

**gSang chen theg pa'i bskyed rim dang bod nang pa'i bla skrul  
bar gyi 'brel ba  
(The relationship between incarnation in Mahayana Tantra  
and reincarnation in Tibetan Buddhism)**

*Dawa (Zla-ba)*

The present study is based on the researching the Tantric Yogi Dame gyud's three meditations and discusses the origins of some of the Tibetan Buddhist Lama. In this paper I shall discuss – meditation, physical training, death, interval (bar srid), and birth. Further I shall provide the evidences for the origins for many Tibetan Buddhist Lama and incarnations, the relationships between ordinary Tibetans and those reincarnations.

Tibetan Buddhist reincarnation is a result of practicing *Mahayana Tantra*. Here I shall discuss this topic by dividing the main chapters into several smaller chapters in order for the readers to have general ideas about the *Mahayana Tantra* and its practice.

At the same time, I shall discuss little bit about how the *Mahayana Tantra* came to the human world. Moreover, I shall discuss the way of practicing it and introduce about the main ideas of the four Yogis. Additionally I will suggest that Mahayana Tantra is a treasure for human spiritual lives by discussing about – birth, death, the reasons for practicing *Mahayana Tantra*, incarnations and reincarnations, how to practice *Mahayana Tantra* etc issues.

In order to describe my suggestions about the Mahayana Tantra and reincarnations in Tibetan Buddhism, I shall provide more examples from historical documents and contemporary actual life.