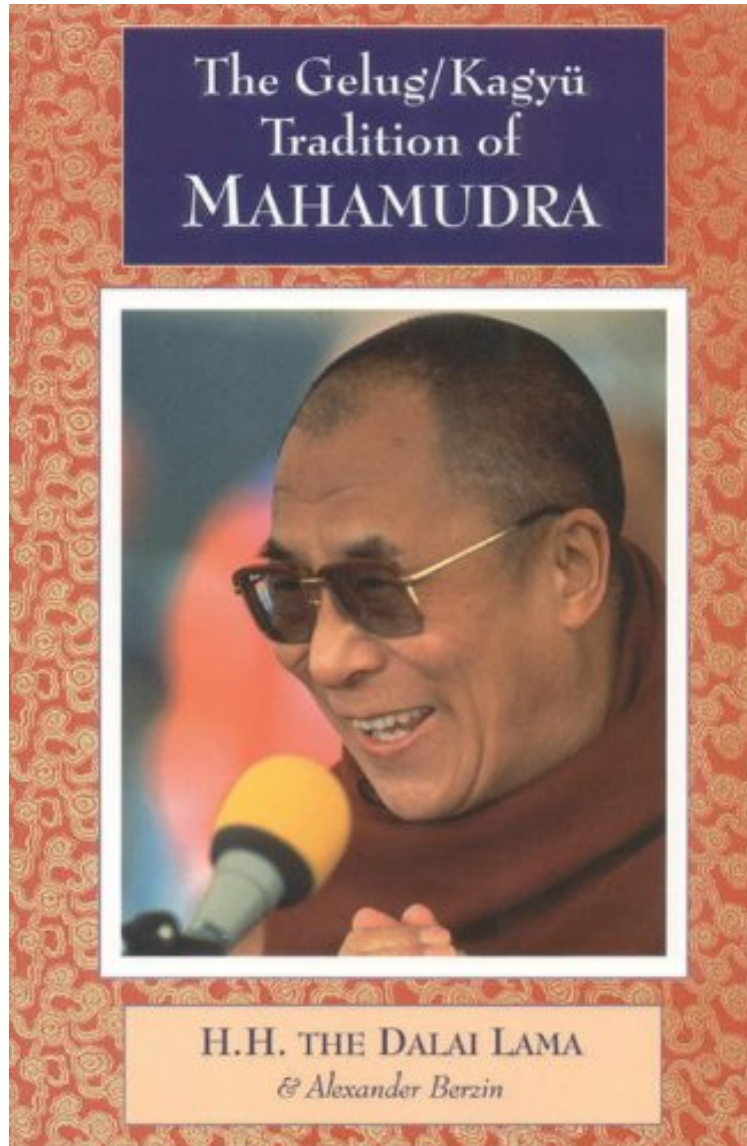


[Free and download] The Gelug/Kagyü Tradition of Mahamudra

## The Gelug/Kagyü Tradition of Mahamudra

*Dalai Lama, Alexander Berzin*

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**Dalai Lama, Alexander Berzin : The Gelug/Kagyü Tradition of Mahamudra** before purchasing it in order to gauge whether or not it would be worth my time, and all praised The Gelug/Kagyü Tradition of Mahamudra:

1 of 1 people found the following review helpful. The Gelug/Kagyü Tradition of Mahamudra By Zen Elder The Gelug/Kagyü Tradition of Mahamudra by the Dalai Lama: I was looking for a book on Mahamudra practice that would have some depth, but not overwhelm me. The first 90 pages are an introduction to Mahamudra practice by Alexander Berzin. Then there is a text on Mahamudra by the First Panchen Lama. The Dalai Lama comments on the

text and then on the First Panchen Lama's discourse on the text. I'm still reading the first section, but the explanations are understandable, with practices to follow. As a Zen Buddhist, I'm finding the teachings helpful to my practice.<sup>2</sup> of 2 people found the following review helpful. Such a simple concept, such huge explanation needed. By Edgar A. Brown I first found amusing that this relates to basically four pages of text that describe the Mahamudra tradition. Explained by HH, an explanation that was commented and expanded on again by HH, and then prefaced by the writer: Reality is as real as it can get, our thoughts are not "reality" regardless of how real these seem. This tradition is a Buddhist approach to changing our mindset into this "reality-based" one. The basis of this tradition was mostly rediscovered by a sequence of philosophers such as Descartes, Hume, Kierkegaard, etc. With empiricism at its basis, modern science continuously approaches it. The more I read of it, the more it looks like the closest we could have gotten to science 3000yrs ago. With many intervening years of superstitious thought blocking its fundamentals from view. Thankfully we live in an era where psychology might start re-discovering much of this, modernizing the language, bringing instrumentation into it, formalizing it, and introducing into common practice. (Or simply re-discovering it altogether.)<sup>1</sup> of 1 people found the following review helpful. The Gelug/Kagyud Tradition of Mahamudra By Rex McCooy His Holiness the Dalai Lama, has once again written and coauthored a book that is very well written and easy to understand. Mahamudra can be confusing, but as one of the most important meditations used in the Tibetan tradition of Mahayana Buddhism it could not have been presented to the Buddhist community at a better time. I highly recommend this book, the Sutra's are translated and explained, and the meditations are broken down in explicit step by step detail. Gen Rinchen

Mahamudra, the great sealing nature, refers to systems of meditation on both the conventional and ultimate natures of the mind. These have been transmitted through the Kagyu, Sakya, and Gelug traditions of Tibetan Buddhism. Within the Gelug, Mahamudra teachings occur in a combined Gelug/Kagyud tradition exemplified in the First Panchen Lama's Root Text for the Precious Gelug/Kagyud Tradition of Mahamudra. The work presented here contains two brilliant commentaries by the Dalai Lama. The first is a teaching based directly on the First Panchen Lama's root text. In the second, His Holiness bases his discussion on the First Panchen Lama's own commentary to this text. The book opens with an overview of Mahamudra by Alexander Berzin that discusses the relation of mind appearances and reality and offers practical techniques for overcoming problems of excessive worry, anxiety, and disturbing thoughts. This treasury of practical instruction contains extensive teachings on the nature of mind, the development of shamata, sutra and tantra levels of Mahamudra, and the compatibility of Dzogchen and Anuttarayoga Tantra.

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