



THE PRACTICE OF

Translated, edited
and introduced

THE

by Glenn H. Mullin

SIX YOGAS OF NAROPA

The Practice Of The Six Yogas Of Naropa

Thubten Yeshe



The Practice Of The Six Yogas Of Naropa:

The Six Yogas of Naropa Glenn H. Mullin, 2014-05-13 Tsongkhapa's commentary entitled A Book of Three Inspirations A Treatise on the Stages of Training in the Profound Path of Naropa'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 *The Bliss of Inner Fire* Thubten Yeshe, 1998-06 Based on Lama Je Tsongkhapa's text Having the Three Convictions this book is a commentary on the renowned Six Yogas of Naropa a completion stage practice of Highest Yoga Tantra *The Practice of the Six Yogas of Naropa* Glenn H. Mullin, 2006-07-10 Revised edition of Readings on the Six Yogas of Naropa 1997 *The Six Yogas of Naropa* Tsong-kha-pa, 2005-10-04 Tsongkhapa's commentary entitled A Book of Three Inspirations A Treatise on the Stages of Training in the Profound Path of Naropa'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 **Three Treatises on the Six Yogas of Naropa** Laul B. Jadusingh, 2016-09-01 The three treatises translated from Tibetan in this volume are on the subject of the Six Yogas of Naropa a Buddhist Vajrayana adept who flourished in India in the 10th century C E Naropa most likely a native of Kashmir transmitted the esoteric doctrines of the Six Yogas to a number of Indian and Tibetan disciples prominent among whom are the famous Marpa the Translator guru of the celebrated yogi Milarepa Although the teachings of the Six Yogas are central to all four Tibetan schools they are most foundational to the Kagyu school The three treaties translated herein are all native Tibetan compositions by prominent scholar adepts of the Kagyu school They form a particular genre of Six Yogas of Naropa compositions still cherished and practiced assiduously by Tibetan yogis Among the six yogas the most foundational is that of gTum Mo Skt Candali a Buddhist version of Kundalini Yoga deriving from the Shaiva Tantric tradition The Buddhist Vajrayana tradition and the Shaiva Tantra traditions evolved together and exchanged tenets and practices until the decimation of Buddhism in India in the 11th century C E Thereafter the practice of the Six Yogas was continued and safeguarded in Tibet Nepal and other Himalayan regions With the Tibet diaspora in the wake of the Chinese invasion of Tibet and the exile of H H Dalai Lama and many prominent Lamas the Six Yogas of Naropa Tib Naro i Chos Drug has gained renewed popularity The Six Yogas of Naropa and the related Six Yogas of Niguma Naropa's sister perhaps represent a distillation and systematization of practices drawn from the Highest Yoga Tantra Anuttara Yoga Tantra class of Vajrayana teachings often recognized as the pinnacle of Vajrayana teachings The

three Tibetan texts translated in this volume are 1 the Tibetan text of the Instructions gdams portion of the hagiography rnam thar of Naropa edited by H V Guenther included in his Life and Teachings of Naropa 1963 as an appendix The Tibetan title is mKhas grub mnyams meddpal ldan Na ro pa i rnam par thar pa dri med legs bsad bde chen brug sgra which guenther renders The well narrated immaculate life story of the incomparable sage Naropa or the voice of thunder of the Great Bliss Since only the Instructions portion of the text is translated in this volume the translation of the first text is simply titled The Six Yogas of Naropa Including the Original Instructions of Tilopa The author of this rnam thar is lha i bstun pa Rin chen rnam rgyalof Brag dkar said to be a contemporary of the renowned Mahasiddha and author gTsan pa sMyon pa He ru ka who was a disciple of Dpal Phag mo gru pa 1110 1170 C E who was in turn a disciple of Gam po pa 1079 1153 On the basis of this evidence the composition may be dated to the late 12th century 2 The second text translated herein is the Naro i Chos drug bsDud pa i Zin Bris of Padma dKar po 1527 1592 which I ve rendered An Original Treatise on the Epitome of the Six Yogas of Naropa This latter text is a re translation of the one done by lama Kazi Samdup and edited by Evanz Wentz in the volume Tibetan Yoga and Secret Doctrines 1935 3 The third text of this volume is a translation of Zab Mo naro i Chos Drug gi Nyams len Thun Chos Bdud rtsi Nyin Khu Zes Bya Ba sGrug Karma Kam Tsang gi Don Khrid which I ve rendered The Nectar of the Essential Practice of the Six Yogas of Naropa According to the Practical Method of the Karma Kam Tsang by the sixth Sharmapa Chos kyi dBang Phhug Zwa dmarIV 1584 1615 All authors were eminently qualified to write these treatises being themselves not only accomplished scholars but also realized adepts siddhas masters of the Six Yogas of Naropa

The Blazing Inner Fire of Bliss and Emptiness Victoria Scott,2014-03-10 A commentary on the Six Yogas of Naropa an important practice belonging to the completion stage of highest yoga tantra

The Blazing Inner Fire of Bliss and Emptiness Ngul-chu Dharmabhadra,2024-05-28 A set of commentaries that present some of the most rarefied and secret teachings within Tibetan Buddhism from the perspective of the Dalai Lama s Gelug school The Blazing Inner Fire of Bliss and Emptiness presents lucid translations of a pair of detailed commentaries by the famed Tibetan tantric master Ngulchu Dharmabhadra 1772 1851 illuminating a set of extremely secret and restricted tantric practices of highest yoga tantra The first of these commentaries details the practices of the Six Yogas of Naropa one of the most celebrated and revered systems of completion stage practice in Tibet Dharmabhadra presents the Six Yogas by elaborating upon Lama Tsongkhapa s 1357 1419 masterpiece on the subject entitled Endowed with the Three Inspirations which served as the basis for nearly all subsequent commentaries on the Six Yogas within the Gelug tradition Ngulchu Dharmabhadra s commentary is unique in that it presents the Six Yogas within the context of Vajrayogini practice making this book a perfect companion piece to The Extremely Secret Dakini of Naropa Wisdom Publications 2020 Also contained in this book is Ngulchu Dharmabhadra s lucid and concise commentary on the First Panchen Lama s 1570 1662 famous Supplication for Liberation from Fear of the Perilous Journey of the Intermediate State The prayer a beautiful literary contribution from the First Panchen Lama in its

own right invokes the immediacy of death and the potential to use the process of dying as an opportunity for liberation The prayer extols the efficacy of the nine mixings of the completion stage as direct means of transforming our ordinary death process by using advanced yogas presented in the first commentary on the Six Yogas Together these works present the reader with a vast and profound vision of spiritual transformation one in which every aspect of human experience can be used as an opportunity for transcendence and spiritual liberation *The Six Yogas of Naropa* Jonas Over,2025-07-20 The Six Yogas of Naropa are celebrated as a system that can lead to full enlightenment within one lifetime and countless Indian and Tibetan masters have accomplished enlightenment through these practices Most of the historical commentaries are quite skeletal and often were regarded as outlines for Lamas who give these teachings rather than as commentaries for practitioners engaging in this training This book is different While still following the original and authentic teachings of this practice lineage it gives more detailed explanations and guidance than earlier commentaries on the subject which previously could only be received through oral instructions Alongside an in depth commentary on the Six Yogas of Naropa it covers the preliminary practices and features extensive practice manuals **Union of Mahamudra and Dzogchen** Chokyi N. Rinpoche,Chokyi Nyima,1994 In simple and direct language the Union of Mahamudra Dzogchen contains Chokyi Nyima Rinpoche s teachings on a complete path to enlightenment based on eight songs by the 17th century yogi and poet Karma Chagmey As the first book by Chokyi Nyima Rinpoche a living master of the Practice Lineage the Union serves as a forum for his subtle brilliance and humor the trademark of his teaching style *Tsongkhapa's Six Yogas of Naropa* Tsong-kha-pa Blo-bzang-grags-pa,1996 Regarded as one of the finest discussions on the subject to come out of Tibet **Profound Meditation Practices in Tibetan Buddhism** Prof. (Dr.) Jai Paul Dudeja,2023-03-14 There have been reports of the amazing capacity of some of the Tibetan Buddhist Monks practicing Tummo meditation in Tibetan Buddhism at temperatures of around 250 C in the Himalayas A team of scientists from USA and Israel went to these spots by carrying some dry towels with them When these towels were made wet in the snow and spread on the naked bodies of the semi nude meditating monks practicing Tummo meditation to the surprise of these scientists these towels were getting dried up in no time Subsequently the analysts came to the conclusion that this meditation generated a lot of heat inner fire in the bodies of these meditators who were using it for the spiritual purpose This incident triggered me to go deep in not only about Tummo meditation but many other profound meditation practices in Tibetan Buddhism in this book *Llewellyn's Complete Book of Meditation* Shai Tubali,2025-08-05 Free Your Awareness and Awaken Your Energies with 35 Worldwide Meditation Techniques Enjoy a healthier and happier life with reduced stress decreased pain improved sleep lengthened attention span and fewer age related memory problems The key to these and other benefits Meditation Appropriate for practitioners of all skill levels this new addition to Llewellyn s Complete Book Series features thirty five fundamental meditation techniques from traditions around the globe including one unique method of author Shai Tubali s own creation These include Zazen Classical Zen

Meditation Qigong Standing Meditation Jon Kabat Zinn's Body Scan Taoist Inner Smile Osho's Mystic Rose Japanese Forest Bathing Sufi Whirling Gurdjieff's I Am Meditation Christian Prayer of the Heart Islamic Dhikr Hindu Aum Meditation Sikh Kirtan Kriya Jewish Hitbodedut Ramana Maharshi's Self Inquiry Tantric Hindu Kriya Yoga Tibetan Buddhist Dzogchen Shai presents each technique with its historical background cultural context potential benefits and clear instructions for practicing it at home in a non appropriative way You will explore the fifteen purposes of meditation and the role of chakras You will also learn how to align your mind and body open your heart to love and compassion use the hidden powers of sound and more This comprehensive easy to understand guide introduces the magic of meditation in a way that is experiential practical and deeply researched Every page encourages you to take your journey into the world of meditation further than ever before

The Way of Awakening Yeshe Tobden, 2005-01-15 This classic is required reading for understanding Tibetan Buddhism its revered verses have been a seminal influence on the Dalai Lama

The Ri-me Philosophy of Jamgon Kongtrul the Great Ringu Tulku, 2007-10-09 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 Jamg n 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 Jamg n 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

From the Heart of Chenrezig Glenn H. Mullin, 2013-06-11 The lineage of the reincarnated line of Dalai Lamas has held primary spiritual authority and until recently temporal power in Tibet since the beginning of the fifteenth century The translations in this book represent a curated set of their writings specifically on tantra the advanced path of Tibetan Buddhism in which practitioners use a variety of methods and techniques to directly overcome delusion and conflicting emotions If one has the proper training in sutra and tantra it is said that the path to enlightenment can be traversed swiftly Glenn H Mullin one of the foremost translators of the Dalai Lamas has selected key texts from eight of the Dalai Lamas that clearly elucidate the proper understanding and context of the tantric system in this lineage

Naropa's Wisdom Khenchen Thrangu, 2020-01-21 Accessible and practical teachings on the life of Naropa with verse by verse

commentary on his two most important Mahamudra songs by a contemporary Karma Kagyu master Naropa is one of the accomplished lineage holders of the Mahamudra tradition of Tibetan Buddhism In this book Khenchen Thrangu Rinpoche a beloved Mahamudra teacher first tells the extraordinary story of Naropa s life and explains its profound lessons He follows this with lucid and practical commentaries on two of Naropa s songs of realization explaining their precious instructions for realizing Mahamudra the nature of one s mind Throughout Thrangu Rinpoche speaks plainly and directly to Westerners eager to receive the essence of Mahamudra instructions from an accomplished teacher *Mahamudra and Related Instructions*, 2011-05-17 Thupten Jinpa holds a Geshe Lharam degree from Ganden monastic university and a Ph D in religious studies from Cambridge University The translator and editor of numerous books he has been the principal English language translator for His Holiness the Dalai Lama for over two decades and he is the author of *Self Reality and Reason in Tibetan Philosophy* He lives in Montreal with his wife and two daughters Book Jacket **The Practice of Kalachakra** Glenn H. Mullin, 1991-01-01 The Kalachakra spiritual legacy is a vital and central part of Tibetan Buddhism Presented here is a detailed and practical overview of this unique spiritual path In Part One the author discusses the tantric path to enlightenment by drawing on the writings of great scholar practitioners of the past He describes the sutrayana and vajrayana paths outlines the four classes of tantras compares the Kalachakra generation and completion stage yogas to those of the mainstream tantras and details the unique Kalachakra methods for attaining enlightenment in this lifetime Part Two contains translations for seven texts for the practice of Kalachakra including a sadhana selected by the Dalai Lama for this book Glenn Mullin s perceptive and very readable discussion of the theory and practice of this profound tantric system is an excellent addition to the literature on this subject **Milarepa** Chögyam Trungpa, 2017-03-28 A renowned meditation master retells the stories and 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 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 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 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 devoted and diligent practice can achieve **Liberation in One Lifetime** Francis V. Tiso, 2014-06-24 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

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