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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

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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 2001. Includes bibliographical references. eISBN 978-0-8348-2974-9

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ABOUT THE BOOK

Colophon: Tilopa ' s Mahamudra
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

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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 blos gros, who made a free
translation of it at his village of
Pulahari on the Tibet – Bhutan

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mahamudra pointing-out instructions
given on the banks of the Ganges
River by the Indian mahasiddha Tilopa

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The 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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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.

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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". He lived along the Ganges River, with wild ladies as a tantric practitioner and mahasiddha. He practiced

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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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contemporary masters. These ancient

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Instructions, in the form of a “song of realization,” are the original source for all Mahamudra lineages of meditation.

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Saraha's Dohas and other poetry
(circa 8th century CE). Tilopa
(988–1069) – Ganges Mahamudra
and Treasury of Songs. "The Seven [or

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eight] Siddhi Texts" (Saptasiddhi,
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Guhyasiddhi (Q306 1, D2217);
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Prajñopayaviniscayasiddhi (Q3062,
D22 1 8); Indrabhuti's Jñanasiddhi
(Q3063 , D22 1 9);

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