



# Yeshe Lama

**Lama Yeshe**



## **Yeshe Lama:**

The Yeshe Lama Keith Dowman, 2014-11-22 Here is the great Yeshe Lama the most renowned comprehensive and the most efficacious of the Dzogchen manuals It is a sourcebook for Dzogchen Breakthrough Leapover precepts Certainly the Yeshe Lama lives up to its reputation It is still the crown jewel of the latter day Dzogchen lineages It is at the apex of the Longchen Nyingtik corpus of literature presenting the essential Dzogchen yogas in pith instruction The Longchen Nyingtik is based firmly in Longchen Rabjampa's vision a massive vast and profound Dzogchen vision written down as the Seven Treasuries which in turn were based intimately upon the tantras of the Nyingma Gyubum the treasure house of Dzogchen The translation was made for the benefit of students who have received transmission and oral instructions from a teacher and need clarification and elucidation from an authoritative literary source It is meant for yogins and yoginis adepts and practitioners It may not be finally authoritative but grounded in the wisdom of the old Dzogchen lamas who were wise before they came out of Tibet as the fruit of a lifetime's listening studying and contemplation it may be of some use to people who are committed to the Dzogchen yogi ethos The urban yogis who have no connection with the traditional teaching may also appreciate access to its precepts Most significantly in my mind this translation stresses the nondual aspect of Dzogchen the radical aspect that is overlooked by conventional Buddhist Vajrayanists The translation attempts wherever possible to clarify instruction resolve ambiguities and turn abstruse Tibetan nuance and allusion into comprehensible English prose Sometimes that is not possible because of an absence of English equivalents of Tibetan terms or metaphors sometimes because of the density or obscurity of the Tibetan meaning sometimes because an arbitrary meaning has been lost in the recent attenuation of the tradition Certainly this translation does not purport to reproduce the high literary quality and form of Jigme Lingpa's Tibetan prose which is inimitable Nor is it a literal translation where every word is accounted for and every instance of a particular word translated by the same English equivalent Rigzin Jigme Lingpa the eighteenth century mystic scholar who composed the Longchen Nyingthig was an incarnation of Longchenpa in the most significant sense of the expression and his Longchen Nyingtik became the seed root and branch of a Dzogchen revival that reverberates around the entire world at the beginning of the twenty first century Contents Introduction i lv The Yeshe Lama Prologue 1 Part One Chapter One Basic Training 9 Chapter Two Fruition in Breakthrough Nonmeditation 27 Chapter Three Fruition in Leapover Methods 41 Part Two Chapter Four The Four Bardos 101 Part Three Chapter Five The Fields of Natural Emanation 147 Appendixes 1 Structure of the Tibetan Text 153 2 Texts Cited 157 3 The Twelve Vajra Laughs 162 4 The Vase Body 164 5 The Ground Path and Fruit 167 6 List of Similes 169 Glossary 177 English Tibetan Concordance 188 Sanskrit English Concordance 191 Bibliography 194 Index 197 Yeshe Lama 'Jigs-med-gling-pa Rang-byung-rdo-rje, 2020 Yeshe Lama written by Vidyadhara Jigmed Lingpa is the most important practice manual on the Great Perfection teachings of the Nyingma tradition Jigmed Lingpa stated Realization of the pure awareness that transcends the mind is the specialty of the Great Perfection Beginning

with the preliminary prerequisites the entire Great Perfection path is spelled out clearly and succinctly in Yeshe Lama which is meant to be studied and practiced by qualified practitioners who are committed to completing the prerequisites before entering the path of Dzogchen Even to open this book one must have received empowerment and have been introduced to the nature of the mind by a qualified master The teachings and practices taught in Yeshe Lama encompass the innermost cycle of upadesha teachings and clearly define the Dzogchen practices of trekcho cutting through to original purity and t gal crossing over with spontaneous presence These are the swift practices that can lead to the attainment of the rainbow body and the complete attainment of buddhahood and this is the same path that has been followed by many of the great spiritual adepts of India and Tibet Consequently if one studies and trains in the Yeshe Lama correctly and with deepest respect and diligence the possibility of enlightenment within one lifetime is within reach

Knowledge-Wisdom: The Peaceful Path to Liberation Lama Yeshe, 2023-01-10 What I m saying is that you should have perfect determination knowing that understanding knowledge wisdom is the only solution to problems the only source of happiness and joy That is what we call Dharma Lama Yeshe This first volume of collected teachings is drawn from teachings given by Lama Yeshe in the 1970s and 1980s when he and Lama Zopa Rinpoche traveled the world teaching extensively Lama Yeshe consistently encouraged students to recognize and develop their limitless potential and his dynamic teaching style means that these teachings are as relevant and accessible today as when first taught In Part 1 of this book Lama Yeshe advises how we can transform our lives by developing warm heartedness and knowledge wisdom while maintaining a relaxed attitude to our practice The teachings in Part 1 are edited by Nicholas Ribush and include new material published for the first time Part 2 is edited by Uldis Balodis and features three discourses given by Lama Yeshe at the sixteenth Kopan meditation course Nepal in 1983 In these final teachings at Kopan Lama offers essential advice on how to practice Dharma in the West Excerpts from these discourses have been previously published in the ebook series The Enlightened Experience Volumes 1 3 online at Lama Yeshe Wisdom Archive and in other publications including Mandala magazine We acknowledge the kindness of Ven Tenzin Drachom and students in sponsoring the production of this book

**Silent Mind Holy Mind** Lama Yeshe, 2024-01-24 The celebration of Christmas focuses on our longing for peace and deepest expression of love Its essential spirit therefore appeals not only to Christians but to all people Until recently the Buddhism of Tibet has been largely shrouded in mystery But as its teachers or lamas have more and more contact with the West they confirm the fundamental unity of the human family In this book Lama Yeshe a highly respected Tibetan lama trained in the lineages of compassion and wisdom shows how the modern spirit can be revitalized Taking as his major focus the ways in which we customarily celebrate Christmas Lama Yeshe exposes the foibles of our secular age and shows how we can surmount them With the warmth and humor that have endeared him to so many he takes a clear look at the ways we think The relevance of these insights is refreshing First published in 1978 by Wisdom Publications the book has been out of print for many years With the kind permission of Wisdom s director Daniel Aitken

LYWA has created the second edition which includes the original collection of talks given by Lama Yeshe at Kopan Monastery on Christmas Eve as well as another Christmas talk and a Cistercian priest's tribute to Lama after he passed away in 1984

**The Enlightened Experience** Lama Yeshe, 2019-06-28 In the first volume of our new ebook series Lama Thubten Yeshe provides inspiration and guidance for new and experienced students alike encouraging us to recognize our limitless potential and develop knowledge wisdom Lama discusses the principal aspects of the path to enlightenment and offers general advice on relationships educating children and a range of other issues The collection includes Integrating What You've Heard an edited transcript of the earliest recorded teaching given by Lama Yeshe at Kopan Monastery Nepal in 1972 This collection is drawn from teachings given by Lama Yeshe in the 1970s and 1980s when he traveled the world and taught extensively along with Lama Zopa Rinpoche Lama Yeshe was a pioneer in bringing the Dharma to Westerners and the teachings in this book demonstrate his understanding of the Western psyche and his ability to express profound truths in simple terms These teachings have been published previously on the Lama Yeshe Wisdom Archive website and in other publications including Mandala magazine The purpose of this book is to gather the teachings into one central resource *The Essence of Tibetan Buddhism* Lama Thubten Yeshe, 2001 The first teaching The Three Principal Aspects of the Path was given in France in 1982 The second teaching an Introduction to Tantra also in two parts was given at Grizzly Lodge California in 1980 It comprises the first two lectures of a commentary on the Chenrezig yoga **Big Love** Adele Hulse, 2018 Ego, Attachment and Liberation Lama Yeshe, 2010 The Lama Yeshe Wisdom Archive LYWA is the collected works of Lama Thubten Yeshe and Kyabje Lama Thubten Zopa Rinpoche The Archive was founded in 1996 by Lama Zopa Rinpoche its spiritual director to make available in various ways the teachings it contains This book contains the teachings and meditations Lama gave at a five day retreat he led near Melbourne Australia which he introduced by saying Whether or not this five day meditation course becomes beneficial is up to you it depends on your own mind It's not a lama thing I'm not going to bring you to enlightenment in this short time Instead of having too many expectations of the lama it's better that you generate a pure motivation for being here Expectations cause mental problems instead of being positive they become negative If over the next five days you can begin to recognize the reality of your own nature this meditation course will have been worthwhile Therefore dedicate your actions during this time to discovering inner freedom through recognizing the negative characteristics of your own uncontrolled mind In line with Lama's intentions this book is dedicated to the awakening of inner freedom within the minds of its readers and all other sentient beings *Yeshe Lama 'Jigs-med-glin-pa* Rañ-byuñ-rdo-rje, Jigs-Med-Glin-P, Lama Chonam, Sangye Khandro, 2007-11 The Enlightened Experience: Lama Yeshe, 2020-09-21 This is volume 3 of The Enlightened Experience series and features three discourses given by Lama Yeshe at the Sixteenth Kopan Meditation Course held at Kopan Monastery Nepal in November/December 1983 Lama Yeshe had arrived at Kopan just before the end of the meditation course and although he was very ill he gave these teachings along with

a refuge ceremony and the bodhisattva vows Lama gave his first teaching which is presented in this ebook as Practicing Dharma in the West Q A with Lama Yeshe In this question and answer session Lama offers essential advice to students on how to integrate Dharma when they return to the West In response to a question about Christianity Lama discusses the principles of loving kindness and compassion which are fundamental to all religions Lama continues with advice on relationships and explains in simple terms the meaning of Dharma the importance of bodhicitta the power of holy objects and the qualities of the Buddha The next discourse on December 9 1983 is entitled The Peaceful Path to Liberation In this extensive teaching Lama discusses the inner refuge which enables us to have a satisfied and happy life without depending on our external environment He explains the meaning of Buddha Dharma and Sangha and gives an overview of the five lay precepts the bodhisattva vows equilibrium meditation and the tantric path The teaching concludes with a refuge ceremony in which Lama clarifies the correct motivation as well as the essential meaning and purpose of refuge In Lama Yeshe s final discourse on December 10 1983 he teaches on bodhicitta which he describes as a universal meditation that is especially suitable for Westerners Lama urges students to change the attitude of self cherishing into a determination to hold others dear and benefit them as much as possible In the second part of this teaching Lama discusses two ways of taking the bodhisattva vows according to our level of commitment and concludes with a motivation for taking the vows Lama Yeshe was a pioneer in bringing the Dharma to Westerners and the teachings in this ebook demonstrate his understanding of the Western psyche and his ability to express profound truths in simple terms     The Peaceful Stillness of the Silent Mind Lama Yeshe,2010 The six teachings contained herein come from Lama Yeshe s 1975 visit to Australia Lama Yeshe on Mind At certain times a silent mind is very important but silent does not mean closed The silent mind is an alert awakened mind a mind seeking the nature of reality     **The Enlightened Experience** Lama Yeshe,2019-08-28 This is the second of a two volume collection drawn from teachings given by Lama Thubten Yeshe in the 1970s and 1980s when he traveled the world extensively along with Lama Zopa Rinpoche and taught at many courses seminars and public talks Lama Yeshe was a pioneer in bringing the Dharma to Westerners and the teachings in this book demonstrate his understanding of the Western psyche and his ability to express profound truths in simple terms Lama Zopa Rinpoche has described Lama Yeshe as a great hidden yogi with high attainments that weren t shown to others As well as showing the path to enlightenment to his students Lama was like a parent giving advice and happiness Rinpoche said Lama s particular skill was to know exactly what was needed right at that particular time so even with just a smile or a few words he made others happy and gave them hope In this second volume Lama Yeshe discusses a range of topics including refuge impermanence the death process karma and emptiness The book includes several excerpts from a commentary on the tantric deity yoga practice of Manjushri and a poignant last letter to Lama s close friend Geshe Jampa Wangdu written when Lama was seriously ill     **Jigmed Lingpa's Yeshe Lama** Rinpoche Khenpo Namdrol,2020 Yeshe Lama is the most important practice manual on the Great Perfection

teachings of the Nyingma tradition Jigmed Lingpa stated Realization of the pure awareness that transcends the mind is the specialty of the Great Perfection Beginning with the preliminary prerequisites the entire Great Perfection path is spelled out clearly and succinctly in Yeshe Lama which is meant to be studied and practiced by qualified practitioners who are committed to completing the prerequisites before entering the path of dzogchen One must have received empowerment and have been introduced to the nature of the mind by a qualified master The teachings and practices taught in Yeshe Lama encompass the innermost cycle of upadesha teachings and clearly define the dzogchen practices of trekcho cutting through to original purity and togal crossing over with spontaneous presence These are the swift practices that can lead to the attainment of the rainbow body and the complete attainment of buddhahood and this is the same path that has been followed by many of the great spiritual adepts of India and Tibet Consequently if one studies and trains in the Yeshe Lama correctly and with deepest respect and diligence the possibility of enlightenment within one lifetime is within reach Khenchen Namdrol Rinpoche gave an extensive teaching on Jigmed Lingpa s Yeshe Lama to a gathering of several hundred khenpos tulkus monks nuns and a limited group of westerners at his center in Pharping in 2014 Lama Chonam and Sangye Khandro Light of Berotsana Translation Group translated Khen Namdrol s commentary in English This commentary will be published with portions of Jigmed Lingpa s Yeshe Lama root text included Clean-Clear: Refuge, Bodhicitta and the Nature of the Mind Lama Yeshe, 2025-05-16 The gray clouds of ego come and go but the blue sky of totality is always there It s always been there it s there now and it will always be there The essential clean clear nature of the mind is like the sky always there The heavy blanket of ego is laid on top of that but it is not inextricably mixed with it Lama Yeshe This collection contains teachings Lama Yeshe gave in England in 1976 and the Netherlands in 1980 Lama taught mainly on refuge and bodhicitta and also gave a public lecture on the nature of the mind Clean clear as always Everybody loved attending Lama s teachings Even though they were profound Lama presented them very lightly with pertinent contemporary examples a lot of laughter and frequent jokes I m joking dear ah I m joking so much But then every now and then he would remind students I m not joking when I say I m joking Compiled and edited by Nicholas Ribush this book is the second volume in a series of Lama Yeshe s collected teachings the first volume being Knowledge Wisdom The Peaceful Path to Liberation Since the topics are similar there is a little repetition but according to Lama Zopa Rinpoche repetition never hurts This is not an academic work and is essentially an introduction to fundamental Tibetan Buddhist teachings on refuge and bodhicitta **Becoming the Compassion Buddha** Thubten Yeshe, 2003-06-15 Lama Yeshe was both one of the most beloved Tibetan Buddhist masters of the late twentieth century and a remarkably effective teacher and communicator Becoming the Compassion Buddha is one of a series of his books that examine key Tantric deity practices in the Tibetan Buddhist tradition As with his book Introduction to Tantra his teachings make coherent and understandable to the general reader practices that once were considered to be for highly realized beings only Lama Yeshe strongly believed practices that help develop compassion and wisdom should not

be limited to advanced practitioners but that the all beings could benefit from them In this book he provides a commentary on a short guru yoga practice written by His Holiness the 14th Dalai Lama This extraordinary book opens new doors for countless readers **Life, Death and After Death** Lama Yeshe, Lama Zopa Rinpoche, 2011 The Lama Yeshe Wisdom Archive LYWA is the collected works of Lama Thubten Yeshe and Kyabje Lama Thubten Zopa Rinpoche The Archive was founded in 1996 by Lama Zopa Rinpoche its spiritual director to make available in various ways the teachings it contains Tibetan Buddhism teaches us to understand the death process and trains us to deal with it so that when the time of crisis arrives and the various illusory visions arise instead of being confused we ll know what s going on and will recognize illusions as illusions projections as projections and fantasies as fantasies Drawn from Lama Yeshe s teachings in London October 1982 and Geneva September 1983 **Universal Love** Lama Yeshe, 2008 By pulling together some of Lama Yeshe s introductory teachings on Buddhism meditation compassion and emptiness and combining them with the definitive explanation of tantra this one valuable volume will inspire students to go more deeply into the Yoga Method of Buddha Maitreyaa tantric practice

**The Bliss of Inner Fire** Thubten Yeshe, 2005-06-10 In the classic bestseller Introduction to Tantra Lama Yeshe offered a profound and wonderfully clear glimpse into the sophisticated practices of Tibetan Buddhist tantra This present book the last major teachings of this great lama opens up the world of advanced practices for Highest Yoga Tantra initiates in much the same way his earlier work opened up the world of tantra in general Following Je Tsongkhapa s 1357 1419 C E text Having the Three Convictions Lama Yeshe introduces the renowned Six Yogas of Naropa focusing mainly on the first of these six the practice of inner fire tummo Mastery of inner fire quickly brings the mind to its most refined and penetrating state the experience of clear light an extra ordinarily powerful state of mind that is unequalled in its ability to directly realize ultimate reality Lama Yeshe felt that twentieth century Westerners could easily grasp the often misunderstood ideas of this esoteric tradition We really need tantra these days because there is a tremendous explosion of delusion and distraction and we need the atomic energy of inner fire to blast us out of our delusion Lama Yeshe s aim was for his students to actually taste the experience of inner fire rather than merely gain an intellectual understanding Lama s own realization of the transformative power of these practices comes through inspiring his students to discover for themselves their own capacity for inexhaustible bliss

**The Copper-Colored Mountain** Jigme Lingpa, 2022-11-01 A translation of Jigme Lingpa s eighteenth century Tibetan Buddhist aspiration prayer for taking rebirth in the pure land Copper Colored Mountain accompanied by a commentary and analysis by the translators While Pure Land Buddhism is generally thought of as an East Asian tradition with an Indian origin the Copper Colored Mountain is in fact the first and only pure land with scriptural origins entirely in the Tibetan tradition It represents Tibetan culture s fascinating intersection of traditional history with liturgical tantric practice The Copper Colored Mountain is understood to be the current abode of Padmasambhava the Indian master credited with first bringing Buddhism to Tibet and founding Tibet s first monastery Samye After leaving Tibet it is said that Padmasambhava set



up residence on C mara one of the two islands on either side of the continent of Jambudvipa our world according to Buddhist cosmology After taming the resident ogres of C mara and converting them to Buddhism he then built an octagonal palace where Buddhist practitioners may be transported in visions and dreams or reborn through aspiration prayers This work is a translation and analysis of one such aspiration prayer This prayer was composed by Jigme Lingpa a treasure revealer of the Nyingma tradition in the eighteenth century and remains the most important prayer to this pure land in Tibetan Buddhism Merging academic precision in representing the Tibetan texts and devotion to the principles of tantric Buddhism translators Georgios T Halkias and Christina Partsalaki enable a wider appreciation of the history and impact of this prayer in Tibetan Buddhist literature while elucidating its meaning for Buddhist practitioners [The Fearless Lion's Roar](#) Nyoshul Khenpo, 2015-07-28 This volume is a heartfelt intimate presentation of the entire system of the Nyingma tradition from sutra to tantra to Dzogchen the Great Perfection and how through it modern day practitioners can succeed in attaining fully realized buddhahood Inspiring stories of the great masters Longchenpa and Jigme Lingpa kindle the prerequisites of faith and devotion that are the basis for the practices that follow The Tibetan Buddhist master Nyoshul Khenpo Jamyang Dorje gave these talks during a three year retreat in France from 1982 to 1985

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## **Yeshe Lama Introduction**

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