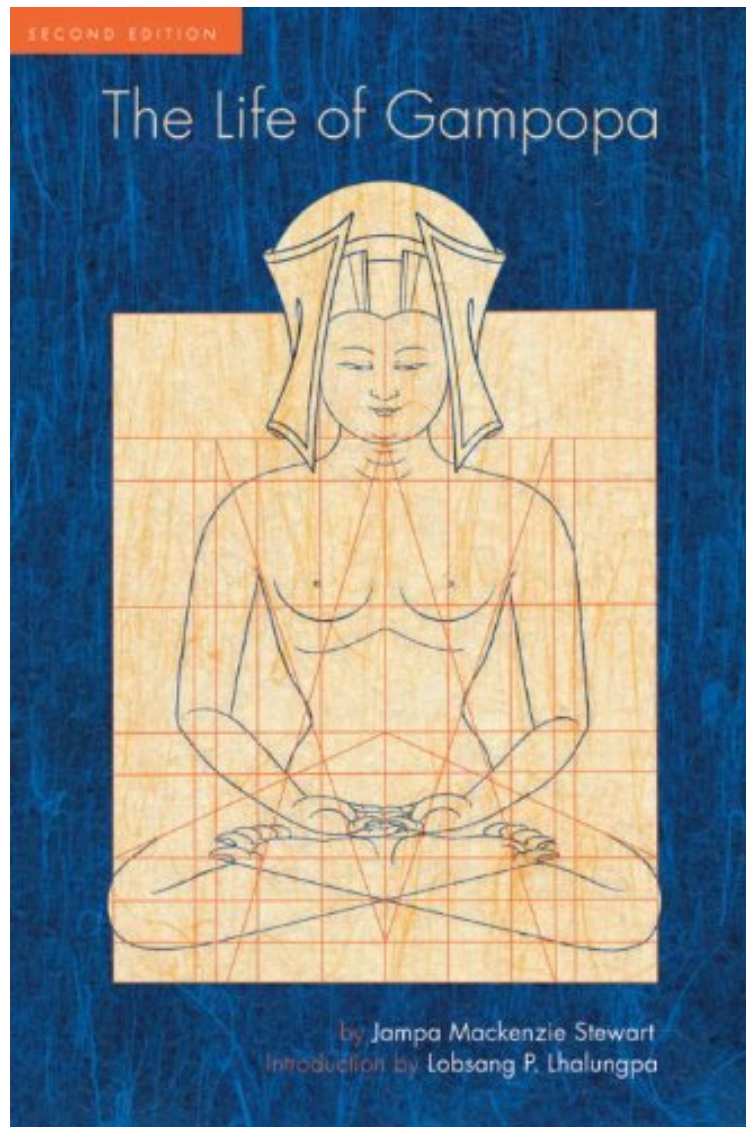


(Download ebook) The Life of Gampopa

## The Life of Gampopa

*Jampa Mackenzie Stewart*

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Compiled from numerous Tibetan biographies, this comprehensive and inspiring rendition highlights the extraordinary details of Gampopa's meditative experiences and presents direct insights into the practice and realization of Mahamudra. Includes a history of the Kagyu and an essay on Mahamudra.

"Here is the first complete life story of Gampopa, foremost disciple of Milarepa and a forefather of the Kagyu lineages. Compiled from numerous Tibetan biographies, this comprehensive and inspiring rendition highlights the extraordinary details of Gampopa's meditative experiences and presents direct insights into the practice and realization of Mahamudra. A history of the Kagyu order by Lobsang P. Lhalungpa augments Gampopa's biography, illustrating this revered teacher's central role in the development of the Tibetan Kagyu lineages. A concluding essay on Mahamudra introduces Vajrayana Buddhism to beginners while simultaneously supporting advanced practitioners with fresh insights. Jampa Stewart's biography of the remarkable being most responsible for the rapid growth of his guru Milarepa's glorious Kagyu tradition is both informative and inspiring and will be a valuable addition to the library of anyone interested in the profound ways in which the spiritual realizations of a single individual can impact the lives of countless beings in many different cultures over the centuries. I highly recommend it." Jonathan Landaw, author of *Buddhism for Dummies* "An excellent job. Comprehensible and educative." *The Middle Way* "This comprehensive and inspiring rendition highlights the extraordinary details of Gampopa's meditative experiences and presents direct insights into the practices and realisation of Mahamudra." *Buddhism Now* "Dharma Lord Gampopa was a crown jewel of Buddhist history particularly in Tibet. He was an enlightened master both in scholarship and realization. He combined the two most famous lineages of Atisha and Milarepa. Many great masters followed his example of practicing the three vows without any contradiction. This life story will give explicit insight into the meaning of 'great Dharma master' one who keeps his own precepts and leads other sentient beings toward enlightenment. So I urge everyone to read this book and understand it thoroughly. Jampa Stewart has been a Buddhist practitioner for many years. He is well-versed in Buddhist philosophy and especially in Buddhist history. I admire his dedicating his whole life to the Dharma and to helping others." Khenchen Konchog Gyeltshen Rinpoche

From the Back Cover Here is the first complete life story of Gampopa, foremost disciple of Milarepa and a forefather of the Kagyu lineages. Compiled from numerous Tibetan biographies, this comprehensive and inspiring rendition highlights the extraordinary details of Gampopa's meditative experiences and presents direct insights into the practice and realization of Mahamudra. A history of the Kagyu order by Lobsang P. Lhalungpa augments Gampopa's biography, illustrating this revered teacher's central role in the development of the Tibetan Kagyu lineages. A concluding essay on Mahamudra introduces Vajrayana Buddhism to beginners, while simultaneously supporting advanced practitioners with fresh insights. "Jampa Stewart's biography of the remarkable being most responsible for the rapid growth of his guru Milarepa's glorious Kagyu tradition is both informative and inspiring, and will be a valuable addition to the library of anyone interested in the profound ways in which the spiritual realizations of a single individual can impact the lives of countless beings in many different cultures over the centuries. I highly recommend it." -- Jonathan Landaw, author of *Images of Enlightenment*, *Prince Siddhartha* and *Buddhism for Dummies*. "An excellent job, comprehensible, and educative." -- Mark Govier, *The Middle Way* - *Journal of the Buddhist Society*

Jampa Mackenzie Stewart is a student of the Kagyu and Nyingma lineages of Tibetan Buddhism. In 1987 he was ordained into the Tsep Hien order by Thich Nhat Hanh and has assisted him in leading retreats in North America. He has written over thirty articles on Buddhist Taoist practices, and has collaborated with Mantak Chia on several books. He lives in Austin, Texas, where he practices Chinese medicine, medical qigong, and directs the Austin Yeshe Khorlo and Healing Tao Institute.

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