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Garland of Mahamudra Practices

Khenchen Konchog Gyaltshen

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This text is a manual of practical instructions for students who are or would like to practice the path of Mahamudra in meditation. *Mahamudra* refers to a path to enlightenment taught by the Buddha and transmitted through the spiritual lineage of Tilopa, Naropa, Marpa, and Milarepa. Gampopa, a disciple of Milarepa who lived in the eleventh century, brought together these teachings of the Buddha into one five-fold path consisting of an enlightened motivation, deity yoga, guru yoga, mahamudra, and proper dedication, to which his main disciple, Pakmo Druba, gave the name "The Profound Five-Fold Path of Mahamudra."

Jigten Sumgon, the successor of Pakmo Druba, founded the Drikung Kagyu order and taught Mahamudra extensively.

The fifteenth successor of Jugten Sumgon, Kunga Rinchen, known for the directness and clarity of his teachings, composed the text *Clarifying the Jewel Rosary of the Profound Five-Fold Path*.

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