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And if you can do that, then you will realize the view of mahamudra." Tilopa's concise Upadesha presented instructions in "seven topics." According to Khenchen Rinpoche these are: the view of Mahamudra; the conduct of Mahamudra; the meditation of Mahamudra; the samaya of Mahamudra; the benefit of Mahamudra; the defect of not practicing Mahamudra

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both the life of Tilopa, who founded the Kagyu tradition of Tibetan Buddhism, and one of his most important texts on the practice of Mahamudra. Most traditions of Mahamudra meditation can be traced back to the mahasiddha Tilopa and his Ganges Mahamudra, a "song of realization" that he sang to his disciple Naropa on the banks of the Ganges River more than a thousand years ago.

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