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The Life Of Milarepa A New Translation From The Tibetan

Where To Download The Life Of Milarepa A New Translation **Compass** From The Tibetan Compass

An authoritative new translation of the complete Hundred Thousand Songs of Milarepa, the teaching songs and stories from Tibet's most beloved Buddhist yogi, poet, and saint. Powerful and deeply inspiring, there

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is no book more beloved by Tibetans than The Hundred Thousand Songs, and no figure more revered than Milarepa, the great eleventh-century poet and saint. An ordinary man who, through sheer force of effort, faith, and perseverance, overcame nearly insurmountable obstacles on the

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spiritual path to achieve enlightenment in a single lifetime, he stands as an exemplar of what it is to lead a spiritual life. Milarepa, a cotton-clad yogi, wandered and taught the dharma, most famously through spontaneously composed songs, a colorful and down-to-earth way to

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convey the immediacy and depth of the Buddhist teachings. In this work, the songs are woven into a narrative that tells the stories of his most famous encounters with his students, including Gampopa and Rechungpa, and recount his victories over supernatural forces in the remote

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Himalayan mountains and caves where he meditated. In this authoritative new translation, prepared under the guidance of Dzogchen Ponlop Rinpoche, Christopher Stagg brilliantly brings to life the teachings of this extraordinary man. This classic of

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world literature is important for its narrative alone but is also a key contribution for those who seek inspiration for the spiritual path.

Milarepa (1052-1135), a major figure in the history of the Kagyu school of Tibetan Buddhism and known as one of Tibet's greatest lamas and poets,

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continues to inspire Buddhist practitioners worldwide to the present day. Liberation in One Lifetime explores the history and spirituality of the Kagyu lineage in relationship to the narratives and teachings attributed to Milarepa by studying some of the earliest versions

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of these materials. Offering a detailed analysis of the biographical material that has been written about Milarepa (who was also a student of Marpa, a major figure in the development of the Bka'-brgyud-pa school of Tibetan Buddhism), author, theologian, and well-respected Tibetan Buddhist

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scholar, Francis V. Tiso, describes the historical context of the tradition of hagiography (biography) in Buddhism and other spiritual traditions, and provides a history of Milarepa's influence in Tibet. Part One explains the tradition of composing stories about Milarepa's life and teachings

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(there have been many throughout the centuries) and includes outlines of the contents of some of them as well as an explanation of the oral versions that have been transmitted via oral epic songs and poems that Milarepa composed. Describing the spiritual components of Bka'-brgyud-

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pa, Part Two includes tantric practices, an outline for the path of liberation, definitions of "voidness," and the characteristics of fully enlightened Buddhahood. Part Three includes translated biographies and oral teachings of Milarepa (in poetic form) that are considered sacred

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texts. The book also includes a foreword by Roberto Vitali, a prominent Tibetan Buddhist scholar as well as an extensive bibliography of primary and secondary sources. A blueprint for a life of mindfulness, dedicated to the easing of suffering both for oneself and for others The

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story of Shakyamuni Buddha's epic journey to enlightenment is perhaps the most important narrative in the Buddhist tradition. Tenzin Chögyel's *The Life of the Buddha*, composed in the mid-eighteenth century and now in a vivid new translation, is a masterly storyteller's

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rendition of the twelve acts of the Buddha. Chögyel's classical tale seamlessly weaves together the vast and the minute, the earthly and the celestial, reflecting the near-omnipresent aid of the gods alongside the Buddha's moving final reunion with his devoted son, Rahula.

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The Life of the Buddha has the power to engage people through a deeply human story with cosmic implications. For more than seventy years, Penguin has been the leading publisher of classic literature in the English-speaking world. With more than 1,700 titles, Penguin Classics

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represents a global bookshelf of the best works throughout history and across genres and disciplines.

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to-date translations by award-winning translators.

Opening the Treasure of the Profound
Milarepa

A Spiritual Classic from One of the
Foremost Interpreters of Tibetan
Buddhism to the West
Rainbow Body

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The Life of Gampopa

One of the most beloved stories of the Tibetan people and a great literary example of the contemplative life The Life of Milarepa, a

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biography and a dramatic tale from a culture now in crisis, can be read on several levels. A personal and moving introduction to Tibetan Buddhism, it is also a

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detailed guide to the
search for liberation.
It presents a quest for
purification and
buddhahood in a single
lifetime, tracing the
path of a great sinner

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who became a great saint. It is also a powerfully evocative narrative, full of magic, miracles, suspense, and humor, while reflecting the

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religious and social
life of medieval Tibet.

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world. With more than 1,700 titles, Penguin Classics represents a global bookshelf of the best works throughout history and across genres and disciplines.

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well as up-to-date
translations by award-
winning translators.

The story of the
spiritual journey of the
famous Tibetan yogi
Milarepa is often told,

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but less well known are
the stories of his
encounters with those he
met and taught after his
own Enlightenment,
eleven of which are the
catalyst for volumes 18

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and 19 of The Complete Works. The first three were originally published in The Yogi's Joy, and to these have been added an intriguing fourth, 'The Shepherd's

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Search for Mind'. The other seven stories form a sequence tracing the relationship between Milarepa and his disciple Rechungpa, from their first meeting to

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their final parting,
when Rechungpa is
exhorted to go and teach
the Dharma himself. As
portrayed in The Hundred
Thousand Songs of
Milarepa, Rechungpa is a

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promising disciple, but
he has a lot to learn,
being sometimes proud,
distracted, anxious,
desirous of comfort and
praise, over-attached to
book learning, stubborn,

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sulky and liable to go
to extremes. In other
words, he is very human,
and surely recognizable
to anyone who has
embarked on the
spiritual path. He all

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too often takes his
teacher's advice the
wrong way, or simply
ignores it, and it takes
all of Milarepa's skill,
compassion and patience
to keep their

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relationship intact and help his unruly disciple to stay on the path to Enlightenment. Sangharakshita's commentary is based on seminars he gave to young,

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enthusiastic but as yet
inexperienced Dharma
followers, and while
much can be gleaned from
it about the path of
practice of the Kagyu
tradition, the main

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emphasis is simply on
how to overcome the
difficulties that are
sure to befall the would-
be spiritual
practitioner, how to
learn what we need to

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learn - in short, the
art of discipleship.

Traces the life of the
eleventhcentury Tibetan
yogin, poet, and saint,
tells how he found
spiritual enlightenment,

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and looks at his
teachings

Tibet's Great Yog?,

Milarepa

Teachings on the Songs
of Jigten Sumgon and
Milarepa

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Milarepa and the Art of
Discipleship I
Seeing Accomplishes All
Milarepa was a much-loved
Tibetan yogi, poet, and teacher.
His 'hundred thousand songs'

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have inspired and guided Buddhist practitioners for centuries, yet examinations of them are few. The Yogi's Joy explores some of these songs to help show how their lessons are relevant to us today. In these

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songs we find such themes as fear, honesty, self-respect, practising with others, the student-teacher relationship, and how we can make teachings our own..

A Buddhist holy man whose

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songs have been sung and studied since the 12th century, Milarepa exchanged a life of sin and maliciousness for one of contemplation and love, eventually reaching the ultimate state of enlightenment.

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The legendary exploits of a spiritual superhero, and Tibetan Buddhism's most renowned saint--in a full-color graphic novel. From avenging evil sorcerer to devoted Buddhist ascetic to enlightened being—the

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story of Milarepa's spectacular life is a powerful testimony to self-knowledge, transformation, and liberation. It is the year 1050, and Milarepa is seeking vengeance on unscrupulous relatives for mistreating his

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mother and sister. Trained in dark magic, he commands a rain of scorpions, snakes, and lizards to attack the villains. But when his teacher rebukes him for his odious deeds, Milarepa renounces witchcraft to seek

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mystical truth. He retreats to a cave where, after years of intense meditation, he acquires the power to shape-shift. But most importantly he achieves the greatest victory of all—mastery over himself.

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A New Translation

Autobiography of a Tibetan
Yogin

Tibet's Great Yogi

Yogi's Joy

Of Milarepa; the Life-story and
Teaching of the Greatest Poet-

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saint Ever to Appear in the
History of Buddhism
The Life of
Milarepa Motilal
Banarsidass Publishe
What does Tibetan Buddhism
teach? Just what is the

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position of the Dalai
Lama, and how will his
succession be assured?
This Very Short
Introduction offers a
brief account responding
to these questions and

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more, in terms that are easily accessible to those who are curious to learn the most essential features of Tibetan Buddhist history, teachings, and practice.

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Himalayan Hermitess is a vivid account of the life and times of a Buddhist nun living on the borderlands of Tibetan culture. Orgyan Chokyi (1675-1729) spent her life

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in Dolpo, the highest
inhabited region of the
Nepal Himalayas.

Illiterate and expressly
forbidden by her master to
write her own life story,
Orgyan Chokyi received

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divine inspiration, defied tradition, and composed one of the most engaging autobiographies of the Tibetan literary tradition. The Life of Orgyan Chokyi is the

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oldest known autobiography authored by a Tibetan woman, and thus holds a critical place in both Tibetan and Buddhist literature. In it she tells of the sufferings of

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her youth, the struggle to
escape menial labor and
become a hermitess, her
dreams and visionary
experiences, her
relationships with other
nuns, the painstaking work

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of contemplative practice,
and her hard-won social
autonomy and high-mountain
solitude. In process it
develops a compelling
vision of the relation
between gender, the body,

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and suffering from a
female Buddhist
practitioner's
perspective. Part One of
Himalayan Hermitess
presents a religious
history of Orgyan Chokyi's

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Himalayan world, the Life of Orgyan Chokyi as a work of literature, its portrayal of sorrow and joy, its perspectives on suffering and gender, as well as the diverse

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religious practices found throughout the work. Part Two offers a full translation of the Life of Orgyan Chokyi. Based almost entirely upon Tibetan documents never

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before translated,
Himalayan Hermitess is an
accessible introduction to
Buddhism in the premodern
Himalayas.

The Holy Madmen of Tibet
Drinking the Mountain

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Stream

Tibetan Buddhism: A Very
Short Introduction
Songs of Tibet's Beloved
Saint Milarepa
Tibet's Great Yog=i
Milarepa

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Tibetans accord The
Hundred Thousand Songs of
Milarepa a classic status
comparable to that of the
Mahabharata and the Bible,
and revere its author as
probably the best single

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exemplar of the religious life. Milarepa was an eleventh-century Buddhist poet and saint, a cotton-clad yogi who avoided the scholarly institutions of his time and wandered from

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village to village, teaching enlightenment and the path to Buddhahood through his spontaneously composed songs. Wherever he went, crowds of people gathered to hear his sweet sounding

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voice "singing the Dharma."
The Hundred Thousand
Songs of Milarepa, says the
book's translator, "has been
read as the biography of a
saint, a guide book for
devotions, a manual of

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Buddhist yoga, a volume of songs and poems, and even a collection of Tibetan folklore, and fairy tales."

With titles like "The Salvation of the Dead," "A Woman's Role in the

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Dharma," and "Challenge
from a Wise Demoness,"
Milrepa's poems are filled
with fascinating tales of
miraculous encounters and
colorful imagery, and
present a valuable insight

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into the living quality of
Tibetan Buddhism. Central
as this book is to Tibetan
culture, the arcane dialect
and obscurity of many
original passages daunted
translators for centuries;

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this was the first complete
version of the classic to
appear in the West.

Here is the first complete
life story of Gampopa,
foremost disciple of
Milarepa and a forefather of

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the Kagyu lineages.

Compiled from numerous
Tibetan biographies, this
rendition highlights the
details of Gampopa's
meditative experiences and
presents direct insights into

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the practices and realization
of Mahamudra. A history of
the Kagyu order by Lobsang
P. Lhalungpa augments
Gampopa's biography,
illustrating this revered
teacher's central role in the

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development of the Tibetan
Kagyu lineages. A
concluding essay on
Mahamudra introduces
Vajrayana Buddhism to
beginners, while
simultaneously supporting

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advanced practitioners with
fresh insights.

Tibetan biographers began
writing Jetsun Milarepa's
(1052–1135) life story
shortly after his death,
initiating a literary tradition

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that turned the poet and
saint into a model of
virtuosic Buddhist practice
throughout the Himalayan
world. Andrew Quintman
traces this history and its
innovations in narrative and

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aesthetic representation
across four centuries,
culminating in a detailed
analysis of the genre's most
famous example, composed
in 1488 by Tsangnyön
Heruka, or the "Madman of

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Western Tibet." Quintman
imagines these works as a
kind of physical body
supplanting the yogin's
corporeal relics.

A Biography from the
Tibetan being the Jets?n-

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Kabbum or Biographical
History of Jets?n-Milarepa,
According to the Late
L=ama Kazi Dawa-Samdup's
English Rendering
The Life and Teaching of
Naropa

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The Hundred Thousand
Songs of Milarepa
Himalayan Hermitess
The Hundred Thousand
Songs

A renowned meditation master
retells the stories and

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realization songs of Tibet's best-known and most-beloved religious figure—and reveals how they relate to our everyday lives He went from being the worst kind of malevolent sorcerer to a devoted and ascetic Buddhist

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practitioner to a completely
enlightened being all in a
single lifetime . . . The
story of Milarepa
(1040-1123) is a tale of
such extreme and powerful
transformation that it might
be thought not to have much

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direct application to our own less dramatic lives—but Chögyam Trungpa shows otherwise. This collection of his teachings on the life and songs of the great Tibetan Buddhist poet-saint reveals how Milarepa's

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difficulties can be a source of guidance and inspiration for anyone. His struggles, his awakening, and the teachings from his remarkable songs provide precious wisdom for all us practitioners and show what

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devoted and diligent
practice can achieve.

Rainbow Body: The Life and
Realization of a Tibetan
Yogin, Togden Ugyen Tendzin,
presents the remarkable life
story of Togden Ugyen
Tendzin (1888-1962), a

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Tibetan yogin who in death achieved the “rainbow body,” the release of the physical body in the essence of the five elements and one of the highest spiritual attainments of Dzogchen, recognized as the supreme

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level of Tibetan Buddhism.
His nephew, Chögyal Namkhai
Norbu, one of the greatest
living masters of Dzogchen,
composed the book from his
own recollections of his
uncle as well as direct
quotes from talks with the

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great yogin himself and his
disciple Sala Karma Samten.
The book traces the yogin's
childhood struggles, the
circumstances that led him
to his teacher, the eminent
Adzom Drugpa, and his
difficult path to self-

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realization. Finally,
Chögyal Namkhai Norbu
relates the story of Ugyen
Tendzin's death during
imprisonment by the Chinese,
when witnesses discovered
that though his sheepskin
robe still sat upright, his

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body was gone—a testament to its having dissolved into the rainbow body.

The Life of Shabkar has long been recognized by Tibetans as one of the masterworks of their religious heritage. Shabkar Tsogdruk Rangdrol

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devoted himself to many years of meditation in solitary retreat after his inspired youth and early training in the province of Amdo under the guidance of several extraordinary Buddhist masters. With

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determination and courage,
he mastered the highest and
most esoteric practices of
the Tibetan tradition of the
Great Perfection. He then
wandered far and wide over
the Himalayan region
expressing his realization.

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Shabkar's autobiography vividly reflects the values and visionary imagery of Tibetan Buddhism, as well as the social and cultural life of early nineteenth-century Tibet.

Enlightened renunciate and

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singer of spiritual poems
who roamed Tibet's Himalayas
900 years ago

The Life Of Milarepa

The Life of a Tibetan

Buddhist Nun

Life Story of Milarepa

Liberation in One Lifetime

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Spiritual teachings in the form of songs—spontaneous expressions of deep wisdom and understanding that reveal the nature of reality—have been treasured since the dawn of Buddhism in India. In

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Opening the Treasure of the
Profound, Khenchen Konchog
Gyaltshen translates nine
such songs, by Milarepa and
Jigten Sumgön, and then
explains them in
contemporary terms. His

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insights take the Buddha's
ancient wisdom out of the
realm of the intellectual and
directly into our hearts. Here,
we are invited into the world
of transmission from master
to disciple in order to

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discover truth for
ourselves—to open the
treasure of profound wisdom
that fully realizes the nature
of reality.

In the history of Tibetan
Buddhism, the eleventh-

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century Indian mystic

Nâropa occupies an unusual position, for his life and teachings mark both the end of a long tradition and the beginning of a new and rich era in Buddhist thought.

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Nâropa's biography,
translated by the world-
renowned Buddhist scholar
Herbert V. Guenther from
hitherto unknown sources,
describes with great
psychological insight the

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spiritual development of this scholar-saint. It is unique in that it also contains a detailed analysis of his teaching that has been authoritative for the whole of Tantric Buddhism. This modern translation is

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accompanied by a
commentary that relates
Buddhist concepts to Western
analytic philosophy,
psychiatry, and depth
psychology, thereby
illuminating the significance

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of Tantra and Tantrism for
our own time. Yet above all, it
is the story of an individual
whose years of endless toil
and perseverance on the
Buddhist path will serve as an
inspiration to anyone who

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aspires to spiritual practice.

"This book is the first
comprehensive study of the
"holy madmen" of Tibetan
Buddhism--tantric yogins who
achieved a degree of
saintliness through shocking,

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norm-overturning behavior" --

The Life of Milarepa, Tibet's
Great Yogi

A Biography from the Tibetan
; Being the Jets ü n-Kahbum
Or Biographical History of
Jets ü n-Milarepa, According

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to the Late Lama Kazi Dawa-
Samdup's English Rendering ;
Edited with Introduction and
Annotations by W. Y. Evans-
Wentz ; with a New Foreword
by Donald S. Lopez, Jr
The Life of the Buddha

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The Magic Life of Tibet's
Great Yogi

The Life of Milarepa

This life story of Milarepa--the
important Tibetan religious
leader who lived over 800 years
ago--is part of a remarkable four-

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volume series on Tibetan

Buddhism produced by the late
W.Y. Evans-Wentz, all four of
which are being published by
Oxford in new editions. While
there are many parochial
differences among the several

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sects of Tibetan Buddhism, each holds the Great Yogi Milarepa in the highest reverence and esteem. For exemplified in Milarepa's life, as we discover in these pages, are all of the teachings of the great yogis of

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India--including those of
Gautama the Buddha, the
greatest yogi known to history.
Amid his detailed introductory
and explanatory notes for this
text, Evans-Wentz also reveals
compelling similarities between

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the life and thought of Milarepa and those of Jesus, Gandhi, and "saints...in ancient China, or India, or Babylonia, or Egypt, or Rome, or in our own epoch." In composing this translation from the original Tibetan, the late

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L=ama Kazi Dawa-Samdup, who was Evans-Wentz's guru for many years, aimed to show Western readers "one of our great teachers as he actually lived...much of which is couched in the words of his own mouth,

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and the remainder in the words of his disciple Rechung, who knew him in the flesh." For this third edition, Donald S. Lopez, author of Prisoners of Shangri-La: Tibetan Buddhism and the West, has written a critical

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foreword that updates and contextualizes this crucial part of Evans-Wentz's scholarship within the yoga tradition.

Marpa the Translator, the eleventh-century farmer, scholar, and teacher, is one of the most

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renowned saints in Tibetan
Buddhist history. In the West,
Marpa is best known through his
teacher, the Indian yogin
Nâropa, and through his closest
disciple, Milarepa. This lucid and
moving translation of a text

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composed by the author of The
Life of Milarepa and The
Hundred Thousand Songs of
Milarepa documents the
fascinating life of Marpa, who,
unlike many other Tibetan
masters, was a layman, a skillful

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businessman who raised a family while training his disciples. As a youth, Marpa was inspired to travel to India to study the Buddhist teachings, for at that time in Tibet, Buddhism has waned considerably through

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ruthless suppression by an evil king. The author paints a vivid picture of Marpa's three journeys to India: precarious mountain passes, desolate plains teeming with bandits, greedy customs-tax collectors. Marpa endured many

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hardships, but nothing to compare with the trials that ensued with his guru Nâropa and other teachers. Yet Marpa succeeded in mastering the tantric teachings, translating and bringing them to Tibet, and

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establishing the Practice Lineage
of the Kagy ü s, which continues
to this day.

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**AS a story, the life of
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inspiring. He was born in
1052. wronged in
childhood, he left home to
became apprenticed to a**

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**sorcerer, quickly became
profident in the black arts,
then returned and
destroyed his enamies
Marpa the Translator, the
eleventh-century farmer,
scholar, and teacher, is one**

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**of the most renowned
saints in Tibetan Buddhist
history. In the West, Marpa
is best known through his
teacher, the Indian yogin
Nâropa, and through his
closest disciple, Milarepa.**

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The Life of Milarepa and
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Despite the many
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**numerous sects of Tibetan
Buddhism, they all unite in
holding the Great Yogi
Milarepa, a Tibetan
religious leader who lived
over 800 years ago, in the
highest reverence and**

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**esteem. Evans-Wentz
points to similarities
between the life and
teachings of Milarepa and
the greatest of modern
India's spiritual leaders,
Mahatma Gandhi. In**

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**translating from the
original Tibetan, the late
Lama Kazi Dawa Samdup,
Evans-Wentz's Tibetan guru
for many years, wishes to
show Western readers one
of our great teachers as he**

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**actually lived in a
biography of him, much of
which is couched in the
words of his own mouth,
and the remainder in the
words of his disciple
Rechung, who knew him in**

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