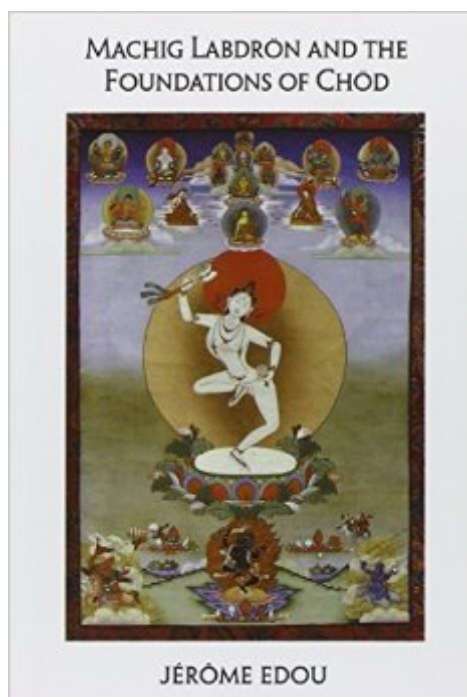


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# Machig Labdron And The Foundations Of Chod



## Synopsis

Machig Labdron is popularly considered to be both a dakini and a deity, an emanation of Yum Chenmo, or Prajnaparamita, the embodiment of the wisdom of the buddhas. Historically, this Tibetan woman, a contemporary of Milarepa, was an adept and outstanding teacher, a mother, and a founder of a unique transmission lineage known as the ChÄŸd of Mahamudra. This translation of the most famous biography of Machig Labdron, founder of the unique Mahamudra ChÄŸd tradition, is presented together with a comprehensive overview of ChÄŸd's historical and doctrinal origins in Indian Buddhism and its subsequent transmission to Tibet. ChÄŸd refers to cutting through the grasping at a self and its attendant emotional afflictions. Most famous for its teaching on transforming the aggregates into an offering of food for demons as a compassionate act of self-sacrifice, ChÄŸd aims to free the mind from all fear and to arouse realization of its true nature, primordially clear bliss and emptiness.

## Book Information

Paperback: 256 pages

Publisher: Snow Lion; 1st. ed edition (January 1, 1995)

Language: English

ISBN-10: 1559390395

ISBN-13: 978-1559390392

Product Dimensions: 6 x 0.7 x 9 inches

Shipping Weight: 13.4 ounces (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 starsÂ Â  See all reviewsÂ  (8 customer reviews)

Best Sellers Rank: #635,203 in Books (See Top 100 in Books)   #238 inÂ  Books > Politics & Social Sciences > Philosophy > Eastern > Buddhism > Sacred Writings   #752 inÂ  Books > Politics & Social Sciences > Philosophy > Eastern > Buddhism > Tibetan   #1327 inÂ  Books > Religion & Spirituality > New Age & Spirituality > Mysticism

## Customer Reviews

This is a great book on ChÄŸd. It explains 3 levels of practice with the most famous, the offering of one's body to the demons, as the lowest level and Mahamudra approach as the highest. It provides the context for understanding (i.e. knowledge vs. mere information). It also describes the many varied sources used in this study. Lineages are described in both words and diagrams. It includes not only historical/biographical data but also the hagiographical/miraculous/mythical tradition. The latter is expertly explained via pithy, concise endnotes. Most importantly are the explanations of the

relationships among Chānd, Mahamudra, and the Perfection of Wisdom (Prajnaparamita Sutras of various lengths--see Conze's translations--including the Heart Sutra). Perhaps the most key concept is the definition of demon (there's an interesting analysis of 4 types provided by Machig). Some great illustrative quotes:p. 67-9: quoting Machig: `The origin of all demons is in the mind itself. When awareness holds on and embraces any outer object, it is in the hold of a demon. Likewise, mind is stained when a [mental image] is wrongly taken to be a real object. In this way, all outer and inner objects grasped by mind as if they were real which thereby generate desire, aversion, or arrogance, should be viewed as demons because they prevent the realization of the clear light emptiness nature of mind, Mahamudra...Since mistaken grasping to reality comes from material objects, I have explained this as tangible demons...The intangible demons...are the positive or negative thoughts that arise in the mind...the intangible demons ...are the emotions such as suffering and so forth...they all derive from arrogance, the faulty grasping onto a self.

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