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Essence of Vajrayana. The Highest Yoga Tantra Practiceof. Heruka Body Mandala. Geshe Kelsang Gyatso. TharpaPublications. excerpt: THE PRE-EMINENT QUALITIES OF HERUKA. The Sanskrit term 'Heruka' is composed of the three syllables,'He', 'ru', and 'ka'. 'He' teaches the emptiness of phenomena in general,and 'ru' the emptiness of persons in particular; together they reveal theemptiness of all phenomena.

Essence of Vajrayana: The Highest Yoga Tantra Practice of ...

Essence of Vajrayana is a truly unique book that takes us to the very heart of modern Kadampa Buddhism. With this book, the author Venerable Geshe Kelsang Gyatso Rinpoche explains with clarity and precision how we can practice the sublime meditations of Heruka Body Mandala, and thereby gradually transform our ordinary world and experiences into those of a Buddha, a fully enlightened being.

Essence of Vajrayana - Kadampa Buddhism

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Essence of Vajrayana - Tharpa Publications

The practices of Buddha Heruka and Buddha Vajrayogini are the Highest Yoga Tantra practices of Kadampa Buddhism. The practice of Buddha Heruka is explained in Geshe Kelsang's book, Essence of Vajrayana, and the practice of Buddha Vajrayogini is explained in the book Guide to Dakini Land. Empowerment

The Practices of Heruka & Vajrayogini - Kadampa Buddhism

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Regarding initiation, The Essence of Pristine Awareness states: "it is widely known that in action tantra there are the water and crown initiations." [6] Each action tantra text generally centers on a particular Buddha or Bodhisattva , and many are based on dharanis .

Classes of Tantra in Tibetan Buddhism - Wikipedia

e Vajrayana Yoga refers to the main tantric practices in Vajrayana Buddhism. It is referred to by different names, such as Highest Yoga Tantra. Jamgon Kongtrul refers to it as "the Process of Meditation in the Indestructible Way of Secret Mantra".

Vajrayana Yoga - Wikipedia

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