

*Mahamudra* is a Sanskrit word meaning 'great seal' and refers to the nature of all phenomena. Just as a wax seal is stamped on legal documents to authenticate their signature, likewise the nature of reality is figuratively stamped upon everything as a guarantee that nothing exists in a fantasised, impossible way. The fact that everything is devoid of existing in any impossible manner thus validates that things actually exist.

*Mahamudra* also refers to sophisticated Buddhist systems of meditation and practice to realise this great sealing nature. The distinctive characteristic of these techniques is to see this nature by focusing on mind itself and discovering the relationship between mind and reality. When our mind confuses reality with fantasy, we produce problems for ourselves. Understanding the intimate relation between mind and reality, therefore, is essential for achieving both liberation and enlightenment, the goal of mahamudra practice.

There are many different pathways or methods for taming the mind. Regardless of which we follow, the process entails many stages. Furthermore in accordance with the means employed, the nature of the tamed state we achieve varies. The nature of the ultimate level of tamed mind is one in which the disturbing emotions and attitudes, their instincts and all obstacles preventing omniscience have been overcome completely and definitely. Only an ultimate or complete path that is a unity of method and wisdom, inseparable by nature, can lead us to such an ultimate state of tamed mind. Mahamudra offers one such unified path.

The present work by the First Panchen Lama, entitled *A Root Text for the Precious Gelug/Kagyu Tradition of Mahamudra: The Main Road of the Triumphant Ones*, explains a special, uncommon way to gain decisive understanding of a correct view and meditate on voidness. Although these teachings come specifically from Tsongkapa, the First Panchen Lama composed this text to clarify them since several slightly different ways of explaining arose as their oral teachings were transmitted down the lineage.

## **The Gelug-Kagyu Tradition of Mahamudra**

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Ithaca, Snow Lion, 1997

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# Gelug Kagyu Tradition Of Mahamudra

**Renuka Singh**



## **Gelug Kagyu Tradition Of Mahamudra:**

The Gelug/Kagyu Tradition of Mahamudra 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     The Gelug/Kagyu Tradition of Mahamudra 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     Perfecting Patience H.H. the Fourteenth Dalai Lama,2018-11-27 Drawing on A Guide to the Bodhisattva Way of Life the Dalai Lama reveals how learning patience and compassion practices is more essential than ever as we navigate an era of extremism and divisiveness All of the world s major religions emphasize the importance of love compassion and tolerance This is particularly true in the Buddhist traditions which unanimously state that compassion and love are the foundation of all paths of practice To cultivate the potential for compassion and love inherent within us it is crucial to counteract their opposing forces of anger and hatred In Perfecting Patience the Dalai Lama shows how through the practice of patience and tolerance we can overcome the obstacles of anger and hatred He bases his discussion on A Guide to the Bodhisattva Way of Life the classic work on the activities of bodhisattvas those who aspire to attain full enlightenment in order to benefit all beings This book was previously published under the title Healing Anger     *Death at the Movies* Lyn Davis Genelli,Tom Davis

Genelli,2013-08-12 It s a Wonderful Life 1946 Resurrection 1980 Poltergeist 1982 Beetlejuice 1988 Ghost 1990 Groundhog Day 1993 The Sixth Sense 1999 these are only a few of the influential movies in recent decades dealing with the afterlife But beyond entertainment do they mean anything The authors of this wise and well informed guide believe so They explore how popular motion pictures from Outward Bound 1930 to Hereafter play a perhaps unconscious role in guiding humanity toward its evolutionary comprehension of the meaning and purpose of death They draw on the Tibetan Book of the Dead Buddhism and depth psychology to review some of the most spiritually powerful films ever made Death is say the authors at once the most immediate locked door and the ultimate frontier a staggering paradox that invites us to search for deeper understanding based upon a level of consciousness beyond thought After reading this book you ll never view Casablanca or The Wizard of Oz the same way again     **Healing Emotions** H.H. the Fourteenth Dalai Lama, Sharon Salzberg, Jon Kabat-Zinn, Richard J. Davidson,2020-10-20 A Pulitzer Prize nominee and the bestselling author of Emotional Intelligence bridges modern science with the spiritual wisdom of the East This extraordinary series of encounters between the Dalai Lama and prominent Western psychologists physicians and meditation teachers sheds new light on the mind body connection Can the mind heal the body The Buddhist tradition says yes and now many Western scientists are beginning to agree These discussions between the Dalai Lama and this group of prominent physicians psychologists philosophers and behaviorists could not be more timely The book is a record of the third Mind and Life Conference a meeting that took place in Dharamsala India gathering Buddhist teachers and Western scholars to discuss questions that provide a framework for an ongoing dialogue between psychology and Buddhism Edited with a new foreword by Daniel Goleman this exploration of stress death meditation self compassion and much more underscores the timeliness and significance of working together across scientific and religious aisles for the greater benefit of humankind     *Feeling Wisdom* Rob Preece,2015-01-13 The realm of emotion is one of those areas where Buddhism and Western psychology are often thought to be at odds Are emotions to be valued examined worked with as signs leading us to deeper self knowledge Or are they something to be ignored and avoided as soon as we recognize them Rob Preece feels that neither of those extremes is correct He charts a path through the emotions as they relate to Buddhist practice showing that though emotions are indeed skandhas elements that make up the illusory self according to the Buddhist teaching there is a good deal to be learned from these skandhas and paying attention to their content contributes not only to psychological health but to deep insight into the nature of reality He draws on his own experiences with emotions and meditation through his training in both Tibetan Buddhism and psychotherapy to show how working with emotions can be a complement to meditation practice     **Psychotherapy and Religion in Japan** Chikako Ozawa-de Silva,2006-09-27 Naikan is a Japanese psychotherapeutic method which combines meditation like body engagement with the recovery of memory and the reconstruction of one s autobiography in order to bring about healing and a changed notion of the self Based on original anthropological fieldwork this fascinating book provides a detailed

ethnography of Naikan in practice In addition it discusses key issues such as the role of memory autobiography and narrative in health care and the interesting borderland between religion and therapy where Naikan occupies an ambiguous position Multidisciplinary in its approach it will attract a wide readership including students of social and cultural anthropology medical sociology religious studies Japanese studies and psychotherapy **Ani's Asylum** Marian Huntington Schinske,2010-03-24 Ani s Asylum is a true story about a Tibetan Buddhist refugee fictitiously called Ani After escaping from Chinese occupied Tibet Ani eventually arrives in Northern California to seek refuge for herself and her daughter Ani s teacher the eminent Arjia Rinpoche introduces her to the author The two women travel the path toward asylum together

The Bliss of Inner Fire Thubten Yeshe,2005-06-10 In the classic bestseller Introduction to Tantra Lama Yeshe offered a profound and wonderfully clear glimpse into the sophisticated practices of Tibetan Buddhist tantra This present book the last major teachings of this great lama opens up the world of advanced practices for Highest Yoga Tantra initiates in much the same way his earlier work opened up the world of tantra in general Following Je Tsongkhapa s 1357 1419 C E text Having the Three Convictions Lama Yeshe introduces the renowned Six Yogas of Naropa focusing mainly on the first of these six the practice of inner fire tummo Mastery of inner fire quickly brings the mind to its most refined and penetrating state the experience of clear light an extra ordinarily powerful state of mind that is unequalled in its ability to directly realize ultimate reality Lama Yeshe felt that twentieth century Westerners could easily grasp the often misunderstood ideas of this esoteric tradition We really need tantra these days because there is a tremendous explosion of delusion and distraction and we need the atomic energy of inner fire to blast us out of our delusion Lama Yeshe s aim was for his students to actually taste the experience of inner fire rather than merely gain an intellectual understanding Lama s own realization of the transformative power of these practices comes through inspiring his students to discover for themselves their own capacity for inexhaustible bliss **Vital Signs** Mary-Jayne Rust,Nick Totton,2018-03-22 This anthology illustrates the range and diversity of responses from the psychological world to the multiple ecological crises with which our society is faced Vital signs are the basic

physiological measures of functioning which health practitioners use to assess how ill a patient is This book focuses not on our physical predicament with so many of the earth s systems severely stressed and beginning to fail but on our psychological predicament As news of this very serious situation slowly penetrates our defences we struggle as individuals and as a society to find an adequate response The Path of the Buddha Renuka Singh,2004 So compelling is the story of Prince Siddharta Gautama that it loses none of its sheen with a retelling Impelled by a desire to deal with the sorrows of human existence he renounces the world when barely ninety nine and find Buddhism Varied and meaningful this book provides a rare glimpse into Buddhism **Ani'S Asylum** Marian Prentice Huntington,2018-06-08 Anis Asylum is a true story about a Tibetan Buddhist refugee fictitiously called Ani After escaping from Chinese occupied Tibet Ani eventually arrives in Northern California to seek refuge for herself and her daughter Anis teacher the eminent Arjia Rinpoche introduces her to

the author The two women travel the path toward asylum together *Wisdom Mind* Colette M. Smart, 2021-06-09 *Wisdom Mind* is an empirically supported mindfulness intervention program for older adults those who are cognitively healthy as well as those who may be experiencing subjective cognitive decline While mindfulness is already known to benefit a wide variety of individuals the unique strengths of this program are the ways in which it is tailored specifically to older adults **The Way of the Mindful Warrior** William Van Gordon, Edo Shonin, 2020-12-02 The Way of the Mindful Warrior provides a fresh authentic and structured path to using mindfulness to embrace living in awareness and reconnecting with our innermost nature of peace wisdom and compassion Mindfulness is a 2 500 year old Buddhist meditation practice that involves focusing awareness on the present moment the only place where an individual can truly embrace and experience life In recent decades mindfulness has gained popularity amongst scientists healthcare practitioners and the public more generally An abundance of popular books has subsequently emerged providing different interpretations of how to practice mindfulness and apply it in daily living contexts However most current approaches to mindfulness have removed it from its traditional spiritual context or overlook important scientific insights from research into this ancient contemplative technique The Way of Mindful Warrior addresses this oversight and integrates the traditional Buddhist teachings on mindfulness with emerging insights from the scientific study of mindfulness wellbeing and the human mind This book is timely and presents a fresh easily digestible and structured path to using mindfulness not only as a tool for coping with the stresses and strains of contemporary living but also as a means to cultivating unconditional wellbeing and for flourishing as a human being **Why the Dalai Lama Matters** Robert Thurman, 2008-06-03 His Holiness the Dalai Lama is an extraordinary example of a life dedicated to peace communication and unity What he represents and what he has accomplished heals and transcends the current tensions between Tibet and China Why the Dalai Lama Matters explores just why he has earned the world's love and respect and how restoring Tibet's autonomy within China is not only possible but highly reasonable and absolutely necessary for all of us together to have a peaceful future as a global community In the few decades since the illegal Chinese invasion of Tibet Tibetans have seen their ecosystem destroyed their religion language and culture repressed and systematic oppression and violence against anyone who dares acknowledge Tibetan sovereignty Yet above it all the Dalai Lama has been a consistent voice for peace sharing a Middle Way approach that has gathered accolades from the Nobel Peace Prize to the U S Congressional Gold Medal Modeling this peaceful resistance shows the world that nobody is free unless everybody is free and that a solution exists that can benefit all parties not just one And more than just his nation have taken notice His inter religious dialogues honest humble demeanor and sense of compassionate justice sets him apart in a world at war with itself When China changes policy and lets Tibetans be who they are Tibet can in turn join with China in peaceful coexistence Why the Dalai Lama Matters is not merely a book about Tibet or the Dalai Lama It is a revealing provocative solution for a world in conflict dealing with the very fundamentals of human rights and freedoms By showing the work that the Dalai Lama has

done on behalf of his people Thurman illuminates a worldwide call to action showing that power gained by might means nothing in the face of a determined act of truth      *Mindfulness in Positive Psychology* Itai Ivztan,Tim Lomas,2016-03-17 Mindfulness in Positive Psychology brings together the latest thinking in these two important disciplines Positive psychology the science of wellbeing and strengths is the fastest growing branch of psychology offering an optimal home for the research and application of mindfulness As we contemplate mindfulness in the context of positive psychology meaningful insights are being revealed in relation to our mental and physical health The book features chapters from leading figures from mindfulness and positive psychology offering an exciting combination of topics Mindfulness is explored in relation to flow meaning parenthood performance sports obesity depression pregnancy spirituality happiness mortality and many other ground breaking topics This is an invitation to rethink about mindfulness in ways that truly expands our understanding of wellbeing Mindfulness in Positive Psychology will appeal to a readership of students and practitioners as well as those interested in mindfulness positive psychology or other relevant areas such as education healthcare clinical psychology counselling psychology occupational psychology and coaching The book explores cutting edge theories research and practical exercises which will be relevant to all people interested in this area and particularly those who wish to enhance their wellbeing via mindfulness      Portraits of Tibetan Buddhist Masters Don Farber,2018-01-01 Renowned photographer Don Farber one of the most important chroniclers of Buddhism today brings the face and the spirit of contemporary Tibetan Buddhism alive with this remarkable book Portraits of Tibetan Buddhist Masters a collection of superb color photographs presented with brief biographies and teachings from each master is a vibrant work a testament to the compassion and wisdom that lies at the heart of the Tibetan Buddhist tradition Farber felt compelled to record the last of the living Buddhist masters who received their training in Tibet and then fled the country following the invasion by China as well as other masters who survived many years of imprisonment during the Cultural Revolution He has worked with a sense of urgency to photograph and interview these extraordinary beings who have been the custodians of this endangered Buddhist tradition His collection of portraits also includes some of the bright lights of Tibetan Buddhism the younger masters who will carry the tradition into the future As a photographic archive of Tibetan Buddhist masters this book plays an important role in preserving Tibetan culture in all its richness and complexity through the words and faces of its esteemed masters      **How to Train a Happy Mind** Scott Snibbe,2024-03-12 TRAIN YOUR MIND TOWARD LASTING CONNECTION AND JOY Eager to share the life enhancing benefits he found in Buddhism skeptic Scott Snibbe presents this 8 step programme that allows anyone to build positive mental habits Inspired by the ancient Buddhist path to enlightenment yet firmly grounded in modern science How to Train a Happy Mind is the first mainstream book to show how you can achieve happiness using analytical meditation Working in much the same way as cognitive behavioural therapy analytical meditation goes beyond the calm inducing practice of mindfulness to actively train the brain through easy to follow narrative visualizations Breaking the path

down into concise steps and written in a relatable tone with plenty of references to popular culture this is the ideal book if you recognize your mind as both the source of your problems and the source of your solutions      **Dancing with Cancer**

Judy Erel, 2018-02-06 Combining the personal and the practical this book mixes the author's own cancer story with the tools she discovered and adapted to support her treatment The wisdom and knowledge that Judy has learned from her experience with cancer can be our guide and coach Bernie Siegel MD Author of Love Medicine Miracles and The Art of Healing Dancing with Cancer focuses on the creation of a positive and proactive mindset with which to face the specific challenges and stages of cancer It combines the author's own experience of using what she calls Thought Work including creative self expression healing energy work and meditation with conventional cancer treatment in order to connect her intentions for healing to the everyday reality of a diagnosis of incurable bone marrow cancer The book offers guidance and inspiration not only to cancer sufferers as they undergo the various stages of treatment but also to those supporting them enabling them to understand better the experience of the cancer patient as well as the possibilities of mind body empowerment Part I allows the reader to gain inspiration and reassurance from Judy's personal cancer story as well as put into practice her Thought Work suggestions which include revelatory questionnaires and journaling creative exercises such as drawing healing mandalas and guided meditations Part II gives a more detailed description of the Thought Work tools including instructions for setting healing intentions for using mindful breathing and for cultivating an attitude of gratitude as well as meditations for a range of cancer situations and step by step instructions for creating artworks Throughout the book are examples of Judy's own transformative artworks which she offers along with the reminder that any creative self expression can be healing it is not the outcome but the physical process of doing that matters enabling multi level transformation      **The Emanated Scripture of Manjushri**

Shabkar Tsogdruk Rangdrol, 2020-03-26 Instructions for traversing the entire Vajrayana path to enlightenment from one of Tibet's most famous wandering yogis Composed by Shabkar at the Cave of Miracles close to Mount Kailash around 1815 this compendium of spiritual instructions is written in the form of questions and answers alternating verse and prose between Shabkar and his disciples It presents the essence of the entire graded path to enlightenment using Tsongkhapa's Great Graded Path Lam rim chen mo as its model In twenty three pieces of advice he explains the need to renounce the world how to develop genuine compassion and methods for achieving an undistracted mind that can unite meditation on emptiness with compassion His nonsectarian approach is evident in his teachings on the nature of mind according to the Mahamudra tradition of Milarepa his practical explanations of Saraha's songs of realization and the attainment of buddhahood without meditation which draws on the teachings of the Great Perfection Dzogchen Shabkar's style is direct and fresh his realization infuses his instructions with an authenticity that will continue to inspire Buddhist practitioners for years to come



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