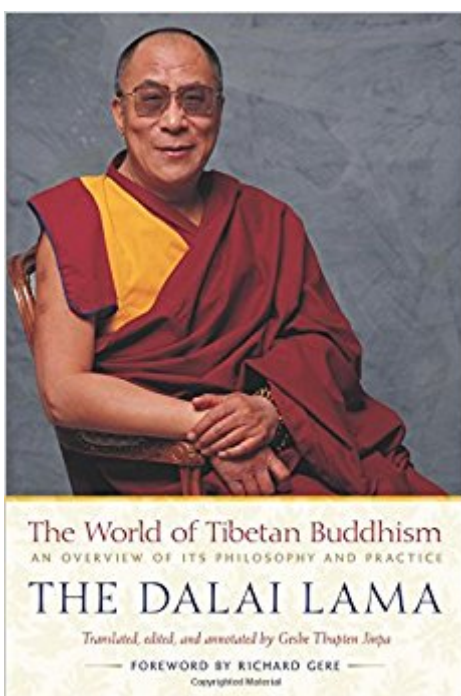


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# The World Of Tibetan Buddhism: An Overview Of Its Philosophy And Practice



## Synopsis

With characteristic humility, His Holiness the Dalai Lama begins this landmark survey of the entire Buddhist path by saying, "I think an overview of Tibetan Buddhism for the purpose of providing a comprehensive framework of the path may prove helpful in deepening your understanding and practice." In this book, the Dalai Lama delivers a presentation that is both concise and profound, accessible and engaging. As readers explore Tibetan Buddhism more fully than ever before, they will find in His Holiness a great friend and authority.

## Book Information

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## Customer Reviews

In his foreword to *The World of Tibetan Buddhism*, actor Richard Gere describes the Dalai Lama as "universally respected as one of our greatest spiritual friends." The implied sentiment of equality and ease is appropriate for this manual by His Holiness, who here continues his loving attack on the West through publishing. A guidebook, this fluid translation by Geshe Thupten Jinpa of talks given by the Dalai Lama in London in 1988 is suitable for beginners in, as well as more advanced practitioners of, the Buddhist way, for it discusses general Buddhism as well as the esoteric Vajrayana Buddhism of Tibet. Of interest and also useful to any reader is the central section, "An Altruistic Outlook and Way of Life," in which the benefits of the Dalai Lama's clear mind are in abundance. Just before the glossary and bibliography at the end of this substantive textbook, His Holiness closes his remarks on the specifics of daily practice with typical simplicity: "This is the way: try, try, try!! Then, over time, there is hope." Copyright 1995 Reed Business Information, Inc.

This overview of Tibetan Buddhism is a rare and marvelous opportunity for English-language readers to learn more about the special viewpoints of the religion and the approach of spiritual leader, the Dalai Lama. The book covers an overview of general Mahayana Buddhism, the importance of an altruistic life for spiritual practice, and the tantric practices of the Vajrayana Buddhism of Tibet. Originally a series of lectures, the three each chapters each end with a set of questions from the audience and the Dalai Lama's answers. The book also includes a glossary of selected Buddhist terms as well as an excellent bibliography and index. The Dalai Lama has provided a lucid and profound yet eminently readable introduction to this subject. Recommended for any library needing a good introduction to Tibetan Buddhism. David Bourquin, California State Univ., San Bernardino Copyright 1995 Reed Business Information, Inc.

I chose to give this book five stars as it is truly an in-depth look into Tibetan Buddhism, taken entirely from the open and engaging words of His Holiness, the Dalai Lama, and citing back to traditional Buddhist texts throughout. I found the book to be very advanced in its phrasing, and so while perhaps not the best source for one who does not enjoy very technical reading, the book does come across as very direct and interesting, often using very precise language and examples. I would recommend this book to anyone with a sincere interest in Buddhism and the desire to comprehend its most complex subjects.

His Holiness never fails to present his message in a way that makes one want to read on. One does not have to be a follower of Buddhism to appreciate the message.

This book is tying together many concepts that I was unsure of although it might not suit people who are new to Buddhism as sometimes explanations are a little complicated. Easy to read otherwise.

Khandro-la advised me and others to read this book. Therefore, by reading it and taking the advice to the heart, one is fulfilling guru's wishes, which is the foundation of the path.

Interesting and heavy book at the same time.

This is the most concise, clear and simple exposition of Tibetan Buddhist philosophy I have read to date. I would rate it with as many stars as the rating system has for excellence.

One of the best overviews of the three vehicles of Buddhism you'll get.

His Holiness' talks collected in this book offer a great introduction to the "World of Tibetan Buddhism", that is, the view from the Tibetan way of doing / being Buddhist. Of course, this way has commonalities with other ways, but His Holiness also highlights very simply, but nonetheless profoundly, the path of Buddhist Tantra, offering a good explanation of how Tantra works not only from the perspective of his Gelugpa tradition, but also from the Dzogchen / Nyingma traditions (from which His Holiness has also received teaching). One thing any reader must be aware of though, is His Holiness does try to give an overview of the Madhyamaka Prasangika philosophy of Emptiness in a few short pages. Although a good effort at summarizing a complicated and occasionally technical and jargon-filled subject, it does assume at least some basic idea of the Four Tenet Systems (Vaibhashika, Sautrantika, Cittamatra and Madhyamaka) and their basic propositions. All in all this makes for an excellent introduction to Tibetan Buddhism from one of the foremost Teachers of our day.

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