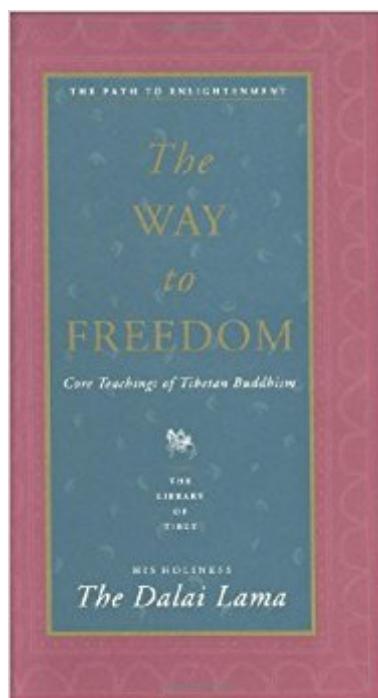


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The Way To Freedom: Core Teachings Of Tibetan Buddhism



Synopsis

His Holiness the Dalai Lama's teaching legacy to the world -- a beautiful and accessible presentation of the time-honored path to enlightenment -- is one of the world's great spiritual treasures. The Way to Freedom, the inaugural volume of the landmark Library of Tibet series, is the essential primer on Tibetan Buddhism for both neophytes and advanced students. Based on a fifteenth-century text never before translated for a general audience, it is the revered heart of Tibetan practice, presented here in easy-to-understand steps by the Dalai Lama, Tibet's exiled spiritual and political leader.

Book Information

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Customer Reviews

Great teachers seem to walk alongside those to whom they speak, when in fact they are all the while leading down the path that they illuminate. In this slender volume, His Holiness the 14th Dalai Lama speaks with a quiet, modest grace that is not without wry humor as well. Both a primer for the merely interested and a solid course of study for the advanced student of Tibetan Buddhism, this readable treatise, while walking the fine line between proselytism and conviction, cogently considers the timely necessity and benefit of spiritual study; the criteria for selecting a teacher; the logical reasoning of the Buddhist concepts of death, rebirth, refuge, karma etc.; "The Four Noble Truths

This jewel by His Holiness is the initial volume in the landmark "Library of Tibet" series. Based on the "Stages of the Path" scriptures of Tsong-Khapa (1357-1419), it presents the essence of Tibetan

Buddhism. Coverage spans teaching, refuge, the guru, rebirth as continuity of consciousness, the nature of impermanence, suffering, freedom from delusion, and developing compassion. Dedicating to others the merit from our actions and purifying negativities by cherishing others and by virtuous activity are all seen as fitting the Buddhist definition of ethics as harmlessness, while our precious human birth offers a chance to tame the mind according to the scope of our motives. Is our ultimate aim liberation only of ourself or others? The latter is the "Great Scope," a unique feature of being human that enables us to perfect altruism and reach Buddhahood. This magnificent, noble text will uplift all readers. Highly recommended. Dara Eklund, Los Angeles P.L. Copyright 1994 Reed Business Information, Inc.

This little book does an excellent job of using the Dalai Lama's words to present the basic tenants of Buddhism. It mainly focuses on moral philosophy, with little theology. I found it a quick and captivating read, that offers a great perspective about what is really important in life. It is the one book I give to any of my friends and family who express an interest in Buddhism. Unfortunately, it is out of print now and only available used. I bought this for my sister. The book we got was in like new condition. The dust cover, binding and pages were in perfect condition. It seemed clear that it had never read the book, and it probably had never been opened. I was very pleased with the purchase.

As a dedicated student of the Dharma, this book is amazing! It is simple, logical, straightforward and very thorough. It is extremely helpful in developing the required reasoning to train the mind from the base up in spirituality versus worldly orientation. This may seem simple, but I have noticed that this basic reasoning to be lacking in many Dharma students, especially in the West. This series addresses from the ground up how one needs to think and train the mind in order to become a real practitioner of Dharma in the unique style of the Dalai Lama, which often reminds me of Indian Buddhism. I am currently reading the second book in the series and it is every bit as good as the first. Enjoy!

As always, wonderful words to live by. Shipped when I expected it to also.

HH The Dalai Lama is always a winner

Loving it! But not too far in...

Very enlightening about life in general.

This book is a very good explanation of the path and it is a good place to begin to understand this way of being.

So much wisdom. Great book.

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