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tibetan yogi of the eleventh century remains one of the most popular folk tales in the tibetan tradition his early life was fraught with tragedy revenge and regret despite this milarepa became a great dharma master and a beloved figure to generations of tibetans under the demanding tutelage of his jetsun milarepa c. 1052 c. 1135 ce was a tibetan buddhist yogi a student of marpa lotsawa and teacher of gampopa and an important figure in the kagyu lineage he is generally considered one of tibet's most famous yogis and poets the life of milarepa andrew quintman late in the eleventh century a wandering mendicant the yogin starved himself in the frigid mountains of southern tibet while undertaking ascetic practice he lived in solitude on a diet of boiled nettles his skin is said to have turned green as a result 4.26/2.176 ratings/133 reviews the life of milarepa is the most beloved story of the tibetan people and one of the greatest source books for the contemplative life in all world 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presents a quest for purification and buddhahood in a single lifetime tracing the path of a great sinner who became a great saint it is also a powerfully evocative narrative full of magic miracles suspense and humor while reflecting the religious and social life of medieval tibet the life of milarepa penguin classics kindle edition by gtsan smyonhe ru ka lopez donald s quintman andrew religion spirituality kindle ebooks amazon.com kindle store kindle ebooks biographies memoirs kindle 14.99 available instantly audiobook 0.00 with membership trial paperback 13.92 the life of milarepa is one of the most beloved stories of the tibetan people and a great literary example of the contemplative life this biography a dramatic tale from a culture now in crisis can be read on several levels a personal and moving introduction to tibetan buddhism it is also a detailed guide to the search for liberation lord of yogins february 24 2011 watch this space for more about the life of milarepa the lands of 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it presents a quest for purification and buddhahood in a single lifetime tracing the path of a great sinner who became a great saint it is also a powerfully evocative narrative full of magic miracles suspense and humor while reflecting the religious and social life of medieval tibet

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