



Garland of Mahamudra Practices

By Khenpo K Gyaltsen

Snow Lion Publications, U S A, 2002. Soft cover. Book Condition: New. 2nd Edition. 22 cms. BRAND NEW BOOK. Mahamudra, or the Great Seal, refers to a path to enlightenment taught by the Buddha and transmitted through the spiritual lineage of Tilopa, Naropa, Marpa, and Milarepa. Gampopa, a disciple of Milarepa who lived in the eleventh century, brought together these teachings of the Buddha into one five-fold path consisting of an enlightened motivation, deity yoga, guru yoga, mahamudra and proper dedication. His main disciple, Pakmo Druba, gave this approach the name "The Profound Five-fold Path of Mahamudra." This text is a manual of practical instruction for students who are, or are thinking about, practising the path of Mahamudra.



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