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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.

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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
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ABOUT THE BOOK

Colophon: Tilopa's Mahamudra

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Instruction to Naropa in twenty Eight Verses was transmitted by the Great Guru and Mahasiddha 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

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Mahamudra Upadesha The
Mahasiddha Tilopa to his foremost
disciple, the great pandit and
mahasiddha Naropa, sometime in
the eleventh century of the
common era. Tilopa is regarded
as preeminent among Indian
siddhas. According to**

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meditation have their source in a
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Ganges River more than a
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eBook by Sangyes Nyenpa ...
Tilopa was born in either

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He lived 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

Tilopa - Wikipedia

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Saraha's Dohas and other poetry
(circa 8th century CE). Tilopa
(988–1069) – Ganges Mahamudra

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(Saptasiddhiḥ, Tib. Grub pa sde
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(Q306 1, D2217); Anangavajra's
Prajñopayaviniscayasiddhi
(Q3062, D22 1 8); Indrabhuti's
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