

Cyrus Stearns - Luminous Lives, p 9

The teachings of the Lam 'bras were originally transmitted to the Indian master Virupa by the tantric goddess Vajra Nairatmya, the consort of Hevajra. Inspired by her direct transmission, Virupa is said to have quickly reached the sixth spiritual level (*bhumi*) of the path.

When Nairatmya's succinct instructions were formulated by Virupa, these teachings became known as the *Lam 'bras bu dang bcas pa 'i gdams ngag dang man ngag tu bcas pa*, (The Oral Instructions, Together with the Esoteric Instructions, of the Path with the Result), which is always simply referred to in the tradition as the *Rdo rje tshig rkang* (*The Vajra Verses*).

According to most accounts, Virupa formulated the *Rdo rje tshig rkang* for his disciple Kahna, who is considered to be the prime example of a recipient suited to the gradual approach.

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The Lam 'bras is a system of tantric theory and practice based generally on all the anuttarayoga tantras, specifically on the three scriptures known as the Kye rdor rgyud gsum (The Tantra Trilogy of Hevajra), and especially on the *Hevajra tantra* itself.²⁸ The *Rdo rje tshig rkang* represents an oral revelation of the distilled essence of these tantras.