



# MUDRA

*Chögyam Trungpa*

# Mudra The Clear Light Series

**Geshe Kelsang Gyatso**



## **Mudra The Clear Light Series:**

*Catalog of Copyright Entries. Third Series* Library of Congress. Copyright Office, 1974      **Monographic Series** Library of Congress, 1980      **Tantric Grounds and Paths** Geshe Kelsang Gyatso, 2016-01-01 A definitive manual for completing the spiritual path through the practice of Highest Yoga Tantra Actual Tantra also known as Secret Mantra or Vajrayana is a special method taught by Buddha to purify our world our self our enjoyments and our activities Although there is great interest in Tantra very few people understand its real meaning This book represents a significant milestone in revealing the profound mysteries of Tantra to the modern world Drawing from his own experience and the works of Je Tsongkhapa and other great Yogis Geshe Kelsang presents an authoritative and comprehensive guide to the four classes of Tantra in general and to the generation and completion stages of Highest Yoga Tantra in particular The Vajrayana path is like a vehicle that takes us directly to our final destination and the common paths are like the road on which the vehicle travels Therefore to extract the greatest essence from this precious human life by attaining full enlightenment we need first to train in the common paths of Lamrim and then in the uncommon Vajrayana paths Geshe Kelsang Gyatso      *Guide to Dakini Land* Geshe Kelsang Gyatso, 2000 Guide to Dakini Land is the first complete explanation in English to the Tantric practice of Vajrayogini the female Buddha of wisdom The book provides detailed instructions on the eleven yogas of generation stage which are special methods for transforming all our daily activities into the spiritual path It also explains with perfect clarity the essential completion stage practices of Vajrayogini It includes all the sadhanas of Vajrayogini and advice on how to do a Tantric retreat and a wealth of additional material that will be indispensable to anyone wishing to rely upon Buddha Vajrayogini      **The Blazing Inner Fire of Bliss and Emptiness** Ngul-chu Dharmabhadra, 2024-05-28 A set of commentaries that present some of the most rarefied and secret teachings within Tibetan Buddhism from the perspective of the Dalai Lama's Gelug school The Blazing Inner Fire of Bliss and Emptiness presents lucid translations of a pair of detailed commentaries by the famed Tibetan tantric master Ngulchu Dharmabhadra 1772-1851 illuminating a set of extremely secret and restricted tantric practices of highest yoga tantra The first of these commentaries details the practices of the Six Yogas of Naropa one of the most celebrated and revered systems of completion stage practice in Tibet Dharmabhadra presents the Six Yogas by elaborating upon Lama Tsongkhapa's 1357-1419 masterpiece on the subject entitled Endowed with the Three Inspirations which served as the basis for nearly all subsequent commentaries on the Six Yogas within the Gelug tradition Ngulchu Dharmabhadra's commentary is unique in that it presents the Six Yogas within the context of Vajrayogini practice making this book a perfect companion piece to The Extremely Secret Dakini of Naropa Wisdom Publications 2020 Also contained in this book is Ngulchu Dharmabhadra's lucid and concise commentary on the First Panchen Lama's 1570-1662 famous Supplication for Liberation from Fear of the Perilous Journey of the Intermediate State The prayer a beautiful literary contribution from the First Panchen Lama in its own right invokes the immediacy of death and the potential to use the

process of dying as an opportunity for liberation The prayer extols the efficacy of the nine mixings of the completion stage as direct means of transforming our ordinary death process by using advanced yogas presented in the first commentary on the Six Yogas Together these works present the reader with a vast and profound vision of spiritual transformation one in which every aspect of human experience can be used as an opportunity for transcendence and spiritual liberation     Guide to Dakini Land Kelsang Gyatso,1996 Reprint originally published Tharpa Publications 1991     Jizo Bodhisattva Jan Choen Bays,Heng Sure,2015-11-10 In Jizo Bodhisattva Zen teacher and practicing pediatrician Jan Choen Bays explores the development of traditional Buddhist practices related to Jizo as well as the growing interest in Jizo practice in modern American Zen Buddhism She also shows how you can incorporate this rich tradition into your own life through meditations mantras and chanting In traditional Buddhist belief a bodhisattva is an enlightened being who has forsaken entry into nirvana until all beings are saved Jizo one of the four great bodhisattvas of Mahayana Buddhism is know as the Bodhisattva of the Greatest Vows He is regarded as the protector of travelers whether their journeys in the physical world or in the spiritual realms Jizo also has special significance for pregnant women and parents whose children have died     Abiding in the Retreat Lama Zopa Rinpoche,2017-08-24 Nyung n means abiding in the retreat In other words you are retreating from negative karmas of body speech and mind When you hear say or think of the word nyung n don t think only of fasting of the physical practices involved Don t think a nyung n is only about not eating there is a much vaster meaning to think about Doing a nyung n means your body is abiding in retreat your speech is abiding in retreat and your mind is abiding in retreat The essential meaning of retreat is retreat from nonvirtuous actions of body speech and mind Abstaining from negative karmas that harm others is the fundamental tantric practice Lama Zopa Rinpoche Abiding in the Retreat is a commentary to a nyung n sadhana composed by K lzung Gyatso the Seventh Dalai Lama Nyung n is an intensive two day retreat that combines meditation on Thousand Arm Chenrezig and recitation of Chenrezig s mantra OM MANI PADME HUM with prostrations fasting and silence In this book editor Ven Ailsa Cameron has skillfully combined teachings on nyung n practice given by Lama Zopa Rinpoche from 1984 through to 2009 The book contains the benefits of nyung n retreat and of various practices within the retreat stories of Chenrezig Bhikshuni Lakshmi and the lineage lamas and actual instructions on how to do a nyung n This book is made possible by kind supporters of the Archive who like you appreciate how we make these teachings available in so many ways including in our website for instant reading listening or downloading and as printed and electronic books Our website offers immediate access to thousands of pages of teachings and hundreds of audio recordings by some of the greatest lamas of our time Our photo gallery multimedia titles and our ever popular books are also freely accessible there Please help us increase our efforts to spread the Dharma for the happiness and benefit of all beings You can find out more about becoming a supporter of the Archive and see all we have to offer by visiting our website at <http://www.LamaYeshe.com>

**The Aryan Path** Sophia Wadia,1973     **The New Guide to Dakini Land** Geshe Kelsang Gyatso,2012-01-01 Vajrayogini

is a female enlightened Deity of Highest Yoga Tantra a manifestation of all Buddha's wisdom. By engaging in the Tantric practice of Vajrayogini under the guidance of a qualified Spiritual Guide, sincere practitioners can completely purify their body, speech, and mind and attain a state of full enlightenment, the ultimate goal of human life. This comprehensive guide provides a detailed and practical explanation of the two stages of Vajrayogini practice: generation stage and completion stage, and shows how we can integrate these practices into our daily life, thereby transforming every moment of our life into the path to enlightenment. It is a unique guide to becoming a Tantric enlightened being in the modern world.

**The Roar of Thunder**, 2021-07-20. An essential collection of tantric texts on a meditation practice essential to one of the largest traditions of Buddhism in Tibet. Yamantaka is the wrathful expression of the wisdom Buddha Manjushri and was Tsongkhapa's foremost personal deity from whom he received direct visions that were a constant source of empowerment, inspiration, instruction, and even personal advice. The oral instructions on the practice of Yamantaka fall into two main streams. The quintessential instruction of both of these lineages, including both their generation and completion stage teachings, are contained in the two commentaries presented in this volume. First, we have commentary from the great scholar-siddha and lineage holder of the Gelug Mahamudra lineage, Ngulchu Dharmabhadra, on the Thirteen Deity practice. These texts contain a wellspring of oral instructions that provide rich and highly accessible details concerning the practice of Yamantaka that are equally applicable to the Solitary Hero practice, the practice of the second stream. The second commentary, composed by the Fifth Ling Rinpoche, Losang Lungtog Tenzin Trinley, is concerned with the Solitary Hero practice and contains many extraordinary instructions that have not been written down in other texts but have been preserved through the oral lineage. This text is part of a highly secretive volume containing many texts on Solitary Hero Yamantaka, entitled the Eighteen Steps of Solitary Hero. The combination of these two texts gives the reader an unprecedented panoramic perspective on the entire spectrum of Yamantaka practice. Also included in this amazing volume is the extensive sadhana of the Solitary Hero composed by Pabongkha Rinpoche that can be used as a reference to facilitate a more thorough understanding of the commentaries.

*Great Treasury of Merit* Geshe Kelsang Gyatso, 2015-01-01. Great Treasury of Merit provides a full explanation of how to practise Offering to the Spiritual Guide, Lama Chöpa, one of the most important meditation practices of Kadampa Buddhism. A work of unparalleled profundity and clarity, this book contains a wealth of accessible and practical instructions on Lamrim, Lojong, and Tantric Mahamudra, the very essence of Buddha's teachings. An indispensable handbook for all those who wish to accomplish the swift path to enlightenment.

**Essence of Vajrayana** Geshe Kelsang Gyatso, 2017-01-01. With this book, Venerable Geshe Kelsang Gyatso Rinpoche explains with clarity and precision how we can practice the sublime meditations of Heruka body mandala and thereby gradually transform our ordinary world and experiences into those of a Buddha, a fully enlightened being. He follows this with definitive instructions on the completion stage practices that can lead directly to the supreme bliss of full enlightenment in this one lifetime. This is a treasury of practical instructions for those seriously

interested in following the Tantric path The first complete explanation in English of the Highest Yoga Tantra practice of Heruka body mandala Sublime methods for transforming our ordinary minds and attaining pure selfless joy The actual method to accomplish the supreme bliss of full enlightenment in this lifetime     **Naked Awareness** Karma Chagme,2000-03-27 In this classic seventeenth century presentation of the union of Mahamudra and Dzogchen Karma Chagm one of the great teachers of both these lineages of Tibetan Buddhism begins with an overview of the spirit of awakening and the nature of actions and their ethical consequences Next drawing from his enormous erudition and profound experience Chagm gives exceptionally lucid instructions on the two phases of Dzogchen practice the breakthrough and the leap over followed by an accessible introduction to the practice of the transference of consciousness at the time of death The concluding chapters of this treatise present a detailed analysis of Mahamudra meditation in relation to Dzogchen practice This tour de force of scholarly erudition and contemplative insight is made all the more accessible by the lively commentary of the contemporary Nyingma Lama Gyatrul Rinpoche Although this book stands alone it is the concluding section of a single body of teachings by Karma Chagm the earlier section published under the title A Spacious Path to Freedom Karma Chagm was a major teacher of the Karma Kagyu tradition of Tibetan Buddhism and his writings have also become central to the Payul Nyingma order making him an ideal figure to integrate these two great meditation systems     **Passionate Enlightenment** Miranda Shaw,1995-10-08 Anyone who reads a Tantric text or enters a Tantric temple immediately encounters a pantheon of female Buddhas and a host of female enlighteners known as dakinis who dance and leap in joyous poses that communicate a sense of mastery and spiritual power This striking female imagery is fully compatible with Shaw s findings Drawing on interviews and archival research conducted during two years of fieldwork in India and Nepal including more than forty previously unnoticed works by women of the Pala period eighth through twelfth centuries C E she substantially reinterprets the history of Tantric Buddhism during its first four centuries In her view the Tantric theory of this period promotes an ideal of cooperative mutually liberative relationships between women and men while encouraging a sense of reliance on women as a source of spiritual insight and power     **The Oral Instructions of Mahamudra** Geshe Kelsang Gyatso,2015-12-08 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     **The Gelug/Kagyu Tradition of Mahamudra** H.H. the Fourteenth Dalai Lama,Alexander Berzin,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

**Tantric Grounds and Paths** Kelsang Gyatso, 1994 The mysteries of Tantra have engrossed countless meditators for centuries Since the time of Buddha these secrets have been passed down from accomplished master to disciple largely by word of mouth Now drawing from his own experience and the works of Je Tsongkhapa and other great Tibetan Yogis Geshe Kelsang clearly sets out all the stages of the four classes of Tantra giving a full explanation of generation and completion stages Tantra is revealed as the gateway to a blissful new world The book represents a significant milestone in revealing these profound mysteries to the contemporary world

**Aryan Path**, 1973 *Tilopa's Mahamudra Upadesha* Sangyes Nyenpa Rinpoche, 2014-04-15 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

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