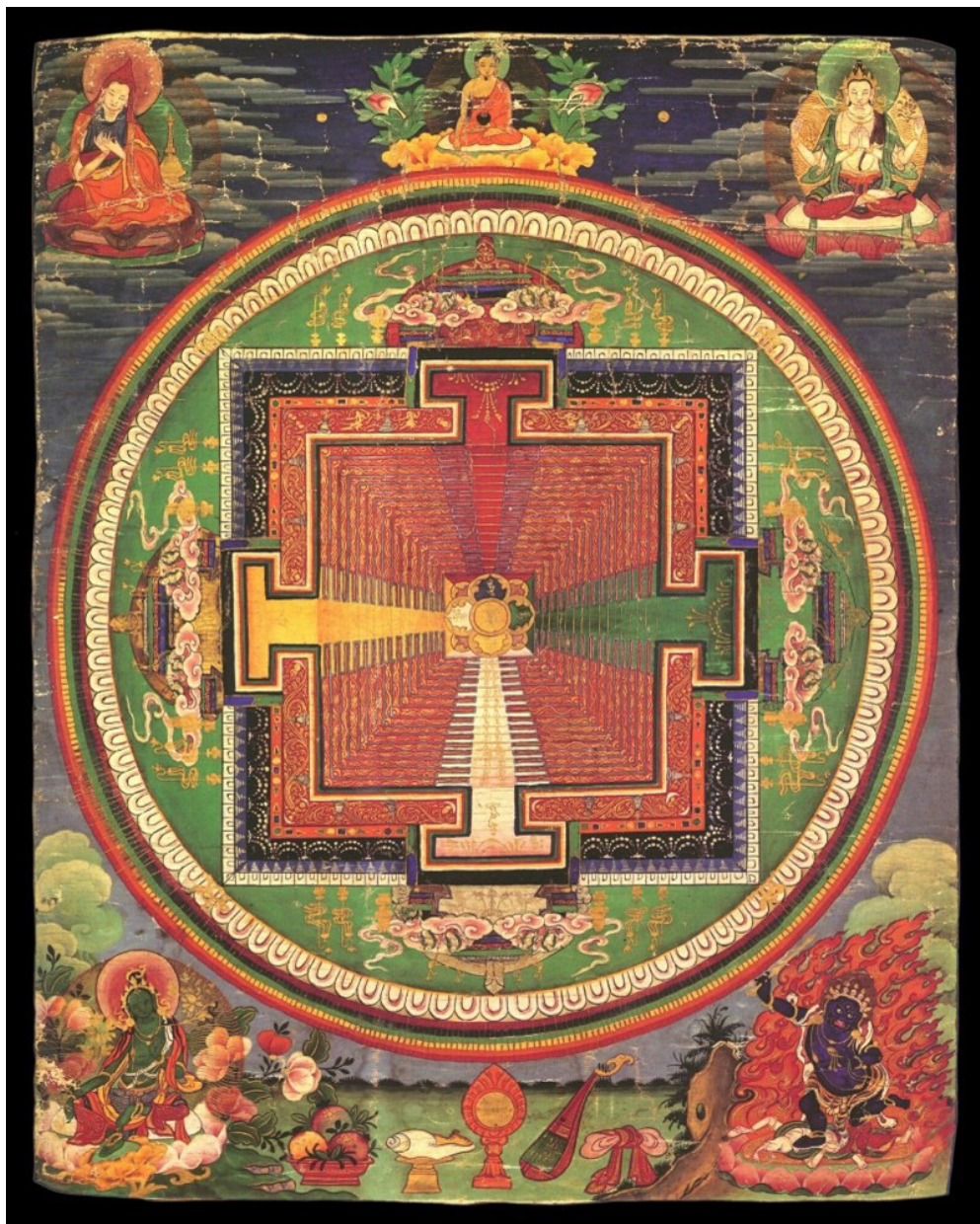


The “Sixteen Spheres of the Kadampa”: A Unique Adaptation of the sādhana Format

ULRIKE ROESLER

The Kadam tradition of Tibetan Buddhism is known for its reservations towards tantric practices of the higher tantra classes, in particular those involving consort practices. However, this does not mean that the school was averse to tantric practices in general and it even created its very own brand of an esoteric practice, known as the “sixteen drops” or “sixteen spheres” of the Kadam (bka’ gdams thig le bcu drug). This lecture will introduce the practice, paying attention to its particular blend of deity yoga and guru yoga that skilfully merges Indian and Tibetan elements. It will also explore Indian antecedents, as well as the origins and transmission of the practice in Tibet.



Maṇḍala of the Bka’ gdams thig le bcu drug (Himalayan Art Resources, item 3314477)

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28th of May

17:30

Seminar room 1
Institute of South Asian, Tibetan
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