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The Ganges River more than a
thousand years ago.

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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.

*Tilopa's Mahamudra Upadesha -
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*Tilopa's Mahamudra Upadesha -
Dharma Treasures*

Tilopa's Mahamudra Upadesha:
the Gangama instructions with
commentary / Sangyes Nyenpa;
translated by David Molk.—First
edition. pages cm The oral
instruction of Sangyes Nyenpa
Rinpoche given to the monks and
nuns of Benchen Monastery,
Pharping, Kathmandu, Nepal in
2001. Includes bibliographical
references. eISBN
978-0-8348-2974-9

ABOUT THE BOOK

Colophon: Tilopa's Mahamudra
Instruction to Naropa in twenty
Eight Verses was transmitted by
the Great Guru and Mahasiddha

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Tilopa to the Kashmiri Pandit, Sage and Siddha, Naropa, near the banks of the River Ganga upon the completion of his Twelve Austerities. Naropa transmitted the teaching in Sanskrit in the form of twenty eight verses to the great Tibetan translator Mar pa Chos kyi blo gros, who made a free translation of it at his village of Pulahari on the Tibet - Bhutan border.

Pith Instructions on Mahamudra from Mahasiddha Tilopa: The ...
Mahamudra Upadesha, contain the mahamudra pointing-out instructions given on the banks of the Ganges River by the Indian mahasiddha Tilopa to his foremost disciple, the great pandit and mahasiddha Naropa, sometime in

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The eleventh century of the common era. Tilopa is regarded as preeminent among Indian siddhas. According to

*issue 8, 80 pages - Thrangu
Rinpoche*

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.

*Tilopa's Mahamudra Upadesha
eBook by Sangyes Nyenpa ...*

Tilopa was born in either Chativavo, Bengal or Jagora, Bengal in India. His name translates to "the tahini maker".

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The Ganges along the Ganges River, with wild ladies as a tantric practitioner and mahasiddha. He practiced Anuttarayoga Tantra, a set of spiritual practices intended to accelerate the process of attaining Buddhahood. He became a holder of all the tantric lineages, possibly the only person in his day to do so. As well as the way of Insight, and Mahamudra he learned and passed on the Wa

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traditional Tibetan context by one
of its lineage's most
accomplished contemporary
masters. These ancient
instructions, in the form of a
"song of realization," are the
original source for all Mahamudra
lineages of meditation.

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*Tilopa's Mahamudra Upadesha by
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mnyan-pa, Rin-po-che; David
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the Gangama instructions ...*

Saraha's Dohas and other poetry
(circa 8th century CE). Tilopa
(988–1069) – Ganges Mahamudra
and Treasury of Songs. "The
Seven [or eight] Siddhiḥ Texts"
(Saptasiddhiḥ, Tib. Grub pa sde

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bdun): Padmavajra's Guhyasiddhi (Q306 1, D2217); Anangavajra's Prajñopayaviniscayasiddhi (Q3062, D22 1 8); Indrabhuti's Jñanasiddhi (Q3063 , D22 1 9);

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12 The Benefits of Practicing ...

*Tilopa's Wisdom: His Life and
Teachings on the Ganges ...*

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In this series, Repa Dorje Odzer (Justin von Bujdoss), a Buddhist teacher and Chief Staff Chaplain for New York City's Department of Correction, presents advice from the 10th-century Buddhist master Tilopa. When we follow Tilopa's roadmap for approaching every thought, breath, and action with awareness, we achieve a clarity that will help ...

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