



Lama Chopa

Rob Preece

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Lama Chöpa is a practice of guru devotion special to the Gelugpa tradition of Tibetan Buddhism. In the Gelugpa tradition, there are many guru yoga sadhanas, but Lama Chöpa is the most popular and sacred text. A special practice of Je Tsongkhapa (1357-1419), the founder of the Gelugpa School, Lama Chöpa was compiled by the first Panchen Lama, Panchen Lozang Chökyi Gyaltzen (1570-1662), who was the teacher of the fifth Dalai Lama (1617-1682). Lama Chöpa became so popular in Tibet and Mongolia that almost every monk of the Gelugpa tradition had it memorized, and recited it on a daily basis, both in the temple as a group practice, and individually. Lama Chöpa is considered to be an Anuttarayoga Tantra or Highest Yoga Tantra practice. As indicated by the opening words, "Arising within the sphere of great bliss, I manifest as a Guru Yidam," it contains the idea of personal transformation through the practitioner merging his or her mind with the guru as the meditational deity. The essence of the practice is to see the guru as an Enlightened Being, a Buddha, and to receive his or her blessings in return. This new translation by Rob Preece, with a preface by HH the Dalai Lama's official translator and a foreword by Zasep Tulku Rinpoche, contains all the traditional melodies and sacred hand gestures required to perform the prayer in its traditional form.

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