

mahamudra and related instructions pdf

All of the various Tibetan mahā•mudrā• lineages originated with the Mahasiddhas of the Pala Empire of 8-12th century India. The earliest figure is the tenth century poet yogi Saraha, and his student Nagarjuna (not to be confused with the earlier philosopher). Saraha's collections of poems and songs, mostly composed in the apabhramsa language are the earliest Indian sources for mahā•mudrā• ...

Mahamudra - Wikipedia

Definition. Rigpa is the knowledge of the ground. Erik Pema Kunsang translates a text which provides basic definitions of rigpa and marigpa in a Dzogchen context: . Unknowing (marigpa) is not knowing the nature of mind. Knowing (rigpa) is the knowing of the original wakefulness that is personal experience.

Rigpa - Wikipedia

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