

The Seven Instruction Lineages Taranathas Bka Babs Bdun Ldan

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, 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 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 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 (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-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 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.

"In this uniquely insightful overview and practice guide, Traleg Kyabgon presents a thorough introduction to the Kagyu lineage's Mahamudra tradition. The author's approach is straightforward—he presents the Mahamudra teachings as a means of seeing things in, as he says, "a positive and open light. Even things we might normally regard as bad and undesirable can be interpreted in a more uplifting way due to the expansiveness of the Mahamudra vision." Mahamudra—which means "great seal" or "great symbol," referring to the symbol or mark of ultimate reality, or emptiness—points to the true nature of mind as well as the ultimate insubstantiality of all things.

This biography of one of the most charismatic Indian siddhas or tantric adepts, prominent in the tantric lineage that were conveyed to Tibet, particularly those concerning Cakrasamvara and Vajra Varahi, was compiled by the renowned Tibetan historian Jonang Taranatha from both written and oral sources. He describes Krsnacsrya's training with his own guru, Jalandharipa, his exploits in various parts of India and his eventual untimely death.

Tsongkhapa's commentary entitled A Book of Three Inspirations: A Treatise on the Stages of Training in the Profound Path of Naro's Six Dharmas is commonly referred to as The Three Inspirations. Anyone who has read more than a few books on Tibetan Buddhism will have encountered references to the Six Yogas of Naropa, a preeminent yogic technology system. The six practices—inner heat, illusory body, clear light, consciousness transference, forceful projection, and bardo yoga—gradually came to pervade thousands of monasteries, nunneries, and hermitages throughout Central Asia over the past five and a half centuries.

Women in Tantric Buddhism

Journal of Nagarjuna Institute of Exact Method

Sexualities in Buddhist Narrative, Iconography and Ritual

Her Role in the Spread of Tibetan Buddhism in Taiwan

The Treasury of Knowledge: Book Eight, Part Three

Passionate Enlightenment

The Buddha's Doctrine and the Nine Vehicles

Pabongka Rinpoche was one the twentieth century's most charismatic and revered Tibetan lamas, and in Liberation in the Palm of Your Hand we can see why. In this famous twenty-four-day teaching on the lamrim, or stages of the path, Pabongka Rinpoche weaves together lively stories and quotations with frank observations and practical advice to move readers step by step along the journey to buddhahood. When his student Trijang Rinpoche first edited and published these teachings in Tibetan, an instant classic was born. The flavor and immediacy of the original Tibetan are preserved in Michael Richards' fluid and lively translation, which is now substantially revised in this new edition.

Providing a rare glimpse of feminine Buddhist history, Niguma, Lady of Illusion brings to the forefront the life and teachings of a mysterious eleventh-century Kashmiri woman who became the source of a major Tibetan Buddhist practice lineage. The circumstances of her life and extraordinary qualities ascribed to her are analyzed in the greater context of spiritual biography and Buddhist doctrine. More than a historical presentation, Niguma's story raises the question of women as real spiritual leaders versus male images of feminine principle and other related contemporary issues. This volume includes the thirteen works that have been attributed to Niguma in the Tibetan Buddhist canon. These collected works form the basis of an ancient lineage Shangpa, which continues to be actively studied and practiced today. These works include the source verses for such esoteric practices as the Six Yogas, the Great Seal, and the Chakrasamvara and Hevajra tantric practices that are widespread in Tibetan traditions. Also included is the only extant biography, which is enhanced by the few other sources of information on her life and work.

Through the biography of an unusual Manchu Chinese female devotee who contributed to the spread of Tibetan Buddhism in Taiwan, the book provides a new angle at looking at Sino-Tibetan relations by bringing issues of gender, power, self-representation, and globalization

The Attainment of he View of Enlightenment has been the goal of the Enlightened Beings since beginningless time. Conceptually, one may attain such a view, however translating this view into a practice that will create a life based on this view, is something else entirely. This volume has as its aim, this realization of living the view of the enlightened sages of the 3 times.

With the Commentary Yogaratnamala

Luminous Mind

Masters of Mahamudra

Meditation on the Nature of Mind

Taranatha's BKS' BABS. BDUN. LDAN

The Cakrasamvara Tantra (The Discourse of Sri Heruka)

Songs and Histories of the Eighty-Four Buddhist Siddhas

A richly illustrated tapestry of interwoven studies spanning some six thousand years of history, Dæmons Are Forever is at once a record of archaic contacts and transactions between humans and protean spirit beings—dæmons—and an account of exchanges, among human populations, of the science of spirit beings: dæmonology. Since the time of the Indo-European migrations, and especially following the opening of the Silk Road, a common dæmonological vernacular has been shared among populations ranging from East and South Asia to Northern Europe. In this virtuoso work of historical sleuthing, David Gordon White recovers the trajectories of both the “inner demons” cohabiting the bodies of their human hosts and the “outer dæmons” that those same humans recognized each time they encountered them in their enchanted haunts: sylvan pools, sites of geothermal eruptions, and dark forest groves. Along the way, he invites his readers to reconsider the potential and promise of the historical method in religious studies, suggesting that a “connected histories” approach to Eurasian dæmonology may serve as a model for restoring history to its proper place at the heart of the discipline of the history of religions.

This book is a study of the life and most important extant work of Rog Bande Sherab, also known as Rogben (1166-1244). Rogben devoted his life to collecting important textual cycles and meditation techniques. Rogben's most important work, The Lamp of the Teachings, cuts across the genres of history, doctrinal studies, and doxography. It is one of the earliest philosophically robust explanations of the 'nine vehicle' system of the Ancient or Nyingma school of Tibetan Buddhism.

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.

This is the first complete, critical English translation of the Cakrasamvara Tantra, also known as the Sriherukabhidhana and Laghusamvara. This is the first complete, critical English translation of the Cakrasamvara Tantra. Composed in India during the eighth century, it is a foundational scripture of one of the most important Indian Buddhist tantric traditions. The translator’s introductory essay provides an analysis of the historical and intellectual contexts in which the Cakrasamvara Tantra was composed. The heavily annotated translation was made on the basis of the surviving Sanskrit manuscripts of the tantra and its commentaries, parallel passages in related explanatory tantras (vyakhyatantra), two different Tibetan translations of the root text, and several Tibetan commentaries. Includes a trilingual glossary and index. The author has also translated the commentary on this tantra by the great Tibetan scholar Tsong Khapa (1357–1419), Illumination of the Hidden Meaning, now published in two companion volumes. Taken together, these three volumes provide the reader with the first full study in English of this pivotal tantra. Composed in India during the late eighth or early ninth century, the Cakrasamvara Tantra is a foundational scripture of one of the most important Indian Buddhist tantric traditions, as evidenced by the vast number of commentaries and ritual literature associated with it. Along with the Hevajra Tantra, it is one of the earliest and most influential of the yogini tantras, a genre of tantric Buddhist scripture that emphasizes female deities, particularly the often fiercely depicted yoginis and ?akinis.

Tibetan Histories

Spiritual Attainment, the Dissolution of the Material Body, and the Case of Khenpo A Chö

A Concise Discourse on the Path to Enlightenment

The Crystal Mirror of Philosophical Systems

Mārg

The Way of the Buddha

Contacts and Exchanges in the Eurasian Pandemonium

Gathers selected teachings and stories that illustrate the principles of Buddhism

This compelling study of the Ri-me movement and of the major Buddhist lineages of Tibet is comprehensive and accessible. It includes an introduction to the history and philosophy of the Ri-me movement; a biography of the movement's leader, the meditation master and philosopher known as Jamgön Kongtrul the Great; helpful summaries of the eight lineages' practice-and-study systems, which point out the different emphases of the schools; an explanation of the most hotly disputed concepts; and an overview of the old and new tantras. Jamgön Kongtrul the Great (1813-1899) is a giant in Tibetan history, renowned for his scholarly and meditative achievements, but also for his energetic yet evenhanded work to unify and strengthen the different lineages of Buddhism. The Ri-me movement, led by Kongtrul and several other leading scholars of the time, was a unifying effort to cut through interscholastic divisions and disputes that were occurring between the different lineages. These leaders sought appreciation of the differences and acknowledgment of the importance of variety in benefiting practitioners with different needs. The Ri-me teachers also took great care that the teachings and practices of the different schools and lineages, and their unique styles, did not become confused with one another. This lucid survey of the Ri-me movement will be of interest to serious scholars and practitioners of Tibetan Buddhism.

Essence of Ambrosia is a guide to Buddhist meditation, composed by the prolific and eclectic Tibetan scholar and practitioner Taranatha (1575-1634). Following the lead of Atisha, Taranatha expounds a graduated approach (known as lam rim) to cognitive and meditative development designed to address the needs of three types of person: the person of lesser, average and greater capacity. Taranatha's innovative contribution to this genre is to instruct the student in "contemplation sessions", that specifically guide a beginning Buddhist practitioner through the traditional practices of meditation, beginning with devotional reflection up to the apex of Buddhist meditation, insight (vipassana) meditation. The result is a remarkably accessible and concise insider's guide to the Mahayana Buddhist path.

Publisher description

The Elements of Tantric Practice

Her Visualization, Rituals, and Forms

The Concealed Essence of the Hevajra Tantra

Essence of Ambrosia

A Study of the Buddhist Lineages of Tibet

The Ri-me Philosophy of Jamgon Kongtrul the Great

The Practice of the Six Yogas of Naropa

In Courtesans and Tantric Consorts, Serinity Young takes the reader on a journey through more than 2000 years of Buddhist history, revealing the colourful mosaic of beliefs that inform Buddhist views about gender and sexuality.

Thuken Chökyi Nyima's The Crystal Mirror of Philosophical Systems is the widest-ranging account of religious philosophies ever written in premodern Tibet. After covering the major schools of India, both Buddhist and non-Buddhist, Thuken discusses in detail the entire range of Tibetan traditions, with separate chapters on the Nyingma, Kadam, Kagyü, Shijé, Sakya, Jonang, Geluk, and Bön schools. He then describes the major traditions of China ? Confucian, Daoist, and Buddhist ? as well as those of Mongolia, Khotan, and Shambhala. Not content with simply describing and analyzing doctrines, Thuken traces the historical development of the various traditions. While he favors his own Geluk school, Thuken treats the views of other traditions with sympathy and respect, sometimes even defending them against criticisms from his own tradition. Eloquent, erudite, and informative, The Crystal Mirror of Philosophical Systems is evidence that serious and balanced study of the history of religions has not been a monopoly of Western scholarship.

In Tibetan Buddhism, Mahamudra represents a perfected level of meditative realization: it is the inseparable union of wisdom and compassion, of emptiness and skillful means. These eighty-four masters, some historical, some archetypal, accomplished this practice in India where they lived between the eighth and twelfth centuries. Leading unconventional lives, the siddhas include some of the greatest Buddhist teachers; Tilopa, Naropa, and Marpa among them. Through many years of study, Keith Dowman has collected and translated their songs of realization and the legends about them. In consultation with contemporary teachers, he gives a commentary on each of the Great Adepts and culls from available resources what we can know of their history. Dowman’s extensive Introduction traces the development of tantra and discusses the key concepts of the Mahamudra. In a lively and illuminating style, he unfolds the deeper understandings of mind that the texts encode. His treatment of the many parallels to contemporary psychology and experience makes a valualbe contribution to our understanding of human nature. Keith Dowman’s many publications include: Sky Dancer: The Secret Life and Songs of the Lady Yeshe Sogyel (Routledge & Kegan Paul) and The Legend of the Great Stupa (Dharma Publishing). He lives and practices in Kathmandu, Nepal.

Francis V. Tiso, a noted authority on the rainbow body, explores this manifestation of spiritual realization in a wide-ranging and deeply informed study of the transformation of the material body into a body of light. Seeking evidence on the boundary between physical science and deep spirituality that might elucidate the resurrection of Jesus, he investigates the case of Khenpo A Chö, a Buddhist monk who died in eastern Tibet in 1999. Rainbow Body and Resurrection chronicles the dissolution of Khenpo's material body within a week of his death, including eye-witness interviews. Tiso describes the spiritual practices that give rise to the rainbow body and traces their history deep into the encounter of religions in medieval Central Asia. His erudite exploration of the Tibetan phenomenon raises the fascinating

question of whether there is a connection between the rainbow body and the dying and rising of Jesus. Drawing on a wealth of recent research, Tiso expands his discussion to include the contemplative geography out of which Dzogchen arose some time in the eighth century along the great Silk Road across Central Asia. The result is an illuminating consideration of previously unimagined relationships between spiritual practices and beliefs in Central Asia. From the Trade Paperback edition.

Liberation in the Palm of Your Hand

Mind at Ease

The Circle of Bliss

Buddhist Himalaya

Daemons Are Forever

Niguma, Lady of Illusion

Essays on Women and Tibet

Revised edition of: Readings on the Six Yogas of Naropa, 1997.

In the present work, Taranatha paints a miraculous picture of the great Siddhas of India their lives and the lineages which sprang from their teachings. In all, the lives of some 59 Siddhas are related some well known, others more obscure, but all linked by their various lineages and by the instructions handed down from Siddha to disciple.

Taranatha's account of these remarkable lives is especially valuable as he had as his gurus, and as the sources of these accounts, three Indians from the very traditions about which he wrote with such conviction. The lineage accounts are very important for a clear understanding of the Tantric upadesas themselves. In several places Taranatha makes quite sure that his own lineage is irrefutably established so that there is no doubt that he is a participator in the upadesas themselves, not merely a hander down of legends. The accounts were evidently passed on and, due to the special factors involved in the tantric oral tradition, we cannot but understand them as being accurate and reliable.

A correct understanding of the mind's nature not only illuminates the many treatises on Buddhist philosophy, it is the key to success in meditation and to the profound insights at the heart of the Buddha's path. The text at the center of this book, the Wish-Fulfilling Jewel of the Oral Tradition by Khöntön Peljor Lhündrub (1561?1637), manages to combine both theory and practical instructions for meditating on the nature of mind in a manner that is easily accessible. Especially interesting is its nonsectarian approach, with liberal citations from across the Tibetan Buddhist spectrum. His Holiness the Dalai Lama's broad-ranging overview of this important text in the first part of this book insightfully distills some of the most central themes of Buddhism: why the mind is so essential to the tradition, how science and Buddhism can benefit from mutual interaction, what distinguishes subtle and grosser levels of consciousness, how the different schools of Tibetan Buddhism elaborate such a distinction, and how all of these schools have a common source in the scholarly tradition of Nalanda Monastery, the greatest Buddhist university of ancient India. It is a profound and erudite teaching, both in scope and detail, and brings the reader closer to a fresh and direct experience of the all-important topic. As little has been written in Western languages about Khöntön Rinpoché, this volume also includes a short biography of this interesting figure, who was a guru to the Great Fifth Dalai Lama.

Treatise on Tantric Buddhism; includes Yogaratnamala or Hevajra Pañjika, commentary by Kṛṣṇavajrapada, 11th cent.

Tāranātha's Life of Kṛṣṇācārya/Kāṅha

Buddhist Meditational Art

Mārg

Vajrayogini

The Seven Instruction Lineages

The Direct Realization of a Buddha

Handbook of Libraries, Archives & Information Centres in India: Humanities information systems and centres. 2 v

According to legend, a number of ancient spiritual masters have dissolved their physical bodies into pure energy. Most used special exercises and techniques that had to be applied over a period of years, the results of which were the total transformation of the physical form into a form of self sustaining light energy. The new light form was immortal and indestructible. Somehow, these legends have not made it into our Western lexicon. The Body of Light represents a complete and total and radical transformation of one's status of being, a rediscovery of what was primordiallly present, and this condition is permanent. It is Awareness itself and is dependent on nothing else. This may be compared to the various Christian notions of transfiguration, resurrection, and ascension. There exists in history many examples of the successful completion of this process. Even in recent years there have been a number of Tibetan Lamas, both Buddhist and Bon-po, who attained realization of the Rainbow Body ('ja-lus-pa) at the end of their lives and some of these occurrences were witnessed by Chinese Communist officials. In this book The Human Body of Light, board-certified psychiatrist and author Dr. Mitchell Earl Gibson explores this fascinating arena of human potential. This book is designed to explore one question; is it possible for the human body to evolve into pure energy? Through meticulous research and one-of-a-kind insightful observations, The Human Body of Light explores the real phenomenon of an extraordinary type of human evolution. The realizations that accompany this knowledge has the potential to change our understanding of what it means to be human.

Jamgön Kongtrül's Treasury of Knowledge in ten volumes is a unique encyclopedic masterpiece embodying the entire range of Buddhist teachings as they were presented in Tibet. Tibetan Buddhist teachers expected their students to study Buddhist philosophical texts as well as practice reflection and meditation; present-day students have also realized that awakening has its source in study as well as in reflection and practice. The Elements of Tantric Practice sets forth the essential components of the path of highest yoga tantra, a system of meditation that unites wisdom and compassion in its two phases of practice. The first phase, that of creation, relies primarily on the use of the imagination to effect personal transformation. The phase of completion allows the practitioner to perfect the process of transformation by training in methods that manipulate the energies and constituents of the mind and body. The result of this path is the direct experience of the fundamental nature of mind and phenomena. The Elements of Tantric Practice concerns the meditative processes of the inner system of secret mantra—that of highest yoga tantra—and is based primarily on tantric sources. The author introduces the subject by describing the path of tantra and its underlying principles. The main body of the book deals with two major elements essential to all highest yoga tantras: the practice of the creation phase and that of the completion phase. For the first phase, Kongtrül describes the visualization sequences in which ordinary perceptions are transformed into the forms of awakening and explains how these practices purify the stages of cyclic existence—life, death, and rebirth. The creation phase prepares the practitioner for the techniques of the completion phase, which entail focusing directly on the channels, winds, and vital essences that form the subtle body. Kongtrül presents the key elements of a variety of tantras, including the Guhyasamaja and Yamari, belonging to the class of father tantras and the Kalachakra Hevajra Chakrasamvara Mahamaya Buddhakapala and Tara mother tantras. All these tantras share a common goal: to make manifest the pristine awareness that is the union of emptiness and bliss.

Vajrayogini is a tantric goddess from the highest class of Buddhist tantras who manifests the ultimate development of wisdom and compassion. Her practice is prevalent today among practitioners of Tibetan Buddhism. This ground-breaking book delves into the origins of Vajrayogini, charting her evolution in India and examining her roots in the Cakrasamvara tantra and in Indian tradition relating to siva. The focus of this work is the Guhyasamayasadhanamala, a collection of forty-six sadhanas, or practice texts. Written on palm leaves in Sanskrit and preserved since the twelfth century, this diverse collection, composed by various authors, reveals a multitude of forms of the goddess, each of which is described and illustrated here. One of the sadhanas, the Vajravarahi Sadhana by Umapatideva, depicts Vajrayogini at the center of a mandala of thirty-seven different goddesses, and is here presented in full translation alongside a Sanskrit edition. Elizabeth English provides extensive explanation and annotation of this representative text. Sixteen pages of stunning color plates not only enhance the study but bring the goddess to life.

Published in conjunction with a 2003 exhibition co-organized by the Columbus Museum of Art and the Los Angeles County Museum of Art, this hefty, oversize (10x13 catalogue features approximately 160 powerful masterpieces of Indian, Nepalese, Tibetan, Chinese, and Mongolian art produced over the pa

Feminine Ground

Dreaming in the Lotus

Liberation in One Lifetime

Religion and Biography in China and Tibet

Gongga Laoren (1903-1997)

According to Tradition

The Human Body of Light

Brings to the fore the voices of the major Western women scholars of Tibetan Buddhism...an outstanding resource.—Pacific Sun

The Chinese and Tibetan traditions value biography as a primary historiographical and literary genre. This volume analyses biographies as texts, taking seriously the literary turn in historical and religious studies and applying some of its insights to an understudied but central corpus of material in Chinese and Tibetan religion.

Over 700 items are featured in this bibliography which attempts to provide a comprehensive listing in chronological sequence of Tibetan-language works belonging to the typical historical genres that have evolved between the 11th century and the present. As well as dates and details of composition or publication, authorship and title, the are also references to the secondary literature in other languages.

Surveys the complex history of Buddhist dream experience and analysis.

Buddhist Dream Narrative, Imagery, and Practice

Rog Bande Sherab's Lamp of the Teachings

Studies in Central and East Asian Religions

Rainbow Body and Resurrection

Hagiographical Writing in India

Accessions List, South Asia

Buddhist Goddesses of India