

Glenn H. Mullin THE PRACTICE OF THE SIX YOGAS OF NAROPA *Snow Lion*



THE PRACTICE OF
THE SIX YOGAS OF NAROPA
Translated, edited, and introduced by Glenn H. Mullin

The Six Yogas Of Naropa

Tsong-kha-pa Blo-bzang-grags-pa

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 **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 treatises 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 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 Three Treatises on the Six Yogas of Naropa Laul Jadusingh,2016-12-30 The Six Yogas of Naropa 11th century C E the Indian scholar and Tantric adept mahasiddha are renowned in Indo Tibetan Vajrayana Buddhism as a swift path to enlightenment Naropa extracted all the essential practices from the Peerless Yoga Tantra class to create the system consisting in the Yogas of Mystic Heat gTum Mo Illusory Body sGyu lus Dream rMi Lam Clear Light Od gSal Consciousness Transference Pho Wa and Intermediate State Bardo The Three Treatises translated herein from the original Tibetan are compositions of authors belonging to sub sects of the Kagyu lineage themselves renown as masters of the system of the Six Yogas This second edition contains many improvements such as a detailed table of contents sub headings Sanskrit i e Devanagari syllables and diacritical marks throughout **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 **Six Yogas of Naropa & Teachings on Mahamudra** ,1963 **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 *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 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 **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 **Readings on the Six Yogas of Naropa** Glenn H. Mullin,1997 Must buy for anyone interested in the tantric dimensions of Buddhism *Six Yogas of Naropa and Teachings on Mahamudra* Tilopa,Dorje Rangjang,Ka Kong,Namjal Drashi,Garma C. C. Chang,1977 *The Blazing Inner Fire of Bliss and Emptiness* ,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 Blazing Inner Fire of Bliss and Emptiness** David Gonzalez,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

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The Circle of Bliss John C. Huntington, Dina Bangdel, 2003 This publication is issued in conjunction with the exhibition The circle of bliss Buddhist meditational art co organized by the Columbus Museum of Art and the Los Angeles County Museum of Art Los Angeles County Museum of Art October 5 January 11 2003 Columbus Museum of Art February 6 May 9 2004

Great Treasure of the Six Yogas of Naropa Geshe Acharya Thubten Loden, 2005

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

Secret of the Vajra World Reginald A. Ray, 2002-07-23 An entrance into the world of Tantric Buddhism a unique collection of texts concepts and meditation practices presented by Tibetan masters teaching in the West The Vajra World vajradhatu in Sanskrit is a realm of indestructibility the level of reality beyond all thought and imagination all impermanence and change which a fully realized person knows and inhabits Used metaphorically Vajra World refers to the traditional culture of Tibet and the unique spirituality that is its secret strength Secret of the Vajra World is the companion volume to the author's earlier book Indestructible Truth The Living Spirituality of Tibetan Buddhism While that book focuses on the history cosmology philosophy and practice of the more public exoteric side of Tibetan Buddhism this work treats its more hidden and esoteric aspects as they take shape in Vajrayana Together the two volumes provide a broad introduction to the major traditions of Tibetan Buddhism Topics include The tantric view of human nature and the external world The special role of the guru or tantric mentor The preliminary practices that prepare the student for full initiation The major dimensions of Vajrayana practice including visualizations liturgies and inner yogas The tradition of the tulku or incarnate lama The lore surrounding

the death of ordinary people and of saints The practice of solitary retreat the epitome of traditional 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 **Tibetan Yoga and Secret**

Doctrines, Or, Seven Books of Wisdom of the Great Path, According to the Late Lāma Kazi Dawa-Samdup's English Rendering Walter Yeeling Evans-Wentz, 2000 Focusing on the principal meditations used by Hindu and Tibetan gurus and philosophers this companion volume to Tibetan Book of the Dead contains seven authentic Tibetan yoga texts each accompanied by introductory notes and commentary Includes photos and reproductions of yoga paintings and manuscripts 9 halftones **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

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