

GAMPOPA TEACHES ESSENCE MAHAMUDRA VOLUME I

Thomas Spinale

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Tony Duff (Author of Gampopa Teaches Essence Mahamudra Volume I)

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Mahamudra same as Shikantaza - Page 3 - Dharma Wheel

This Kindle Book is the first volume of a two volume set. The two volumes collectively contain all of the "Interviews" section of Gampopa's Collected Works.

Jigten Sungön's Mahamudra Instruction "Yoga of the Innate: The Two Armours" | dGongs1

Tony Duff has 60 books on Goodreads with ratings. Tony Duff's most popular book is Gampopa Teaches Essence Mahamudra Volume I.

Milarepa's advice to Gampopa - Buddhist Discussion - The Dao Bums

Tony Duff is the author of Gampopa Teaches Essence Mahamudra Volume I (avg rating, 4 ratings, 0 reviews, published), Five-Part Mahamudra by Sit.

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All of them deal with the practice of Great Completion Dzogchen and Thorough The last tantra has three main parts, the father tantra pha rgyud the mother tantra ma rgyud and the non-dual tantra gnyis med rgyud. Through practicing in this way, then, within the practice of shamatha stability of mind will arise.

Do not discriminate, but see things as one, making no distinction of families. Mahamudra is knowing. This first section explains the true nature of ground mahamudra. Mostly about dependent origination or the luminous nature. We do not have time to waste. English translation by Nicole Riggs.