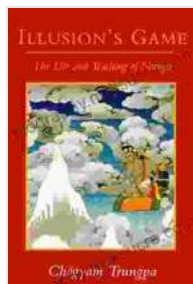


The Life and Teaching of Naropa Dharma Ocean



Illusion's Game: The Life and Teaching of Naropa (Dharma Ocean) by Edwin R. Sherman

★★★★☆ 4.2 out of 5

Language : English
File size : 993 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Print length : 194 pages



Naropa Dharma Ocean (1016-1100) was a renowned Buddhist master and scholar who lived in India in the 11th century. He was a disciple of Marpa Lotsawa and is considered to be one of the most important figures in the Kagyu lineage of Tibetan Buddhism.

Early Life

Naropa was born in a Brahmin family in Bengal, India. His given name was Shri Krishna. As a young man, he studied Sanskrit and Buddhist philosophy at the famous Vikramashila University. He was a brilliant student and quickly mastered the teachings of the Hinayana and Mahayana schools of Buddhism.

Meeting Marpa

In 1040, Naropa heard about a great Buddhist master named Marpa Lotsawa who was living in Tibet. He decided to travel to Tibet to meet Marpa and receive his teachings. The journey was long and arduous, but Naropa persevered. He finally arrived in Tibet in 1042 and became Marpa's disciple.

Studying with Marpa

Naropa studied with Marpa for many years. He received teachings on all aspects of the Buddhist path, including meditation, philosophy, and tantra. He also received the Six Yogas of Naropa, a set of advanced meditation practices that are still taught in the Kagyu lineage today.

Teaching Career

After completing his studies with Marpa, Naropa returned to India and began teaching the Buddhist dharma. He became a renowned master and attracted a large following of disciples. He taught the Six Yogas of Naropa, as well as other Vajrayana practices, to his students.

Legacy

Naropa Dharma Ocean was a great master and scholar who played a pivotal role in the development of Tibetan Buddhism. His teachings have been passed down through the centuries and continue to inspire practitioners today. He is considered to be one of the most important figures in the Kagyu lineage of Tibetan Buddhism.

The Six Yogas of Naropa

The Six Yogas of Naropa are a set of advanced meditation practices that were taught by Naropa Dharma Ocean to his students. These practices are

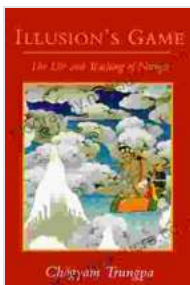
designed to lead to the realization of the ultimate nature of mind and the attainment of enlightenment.

The Six Yogas of Naropa are:

- Tummo (inner heat)
- Chöd (cutting through the ego)
- Bardo Thodol (the Tibetan Book of the Dead)
- Phowa (transference of consciousness)
- Yangti (yoga of the clear light)
- Nyida (yogic sleep)

The Six Yogas of Naropa are powerful practices that can lead to profound spiritual experiences. However, they should only be practiced under the guidance of a qualified teacher.

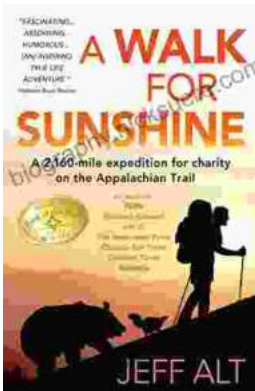
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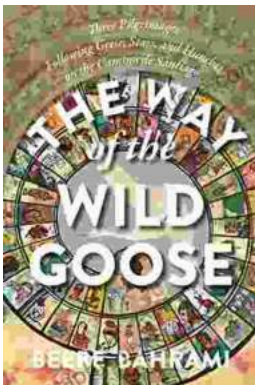
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