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*Tilopa's Mahamudra Upadesha - Dharma
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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

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Commentary: 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 blos gros, who made a free translation of it at his village of Pulahari on the Tibet - Bhutan border.

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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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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,

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Commentary 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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About Tilopa's Mahamudra Upadesha. An explanation of the Indian Mahasiddha Tilopa's renowned Gangama Mahamudra meditation instructions, given in a traditional Tibetan context by one of its lineage's most accomplished contemporary masters. These ancient instructions, in the form of a "song of realization," are the original source for all Mahamudra lineages of meditation.

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Saraha's Dohas and other poetry (circa 8th century CE). Tilopa (988-1069) - Ganges

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