

**Nature of Mind Retreat, Land of Joy, January 2022 –
Bibliography:**

Mastering Meditation: Instructions on Calm Abiding and Mahamudra, His Eminence Chöden Rinpoche, translated by Ven. Tenzin Gache, Wisdom Publications, 2020

Mahamudra: How to Discover Our True Nature, Lama Yeshe, Wisdom Publications 2018

Echoes of Voidness, Geshe Rabten Translated and edited by Stephen Batchelor, Wisdom Publications, England, 1983: Part Three – Mahamudra, Pages 93 to 138

The Gelug/Kargyu Tradition of Mahamudra, H.H. The Dalai Lama & Alexander Berzin. Snow Lion Publications, Ithaca, New York, 1997:

Pages 97 – 104: Part II The Root Text By the First Panchen Lama:
A Root Text for the Precious Gelug/Kargyu Tradition of Mahamudra:
The Main Road of the Triumphant Ones

Chapter Four: The Initial Level of Mahamudra Meditation

Pages 59 to 60: The Definition of Mind

61 to 62: Clarity – The Arising of the Contents of an Experience
Awareness – an Engaging with the contents of Experience

66 to 67: The Analogy of a Flashlight

67 to 68: The Initial Stages of Mahamudra Meditation

69 to 71: Benefits of the Initial Stage Practice

A Discussion Between Self Grasping and the Wisdom Realising Selflessness -Arising Out of an Identification of Basis, Path and Resultant Mahamudra, Panchen Losang Chokyi Gyaltsen with commentary by Ven. Choden Rinpoche and Yongdzin Losang Jinpa, Happy Monk Publications, 2019

Mind Seeing Mind: Mahamudra and the Geluk Tradition of Tibetan Buddhism, Roger R.Jackson, Studies in Indian and Tibetan Buddhism, Wisdom Publications, 2019

The Life of Tilopa & Ganges Mahamudra, Khenchen Thrangu Rinpoche, Golden Rosary Editions, Zhyisil Chokyi Ghatsal Trust Publications, 2002

A Harmony of Views: Three Songs by Ju Mipham, Changkya Rolpay Dorje, and Chögyam Trungpa. An Explanation of the Unity of Dzogchen, the Middle Way, and Mahamudra, Khenchen Thrangu Rinpoche, translated by the Thrangu Dharmakara Translation Collective, Snow Lion, 2020

Luminous Clarity: A Commentary on Karma Chagme's Union of Mahamudra and Dzogchen, Khenchen Thrangu Rinpoche, Translated by Lama Yeshe Gyamsho, Snow lion, Boulder, 2016
Pages 63 to 70: Chapter Six: The Nature of Mind
71 to 83: Chapter Seven: Mahamudra and Trekcho

The Royal Seal of Mahamudra: Volume One: A Guidebook for the Realisation of Coemergence, The Third Khamtrul Rinpoche, Ngawang Kunga Tenzin, Translated by Gerado Abboud, Snow Lion, Boston & London, 2014:

Pages 97 to 130: Using the Mind as the Path 131 to 158: The Yoga of One-Pointedness 219 to 233: The Yoga of Simplicity
275 to 286: The Yoga of One Taste

287 to 292: The Yoga of Non-meditation

The Royal Seal of Mahamudra Volume Two: A Guidebook for the Realisation of Coemergence, The Third Khamtrul Rinpoche, Ngawang Kunga Tenzin, translated by Gerardo Abboud, Snow Lion, 2020

How to See Yourself as You Really Are H.H. Dalai Lama, translated and edited by Jeffrey Hopkins. Rider, 2008

The Heart of Meditation: Discovering Innermost Awareness H.H. The Dalai Lama Translated & edited by Jeffrey Hopkins, Shambhala, Boulder 2016:

Pages 3 to 34: Part One The Buddhist Path, especially pp. 16 – 22
Meditation: Channeling the Force of the Mind and within that, pp. 20 – 23 on Identifying the Mind and Technique.

77 to 78: The All Good Diamond Mind – Aiming your Attention at Space and Identifying Innermost Awareness

81 to 91: The Second Key: Maintaining Meditation

93 to 95: The Gradual Way

Meditation on the Nature of Mind, H.H. The Dalai Lama, Khonton Peljor Lhundrub Translated by Jose Ignacio Cabezon, Wisdom Publications, Boston, 2011:

Pages 1 to 32: The Nature of Mind – H. H. The Dalai Lama
33 to 49: The Life of Khonton Peljor Lhundrub – Jose Cabezon
61 to 140: The Wish-Fulfilling Jewel of the Oral Tradition: Instructions on Identifying a Shared View of Reality – Khonton Peljor Lhundrub

Opening The Door to Certainty: A simple arrangement of verses summarising Mahamudra - The Ocean of Certainty by the Ninth Karmarpa, Bokar Rinpoche, Tibetan text and English translation from French, Christiane Buchet, Clear Point Press, San Francisco California, 1996.

Timeless Rapture: Inspired Verse of the Shanghpa Masters, compiled by Jamgon Kongtrul, translated by Ngawang Zangpo, Shambhala Publications, Tsadra Foundation Series (Previously Snow Lion, 2003)

The Supreme Siddhi of Mahamudra: Teachings, Poems and Songs of the

Drukpa Kargyu Lineage, Translated by Gerardo Abboud, Adam Kane and Sean Price and introduced by Tsoknyi Rinpoche, Snow Lion, Boulder 2017:

Pages 1 to 6: Ganges Mahamudra – Tilopa
21 to 22: The Single Sufficient Path of Mahamudra – Gampopa
77 to 106: Pointing Out the Sublime Essential Meaning – Pema Karpo
107 to 116: The Blessed Vase – Tsele Natsok Rangdrol

Luminous Melodies: Essential Indian Dohas of Mahamudra, Translated by Karl Brunnhölzl, Wisdom Publications, 2019

The Mind of Mahamudra: Advice from the Kargyu Masters, Translated and Introduced by Peter Alan Roberts, Tibetan Classics series, edited by Thupten Jinpa, Wisdom Publications, Boston, 2014:

Pages 13 to 38: The Unrivalled Instructions of Shang Rinpoche: The Preliminaries and Main Practice of the Great Meditation of Mahamudra – Lama Shang

39 to 102: The Ultimate Supreme Path of Mahamudra – Lama Shang

155 to 210: The Bright Torch: The Perfect Illumination of the True Meaning of the Mahamudra, the Essence of All the Dharma – Tsele Natsok Rangdrol

Stilling the Mind: Shamatha Teachings from Dudjom Lingpa's Vajra Essence, translation and commentary by B. Alan Wallace, Wisdom Publications, 2011

Fathoming the Mind: Inquiry and Insight in Dudjom Lingpa's Vajra Essence, translation and commentary by B. Alan Wallace, Wisdom Publications, 2018.

Dzogchen and Mahamudra: Two Great Paths by Adeu Rinpoche, an article in Lion's Roar, February 11, 2012. Url here: <https://www.lionsroar.com/two-great-paths/>

You Tube Links:

Nature of Mind, Lama Lena: <https://www.youtube.com/watch?v=hb2NDSpqdKQ>

Nature of Mind, Jetsumna Tenzin Palmo: https://www.youtube.com/watch?v=Fwh5_l4HdnA

Eight Brocades or Baduanjin Qigong Practice by Mimi Kuo-Deemer: <https://www.youtube.com/watch?v=3K-0JpiJu-o>

Sanskrit song from the Markandeya Purana by Gaiea Sanskrit: <https://www.youtube.com/watch?v=uDd3iupKUyl>