anangavajra's Prajñopayaviniscayasiddhi (Q3062, D22
1 8); Indrabhuti's Jñanasiddhi (Q3063 , D22 1 9);

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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 ...

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