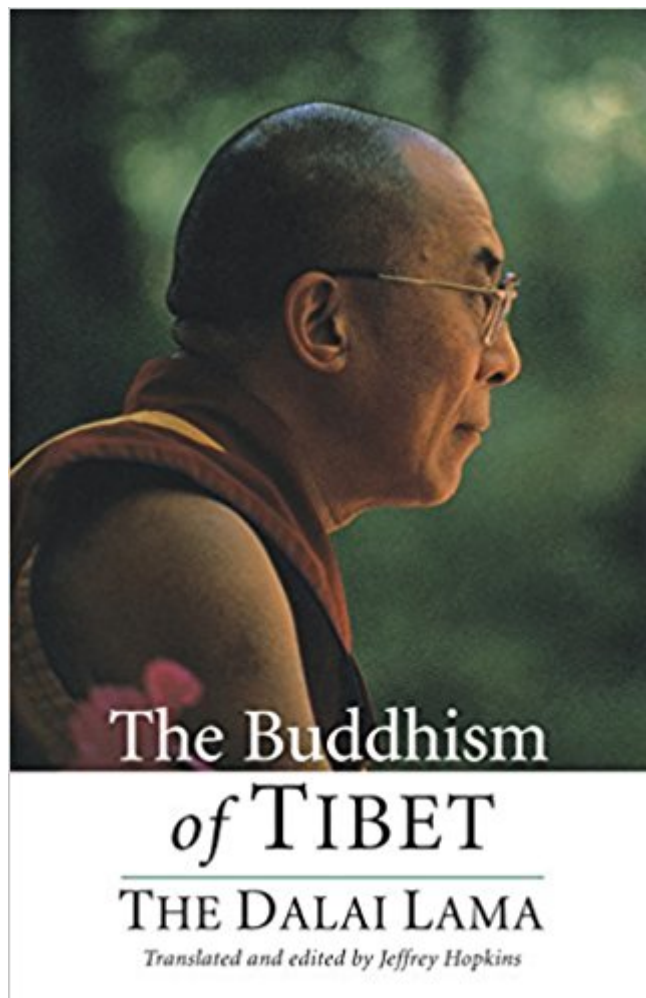


The book was found

The Buddhism Of Tibet



Synopsis

Unlike most books by the Dalai Lama which are edited compilations of talks that he has given, this book consists of two texts that he himself wrote and two that he chose – all especially aimed at helping Western readers become better grounded in Buddhism. He wrote "The Buddhism of Tibet" and "The Key to the Middle Way" sections to explain the principal topics and central practices of Buddhism. There are four sections to this compilation:

- "The Buddhism of Tibet" by the Dalai Lama: In this excellent introduction, the Dalai Lama explains the principal topics and central practices of Buddhism.
- "The Key to the Middle Way" by the Dalai Lama: The Dalai Lama leads the student to the discovery of the true meaning of emptiness. With acute precision, he presents many insights into the nature of emptiness.
- "The Precious Garland" by Nagarjuna: Originally written for a king, this text is famous for its descriptions of the bodhisattva path of compassion and for its clear, concise analysis of the Buddha's teachings on emptiness. It describes how to find happiness by cultivating virtues of body speech and mind and how to amass the stores of merit and wisdom required for enlightenment.
- "The Song of the Four Mindfulnesses" by the Seventh Dalai Lama Kaysang Gyatso: This short poem contains all the essentials of sutra and tantra. It is to be used as a basis for meditations on mindfulness of the guru altruism deity yoga and emptiness.

Book Information

Paperback: 224 pages

Publisher: Snow Lion; Third Edition edition (September 19, 2002)

Language: English

ISBN-10: 1559391855

ISBN-13: 978-1559391856

Product Dimensions: 5.5 x 0.4 x 8.5 inches

Shipping Weight: 12.5 ounces (View shipping rates and policies)

Average Customer Review: Be the first to review this item

Best Sellers Rank: #749,103 in Books (See Top 100 in Books) #101 in Books > Politics & Social Sciences > Philosophy > Eastern > Buddhism > Dalai Lama #837 in Books > Politics & Social Sciences > Philosophy > Eastern > Buddhism > Tibetan #148289 in Books > Religion & Spirituality

Customer Reviews

As Tibetan Buddhism matures in the West, the release of more substantive and esoteric literature becomes timely. With this intermediate audience in mind, and with the hope that "even a few people for a short period could have some internal peace," the Dalai Lama here offers two of his original writings alongside two ancient texts. His works "The Buddhism of Tibet" and "The Key to the Middle Way" comprise roughly half of the book. They reveal some of the secondary and more cerebral layers of Tibetan Buddhist study, going well beyond the primary embrace of the Four Noble Truths. Emptiness, "the final mode of being of all phenomena," is a recurring motif throughout the volume. The second half includes "Precious Garland of Advice for the King," 500 quatrains written by Nagarjuna, who lived 400 years after the Buddha. Written to advise the Indian king Satavahana, it has specific counsel on ruling, plus more general material on emptiness and compassion. Although theoretically softened by a caveat of application to both sexes, the prohibition against desiring women, who are partially described as "a source of excrement, urine and vomit," among other similar vitriolic phrases, will be hard to stomach for many. The book concludes with an exposition of a relatively short poem, "Song of the Four Mindfulnesses" by Kaysang Gyatso, the Seventh Dalai Lama. No doubt a book of merit, this volume is most appropriate for serious students who are ready to wade through fairly heavy intellectual currents. Copyright 2002 Reed Business Information, Inc.

"The perfect book for someone seeking a first book on Tibetan Buddhism." —Quest Magazine

[Download to continue reading...](#)

Buddhism: Beginner's Guide to Understanding The Essence of True Enlightenment (Buddhism, Buddhism Beginners, Buddhist Books, Buddhism Books, Zen Buddhism Book 1) Buddhism: Beginner's Guide to Understanding & Practicing Buddhism to Become Stress and Anxiety Free (Buddhism For Beginners, Buddha, Zen Buddhism, Meditation for Beginners) Buddhism: Beginner's Guide to Understanding & Practicing Buddhism to Become Stress and Anxiety Free (Buddhism, Mindfulness, Meditation, Buddhism For Beginners) Zen Buddhism: How Zen Buddhism Can Create A Life of Peace, Happiness and Inspiration (Zen Buddhism for Beginners, Zen, Zen Books) Buddhism: Buddhism for Beginners: The Complete Introduction to Buddhism: Meditation Techniques, Acceptance, & Spiritual Practice (Buddhist, Meditation, ... Zen, Inner Peace, Dalai Lama Book 1) BUDDHISM: 50 Buddhist Teachings For Happiness, Spiritual Healing, And Enlightenment (Buddhism For Beginners, New Age Meditation, Dalai Lama, Zen Buddhism, Spiritual Guide, Stress Free, Dharma) BUDDHISM: Buddhism For Beginners: How To Go From Beginner To Monk And Master Your Mind (Buddhism For Beginners, Zen Meditation, Mindfulness, Chakras) Tibet (Insight Pocket Guide Tibet) High Road To Tibet - Travels in China, Tibet, Nepal and India My

Path Leads to Tibet: The Inspiring Story of How One Young Blind Woman Brought Hope to the Blind Children of Tibet Tibet, 4th: Tread Your Own Path (Footprint Tibet Handbook) The Buddhism Of Tibet Burning for the Buddha: Self-Immolation in Chinese Buddhism (Kuroda Studies in East Asian Buddhism) Buddhism After Patriarchy: A Feminist History, Analysis, and Reconstruction of Buddhism Tsung Mi and the Sinification of Buddhism (Kuroda Studies in East Asian Buddhism) BUDDHISM: for Beginners! From Dummies to Expert. Beginners Guide for Learning the Basics of Buddhism (Zen, Meditation, Dalai Lama, Yoga, Buddha, Dharma, Happiness) Buddhist Quotes: Meditation, Happiness, Inner Peace.: Spirituality and Buddhism: Bouddha, Zen, Thich Nhat Hanh, DalaÃfÂ -LamaÃçâ -Â| (Buddhism, Bouddha, Buddhist ... & Spirituality, DalaÃfÂ Lama, Zen. Book 1) The Birth of Insight: Meditation, Modern Buddhism, and the Burmese Monk Ledi Sayadaw (Buddhism and Modernity) 5 BOOKS ON HINDUISM AND BUDDHISM. THE ESSENCE OF BUDDHISM, THE LIGHT OF ASIA, HINDU LITERATURE, THE SONG CELESTIAL OR BHAGAVAD-GITA, INDIAN POETRY (Timeless Wisdom Collection Book 4750) The Collected Works of Edwin Arnold: Buddhism & Hinduism Writings, Poetical Works & Plays: The Essence of Buddhism, Light of the World, The Light of Asia, ... The Japanese Wife, Death--And AfterwardsÃçâ -Â|

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)