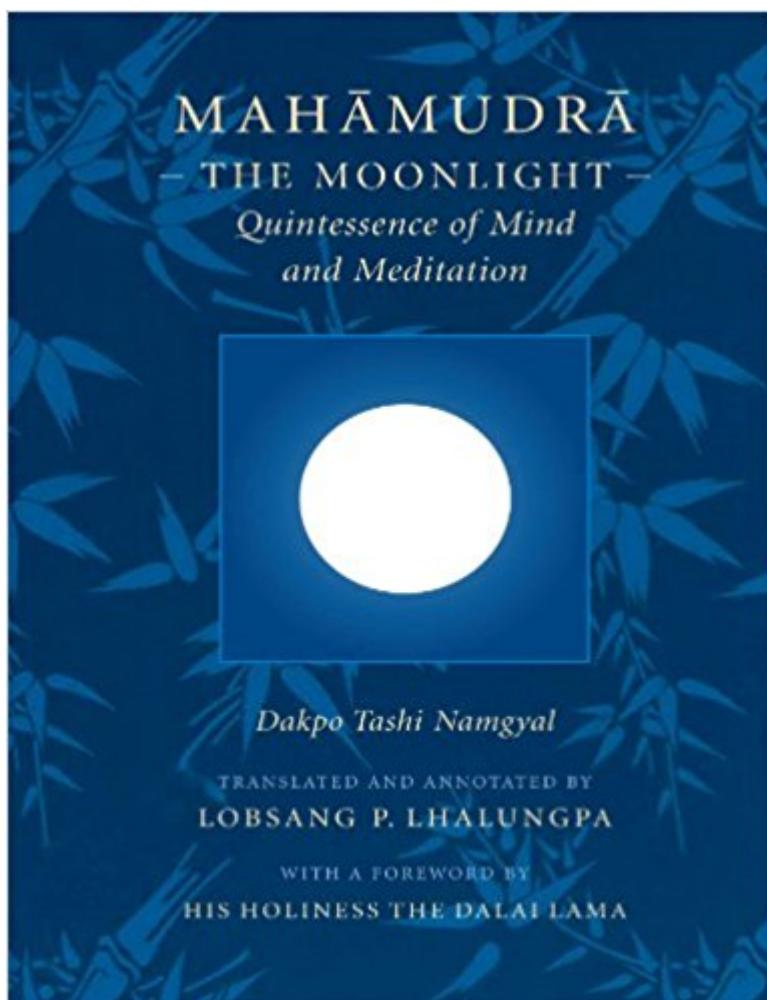


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Mahamudra: The Moonlight -- Quintessence Of Mind And Meditation



Synopsis

Mahamudra meditation is simultaneously the most profound of meditative disciplines and the most accessible for modern practitioners. Traditionally passed orally from teacher to disciple, mahamudra instructions point the meditator to the innate perfection of every experience. When it first appeared in 1986, *Mahamudra: The Moonlight - Quintessence of Mind and Meditation* was the first presentation in English of a major Tibetan Buddhist work on meditation. This classic guide was composed in the sixteenth century by an eminent lama of the Kagyu school and is so comprehensive and practical that it is still widely used today as a manual. Divided into two major sections, it presents first the common approach and then the mahamudra approach to tranquility (shamatha) and insight (vipashyana) meditation.

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Customer Reviews

"This updated edition of an English translation of a great classic for mastering mind and meditation comes recommended by the Dalai Lama. Mahamudra is a profound meditative discipline that is most accessible for modern practitioners, and this book presents first the common approach, and then the Mahamudra approach to tranquility and insight. A fundamentally valuable addition to one's Dharma library." (Mandala)

Dakpo Tashi Namgyal (1511-87), a lineage holder of the Drukpa Kagyu school of Tibetan Buddhism who also trained in the Sakya school, was renowned as both a scholar and meditator. During his

later years he served as chief abbot of Daklha Gampo in southern Tibet. Lobsang P. Lhalungpa was born in Lhasa, Tibet. From 1940 until 1952, he was a monk-official in the service of His Holiness the Dalai Lama and of the Tibetan government. He established the first Tibetan-language program of All India Radio and dedicated his life to the promotion and preservation of Tibet's rich spiritual and cultural tradition. Lhalungpa translated *The Life of Milarepa*, and was chosen by His Holiness the Sixteenth Karmapa to translate *Mahamudra: The Moonlight*. He authored *Tibet: The Sacred Realm*. He lived in Santa Fe, New Mexico, for many years before his death in 2008. Tenzin Gyatso, the Fourteenth Dalai Lama, is the spiritual leader of the Tibetan people. He frequently describes himself as a simple Buddhist monk. Born in northeastern Tibet in 1935, he was as a toddler recognized as the incarnation of the Thirteenth Dalai Lama and brought to Tibet's capital, Lhasa. In 1950, Mao Zedong's Communist forces made their first incursions into eastern Tibet, shortly after which the young Dalai Lama assumed the political leadership of his country. He passed his scholastic examinations with honors at the Great Prayer Festival in Lhasa in 1959, the same year Chinese forces occupied the city, forcing His Holiness to escape to India. There he set up the Tibetan government-in-exile in Dharamsala, working to secure the welfare of the more than 100,000 Tibetan exiles and prevent the destruction of Tibetan culture. In his capacity as a spiritual and political leader, he has traveled to more than sixty-two countries on six continents and met with presidents, popes, and leading scientists to foster dialogue and create a better world. In recognition of his tireless work for the nonviolent liberation of Tibet, the Dalai Lama was awarded the Nobel Peace Prize in 1989. In 2012, he relinquished political authority in his exile government and turned it over to democratically elected representatives. His Holiness frequently states that his life is guided by three major commitments: the promotion of basic human values or secular ethics in the interest of human happiness, the fostering of interreligious harmony, and securing the welfare of the Tibetan people, focusing on the survival of their identity, culture, and religion. As a superior scholar trained in the classical texts of the Nalanda tradition of Indian Buddhism, he is able to distill the central tenets of Buddhist philosophy in clear and inspiring language, his gift for pedagogy imbued with his infectious joy. Connecting scientists with Buddhist scholars, he helps unite contemplative and modern modes of investigation, bringing ancient tools and insights to bear on the acute problems facing the contemporary world. His efforts to foster dialogue among leaders of the world's faiths envision a future where people of different beliefs can share the planet in harmony. Wisdom Publications is proud to be the premier publisher of the Dalai Lama's more serious and in-depth works.

Emaho! In this book Dakpo presents the most clear and detailed exposition on Mahamudra practice that I've ever seen. Every step of the practice is very thoroughly discussed ---- proper method, common problems and their remedies, common misinterpretations, etc. The translation is very clear. Best of all, whenever he explains something or offers a useful method to overcome a hangup, he cites the source! This 500 year old book just might meet APA standards ^_^. It reads like a technical manual, and appeals very much to my intellectual mind. For me, this detailed exegesis works to develop faith in the practice and the lineage by exhaustively answering every question my doubtful mind raises. This might be all you need for a lifetime of practice (although I would throw in his Clarifying the Natural State for good measure). If you are a Mahamudra practitioner (particularly in the Kagyu lineage) get this book. Even if you are not and you simply want the most detailed explanation of shamata (samatha, shamada, shinay, zhine) andvipassayana (vipassana, lhak thong, lak tong) around, then this book is for you!

"one minute of meditation is worth more than a whole day of non-meditative life." Maybe you've heard of meditation. Well, the Buddhists have been doing it for hundreds of years, and they're pretty good, by now. This book is purely about meditation. If you can get past some of the detailed sections about history and genealogy, I think you will find the book from beginning to ending to be masterful. I skipped the introduction -- those things bore me to death. Give me the real book. Three problems I have with the text -- nondual reality, emptiness, and escaping the wheel of life. I'm actually into duality, I actually don't think emptiness is the ultimate, and I don't want to escape the wheel of life. Considering that these concerns can easily be shelved, while I enjoy the Mahamudra, I would recommend this to anyone into some serious meditation

I purchased this book three or four weeks ago because it was recommended for a study group at my local Dharma center -where I had been sitting in on group discussions without a book of my own. As we progressed I could see that this was indeed a treasure, well worth the price of the newest edition. I don't always come prepared, as in reading selected pages on my own ahead of time, but I have found it invaluable to access when I have a question on my mind or want to re-read something we'd talked about in my group. We're still on Chapter One, so I can't speak as an authority on the whole volume, but I give it a high rating because there's absolutely nothing not to love about it.

I have read at least 100 Buddhist books, most of the great ones; and yet I believethis is one of the

greatest. It has answered almost every question I have had about Mahamudra, questions I have pondered for years. It has made perfectly clear the correct view of emptiness. Chandrikirti's *Madhyamakavatara* was also great in explaining this but not as clear as this work by Dagpo Tashi Namgyal. It also contains a treasure of great comments from Milarepa, Gampopa, Nagarjuna, Saraha, Savari, Tilopa, Marpa, Maitripa. The quotes from Gampopa and Saraha are pure treasures as is this book. Here is a quote from Samputa: when looking at forms, when listening to sounds, when speaking or laughing, when relishing different flavors, when performing different actions, a true meditator who controls his mind will experience a constant dawning of the natural state, for this is the supreme enlightened mind (bodhichitta) it is the indestructible one, the glorious indestructible mind (Vajradhara) the completely purified enlightenment (Samyaksambuddha). Gampopa says: Now I understand that this inmost awareness, clear and empty, is the Dharmakaya. Now I understand this beginningless pure awareness as the inherent accomplishment. Oh in this vast expanse of the precious mind - the source of cyclic existence - is enshrined the spontaneous inner accomplishment. ===== I will be reading and re-reading this book for the rest of my life.

If there was ever a true guide to the vast and unlimited folds of our own minds, this book would be it. The human mind is as vast and complex as the universe, so this book does not tell it like a literal guide when to see what and where, but it gives a location and time of the imagination. On the meditation route, there are certain landmarks that one encounters, like kilns on mountains, and this guide unequivocally reveals as it hides, but it is one to keep going back and re-reading. It's invaluable once the pointing out of the mind has been done. Just by studying it repeatedly on the road of daily mahamudra meditation, it will and can take you all the way to not just understanding, but realization.

It took me 30 years and about 2 weeks to do a good read and now I can spend a few more years finding deeper meaning now hidden from myself. However, that is my personal challenge. This edition seems to have struck a good balance between letting the thoughts speak for themselves and insightful commentary to help the aspiring student. I found it a real pleasure to be able to choose straight reading or mixing commentary with reading. Meditation on the subject usually came clearly. If this material is of interest, this is a great place to look for it.

Great product and service.

I really like that they cover, exhaustibly, so much of what Mahamudra is all about, but this is very scholarly, and a bit dry in my opinion. Not bad for research, but It's a one-and-done for me.

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