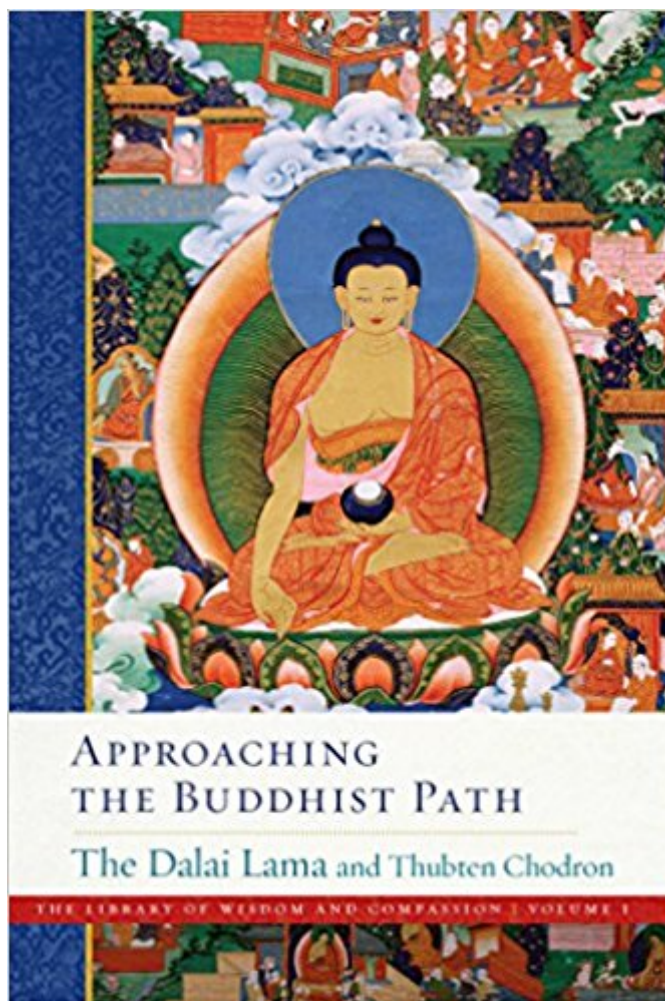


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# Approaching The Buddhist Path (The Library Of Wisdom And Compassion)



## Synopsis

The first volume in a multi-volume collection presenting the Dalai Lama's comprehensive explanation of the Buddhist path. His Holiness the Dalai Lama has been publicly teaching Buddhism for decades. This series collects his presentations of every step of the path to enlightenment, compiled and coauthored by one of his chief Western disciples, the American nun Thubten Chodron. The Buddha wanted his students to investigate, to see for themselves whether what he said were true. As a student of the Buddha, the Dalai Lama promotes the same spirit of investigation, and as the rich tradition of the Buddha makes its way into new lands and cultures, His Holiness has recognized that new approaches are needed to allow seekers in the West to experience the relevance of the liberating message in their own lives. Such an approach cannot assume listeners are free from doubt and already have faith in Buddhism's basic tenets. The Library of Wisdom and Compassion series, therefore, starts from the universal human wish for happiness and presents the dynamic nature of the mind. This first volume also provides a wealth of reflections on Buddhist history and fundamentals, contemporary issues, and the Dalai Lama's own personal experiences. It stands alone as an introduction to Buddhism, but it also provides a foundation for the systematic illumination of the path in the volumes to come. The Library of Wisdom and Compassion collects the Dalai Lama's decades of presentations of every step of the path to enlightenment. It has been compiled and coauthored by one of his chief Western disciples, the American nun Thubten Chodron.

## Book Information

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## Customer Reviews

“An excellent and intellectually stimulating introduction to the Buddhist way of life.” (Publishers Weekly) “We are living in an era when religion and science appear to be at odds and neither relates deeply to philosophy, and when many people regard all three—religion, science, and philosophy—as having little bearing on their own personal lives or on real-world economic and political crises. In this series of volumes, beginning with *Approaching the Buddhist Path*, His Holiness the Dalai Lama, with the capable assistance of Bhiksuni Thubten Chodron, illuminates a path of awakening that is deeply integrative and utterly relevant to all the challenges that face humanity in the twenty-first century. Presented here is an authentic path to freedom from suffering and its inner causes and to tapping into the full potential of consciousness—our own Buddha-nature. There can be no greater gift than this.” (B. Alan Wallace, president of the Santa Barbara Institute for Consciousness Studies and author of *The Attention Revolution*) “A distillation of all Buddhist wisdom, *Approaching the Buddhist Path* covers its history, philosophy and meditation. Flowing in limpid language and powered by the dynamic reasoning of eminent Dharma authorities, it is suitable for all readers, beginner and advanced.” (Tulku Thondup, author of *The Heart of Unconditional Love*) “It’s truly wonderful that His Holiness and Thubten Chodron are collaborating to produce this much-needed series of books on the Lam Rim designed for a modern audience. These books will be highly beneficial for teachers and students alike!” (Kathleen McDonald, author of *How to Meditate*) “Continuing the fruitful collaboration they began with *Buddhism: One Teacher, Many Traditions*, H.H. the Dalai Lama and Ven. Thubten Chodron here provide the perfect entry-point for people drawn to the Buddhadharma but uncertain how to understand and practice it in a modern context. Like the great Lam Rim (stages-of-the-path) texts of Tibet, *Approaching the Buddhist Path* guides readers toward the Dharma by directly addressing their own values, interests, and qualms, utilizing wisdom, sensitivity, and humor to pave the way for confident engagement with the Buddha’s teaching. As the debut volume in His Holiness and Ven. Chodron’s 8-part Library of Wisdom and Compassion series, *Approaching the Buddhist Path* leaves us both richly satisfied and anticipating with delight what will come next. (Roger Jackson, John W. Nason Professor of Asian Studies and Religion, Emeritus, Carleton College)

His Holiness the Dalai Lama, Tenzin Gyatso, was born in 1935 in rural eastern Tibet and recognized as a toddler as the reincarnation of the Thirteenth Dalai Lama. Groomed to be a Buddhist scholar

monk and the leader of his people, his life changed dramatically when his homeland was occupied by Chinese Communist forces in the 1950s. Fleeing to India with thousands of his fellow Tibetans, he helped reestablish cultural institutions in exile and went on to become an inspiration and force for peace worldwide for his unyielding commitment to nonviolence, dialogue, and universal ethics. Winner of the Nobel Peace Prize, he is now in his eighties and continues to travel and teach extensively. Thubten Chodron has been a Buddhist nun since 1977. A graduate of UCLA, she is founder and abbess of Sravasti Abbey in Washington State. She is a popular speaker and a bestselling author of numerous books, including *Buddhism for Beginners*.<sup>Â</sup>

Finally, a detailed and integrated book about Buddhism was written to Westerners. In 1993, Thubten Chodron started a contact with HH the Dalai Lama in order to convince him to write a book directed to Westerners. Based on Thubten Chodron's suggestion, the Dalai Lama accepted to write clear Buddhist instructions to the world. This series is the final result. To prepare this publication, intense effort had been performed for many years. Field research in the Buddhist world had been done to gather obscured topics. These questions were presented to the Dalai Lama in order to help and guide him establishing the right direction of presentation of the important Buddhist principles. This is an original and unprecedented contribution of the series. *Approaching the Buddhist Path* is a collection of 8 books intended to present Buddhism to the world and, in particular, to the West. This first volume is very well written, it tries to pursue a didactic method. When concepts are introduced, they are immediately well defined. This approach makes the reading easier. The subjects are displayed in a consistent and logical order. Concepts are extensively repeated; this procedure helps the reader to fix them. Summaries are also given to aid reflection. The style of presentation follows the pattern used in the West. Sanskrit and Tibetan terms were seldom used. But, the book is a technical document. It is not a publication for a unique reading. The reader needs to study it in order to comprehend the essence of the exposed matters. If the remainder volumes follow the same scheme used in this first volume, the information about Buddhism presented in this series will be extremely relevant to Westerners.

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