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# Mahamudra And Related Instructions Core Teachings Of The Kagyu Schools Library Of Tibetan Classics

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Song of the Road

Mahamudra

Essentials of Mahamudra

The Oral Instructions of Mahamudra: The Very Essence of Buddha's Teachings of  
Sutra and Tantra

Mahamudra and Related Instructions

The Ninth Karmapa's Ocean of Definitive Meaning

Vivid Awareness

Mind of Mahamudra

WaterMoons: 108 Mahamudra Meditation Pith Instructions

Naropa's Wisdom

Crystal Clear

Mahamudra

Clarifying the Natural State

Essentials of Mahamudra

The Royal Seal of Mahamudra, Volume One

Mahamudra

Pointing Out the Great Way

Union of Mahamudra and Dzogchen

The Supreme Siddhi of Mahamudra

The Gelug/Kagyu Tradition of Mahamudra

The Crystal Mirror of Philosophical Systems

Moonbeams of Mahamudra

An Ocean of the Ultimate Meaning

Mahamudra - The Ocean of True Meaning

Marpa Kagyu, Part 1

The Practice of Mahamudra

Mind at Ease

The Oral Instructions of Mahamudra

A Spacious Path to Freedom

A Lamp to Illuminate the Five Stages

Mahamudra

The Crystal Mirror of Philosophical Systems

Mahamudra - The Ocean of True Meaning

The Oral Instructions of Mahamudra

Naropa's Wisdom  
The Play of Mahamudra  
Tilopa's Mahamudra Upadesha  
Moonbeams of Mahamudra  
The Mahamudra Lineage Prayer  
Clarifying the Natural State

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## **DURHAM CABRERA**

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Song of the Road Tharpa Publications US  
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. **Mahamudra** National Geographic Books 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. *Essentials of Mahamudra* Rangjung Yeshe Publications  
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.

*The Oral Instructions of Mahamudra: The Very Essence of Buddha's Teachings of Sutra and Tantra* Simon and Schuster

The Crystal Mirror of Philosophical Systems by Thuken Losang Chökyi Nyima (1737-1802) is probably the widest-ranging account of religious philosophies ever written in pre-modern Tibet. Thuken was a cosmopolitan Buddhist monk from Amdo, Mongol by heritage, Tibetan in education, and equally comfortable in a central Tibetan monastery or at the imperial court in Beijing. Like most texts on philosophical systems, his Crystal Mirror covers the major schools of India, both non-Buddhist and Buddhist, but then goes on to discuss in detail the entire range of Tibetan traditions as well, with separate chapters on the Nyingma, Kadam, Kagyü, Shijé, Sakya, Jonang,

Geluk, and Bön. Not resting there, Thuken goes on to describe the major traditions of China—Confucian, Daoist, and Buddhist—as well as those of Mongolia, Khotan, and Shambhala. The Crystal Mirror is unusual, too, in its concern not just to describe and analyze doctrines, but to trace the historical development of the various traditions. All this makes the Crystal Mirror an eloquent, erudite, and informative textbook on the religious history and philosophical systems of an array of Asian cultures—and provides evidence that serious and sympathetic study of the history of religions has not been a monopoly of Western scholarship.

Mahamudra and Related Instructions Simon and Schuster

An unusually detailed, clear, and complete instruction manual for the meditation practice of Mahamudra, by a renowned eighteenth-century Tibetan master in the Drukpa Kagyu lineage. This guidebook for cultivating the meditative practices of stability and insight—the first major work from the Drukpa Kagyu lineage to become available in English—stands out

among works of its kind as one of the clearest and most comprehensive presentations of coemergence, or mahamudra. In it, the eighteenth-century Tibetan master Ngawang Kunga Tenzin, the Third Khamtrul Rinpoche, details a step-by-step program of spiritual exercises that bring the meditator directly to clear realization of the fully perfect, ever-present, nondual nature of mind. Beginning with the close relationship between phenomena and mind and the immense benefits of meditating on the nature of mind, the Third Khamtrul Rinpoche offers careful instructions on the four yogas of mahamudra together with advice on how to recognize genuine progress and how to remove obstacles that arise during meditation. Characteristic of the Drukpa Kagyu approach is that he presents explanations—even to those in the earliest stages of training—that are grounded in insight into the nature of mind, demonstrating how all experience, thoughts, and perceptions may be used as the path to enlightenment.

The Ninth Karmapa's Ocean of Definitive

### Meaning Simon and Schuster

A translation from Tibetan of an eighteenth-century compilation by one of Tibet's greatest Buddhist masters of practice texts of the Marpa Kagyu 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. In its eighteen volumes, Kongtrul brings together some of the most important texts on key topics of Buddhist thought and practice as well as authoring significant new sections of his own. The seventh volume of the series, Marpa Kagyu, is the first of four volumes that present a selection of core instructions from the Marpa Kagyu lineage of Tibetan Buddhism. This lineage is named for the eleventh-century Tibetan Marpa Chökyi Lodrö of Lhodrak who traveled to India to study the sūtras and tantras with many scholar-siddhas, the foremost being Nāropa and Maitrīpa. The first part of this volume

contains source texts on mahāmudrā and the six dharmas by such famous masters as Saraha and Tilopa. The second part begins with a collection of sādhanas and abhisekas related to the Root Cakrasamvara Aural Transmissions, which are the means for maturing, or empowering, students. It is followed by the liberating instructions, first from the Rechung Aural Transmission. This section on instructions continues in the following three Marpa Kagyu volumes. Also included are lineage charts and detailed notes by translator Elizabeth M. Callahan.

### **Vivid Awareness** Simon and Schuster

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.

### **Mind of Mahamudra**

Simon and Schuster The Mind of Mahamudra is the third volume in the Tibetan Classics series, which aims to make

available accessible paperback editions of key Tibetan Buddhist works drawn from Wisdom Publications' Library of Tibetan Classics. Enjoy six key texts on the cornerstone meditation practice of the Kagyu school of Tibetan Buddhism by some of its most celebrated forebearers. The Mind of Mahamudra highlights mahamudra, the central meditation practice of the Kagyu school of Tibetan Buddhism. The six texts range in date from the twelfth to the seventeenth century and include such celebrated authors as Lama Shang and the Third Karmapa. Mahamudra is essentially a simple, direct method for looking beyond our thoughts to the very nature of conscious experience. Mahamudra literally means "the great seal" and masters of this tradition have explained it to mean that everything is sealed with buddhahood, and there is no liberation to be attained other than what is already present. Mahamudra, it is said, is not attained not because it is too difficult, but because it is too easy; not because it is too far, but because it is too close; and not because it is hidden but because it is

too evident. Because of its universality and directness, mahamudra meditation is particularly suited to the modern West. Eminent scholar Peter Alan Roberts draws on his thirty-plus years of experience of translating for Tibetan lamas to illuminate these benchmark translations. WaterMoons: 108 Mahamudra Meditation Pith Instructions Simon and Schuster Essential instructions on Mahamudra from one of today's greatest Mahamudra masters. In his first major book, His Eminence the Twelfth Zurmang Gharwang Rinpoche, the head of the Zurmang Kagyu lineage of Tibetan Buddhism, elucidates the essence of a fundamental Mahamudra teaching. At the heart of this book are Rinpoche's practical instructions on how to settle the mind and meditate in a way that directly works with the mind, with the aim of discovering and becoming familiar with the nature of the mind. These instructions are given as commentary to a short text written by Bokar Rinpoche, which is itself a concise commentary on the Ninth Gyalwa Karmapa Wangchuk

Dorjé's Ocean of Definitive Meaning, which is considered to be one of the most authoritative and exhaustive treatises on Mahamudra. The book covers topics such as the preliminary practices, the practice of samatha and vipasyana according to the Mahamudra tradition, and advice for overcoming obstacles and making progress along the path. His Eminence Zurmang Gharwang Rinpoche offers revealing commentary on Bokar Rinpoche's pithy teaching, illuminating and unlocking it for contemporary readers, showing us the way to understand the very nature of our own minds Naropa's Wisdom Shambhala Publications Mahamudra, the highest level of teaching within Tibetan Buddhism, rewards study and practice with the realization of the very nature of mind itself. There is not a single experience which is not subsumed within the realizations of Mahamudra. On his first tour of the United States, His Holiness Chetsang Rinpoche gave detailed instructions in Mahamudra methods. He carefully explained each of the five stages of

Mahamudra and taught its main meditational practices. He also gave precise instructions on posture and breathing for meditation, and answered many common questions using the teachings of Tilopa and Gampopa to illustrate his various points.

**Crystal Clear** Shambhala Publications

The Crystal Mirror of Philosophical Systems, by Thukten Losang Chokyi Nyima (1737-1802), is arguably the widest-ranging account of religious philosophies ever written in pre-modern Tibet. Like most Tibetan texts on philosophical systems, this work covers the major schools of India, both Buddhist and non-Buddhist, but then goes on to discuss in detail the entire range of Tibetan traditions as well, with separate chapters on the Nyingma, Kadam, Kagyu, Shije, Sakya, Jonang, Geluk, and Bon schools. Not resting there, Thukten goes on to describe the major traditions of China--Confucian, Daoist, and the multiple varieties of Buddhist--as well as those of Mongolia, Khotan, and even Shambhala. The Crystal Mirror of Philosophical Systems is unusual, too, in its

concern not just to describe and analyze doctrines, but to trace the historical development of the various traditions. The Crystal Mirror of Philosophical Systems is an eloquent and erudite presentation exploring the religious history and philosophical systems of an array of Asian Cultures--and offering evidence that the serious and sympathetic study of the history of religions has not been a monopoly of Western scholarship.

**Mahamudra** Edition  
Octopus

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  
*Clarifying the Natural State* Simon and Schuster  
Mahamudra-The Ocean of True Meaning contains the essence of the Buddhist path of liberation that the Buddha Shakyamuni taught in the 5th century before Common Era. This text was written by the 9th Karmapa Wangchug Dorje who lived in the 16th century. Up to the present day this text is used by teachers and students of the Karma Kagy transmission lineage for guidance and inspiration in meditation.  
[Essentials of Mahamudra](#)  
Shambhala

This manual of Tibetan meditation simply and thoroughly presents the profound Dzogchen and Mahamudra systems of practice. Karma Chagmé sets forth the stages of meditation practice, including the cultivation of meditative quiescence and insight, the experiential identification of awareness, and the highest steps of Mahamudra and Atiyoga, leading to perfect enlightenment in one lifetime. Drawing from his enormous textual erudition and mastery of Tibetan oral traditions, he shows how these two meditative systems can be unified into a single integrated approach to realizing the ultimate nature of consciousness.

**The Royal Seal of Mahamudra, Volume One**

Simon and Schuster This spiritual manual describes mahamudra meditation from the perspective of the "gradual path," a progressive process of training that is often contrasted to sudden realization. The book contains a step-by-step description of the ways to practice, precise descriptions of the various stages and their intended realizations, and the typical problems that

arise along with their remedies. Drawn from a variety of sources, "Pointing Out the Great Way" distills the experiences of many great masters who have traversed the path of meditation to the point of perfect mastery. Mahamudra National Geographic Books Tsongkhapa's A Lamp to Illuminate the Five Stages (1419) is a comprehensive presentation of the highest yoga class of Buddhist tantra, especially the key practices - the so-called five stages (pancakrama) - of the advanced phase of Guhyasamaja tantra. Beginning with a thorough examination of the Indian sources, Tsongkhapa draws particularly from the writings of Nagarjuna, Aryadeva, Candrakirti, and Naropa to develop a definitive understanding of the Vajrayana completion stage. Whereas in the generation stage, meditators visualize the Buddha in the form of the deity residing in a mandala palace, in the completion stage discussed in the present volume, meditators transcend ordinary consciousness and actualize the state of a buddha themselves.

Among other things, Tsongkhapa's work covers the subtle human physiology of channels and winds along with the process of dying, the bardo, and rebirth. This definitive statement on Guhyasamaja tantra profoundly affected the course of Buddhist practice in Tibet.

**Pointing Out the Great Way**

Simon and Schuster A new translation of Tibet's most important manual for Mahāmudrā view and meditation This classic Buddhist work, written in the sixteenth century, comprehensively presents the entire scope of the Tibetan Kagyu Mahāmudrā 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 Mahāmudrā 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 Mahāmudrā, along with the Ninth Karmapa Wangchuk Dorje's

Dispelling the Darkness of Ignorance, are to this day some of the most studied texts on Mahāmudrā 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 Mahāmudrā teachings in a modern context.

Union of Mahamudra and Dzogchen Simon and Schuster

Discover the deep wisdom of Mahamudra. We are all looking for enlightenment and our own way of pursuing it. If you've stumbled upon this book on that journey, then welcome to Tibetan Buddhism and the path of Mahamudra. At its essence, Mahamudra is about life, reality, and our true selves. Not the one you keep hidden and not the one you save for your loved ones, but the one concealed from you by numerous mental distractions. Your desire

for enlightenment is your deepest self aching to be freed from meaningless suffering and allowed to exist fully. As you make your way through this powerful read, you will: Learn about the history and core theoretical principles of Mahamudra, including the difference between superficial reality and deep reality and your mind's true nature and capabilities Understand the difference between Mahamudra meditation and other types of meditation Gain a complete understanding of the three stages of Mahamudra: ground, path, and fruition Learn the two simple steps to enlightenment without the unnecessary complications Read and understand, in-depth, the six pieces of meditation advice that the wise guru Tilopa who developed the Mahamudra path gave his disciple Discover the keys to settling your thoughts and calming your mind while learning how to avoid the common errors of meditation Unlike any other how-to guide, this book is a journey and a companion. It is the journey through the theoretical and practical realms of Mahamudra. It is the companion you will always turn to as you rise

above worldly concerns and realize the nature of your mind, the "self," and the world around you. So, get this book now and take the first step toward internal liberation. Let your curiosity, your thirst for knowledge, and your love and compassion guide you through the pages of this transformative read.

*The Supreme Siddhi of Mahamudra* Shambhala Publications

The only book in English on a popular Tibetan Buddhist lineage prayer that explains how it can be used as a guide to practice. One of the most beloved and oft-recited prayers in the Kagyu tradition of Tibetan Buddhism, The Mahamudra Lineage Prayer combines a supplication to the Mahamudra lineage with a concise guide to Mahamudra practice and the stages of the path to enlightenment. In this commentary on the prayer, Thrangu Rinpoche teaches in his down-to-earth yet direct manner the importance of the Mahamudra lineage, how to develop renunciation and devotion through the common and uncommon preliminary practices, and how to practice calm abiding (Shamatha) and

insight (Vipashyana) meditation in the Mahamudra tradition. He explains that Mahamudra teachings are easy to practice yet are very powerful, and are especially appropriate for serious Western Dharma students.

The Gelug/Kagyu Tradition of Mahamudra Shambhala Publications

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.