



The Six Yogas of Naropa

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Tsongkhapa's commentary entitled *A Book of Three Inspirations: A Treatise on the Stages of Training in the Profound Path of Naro's Six Dharmas* is commonly referred to as *The Three Inspirations*. Anyone who has read more than a few books on Tibetan Buddhism will have encountered references to the Six Yogas of Naropa, a preeminent yogic technology system. The six practices—inner heat, illusory body, clear light, consciousness transference, forceful projection, and bardo yoga—gradually came to pervade thousands of monasteries, nunneries, and hermitages throughout Central Asia over the past five and a half centuries.

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