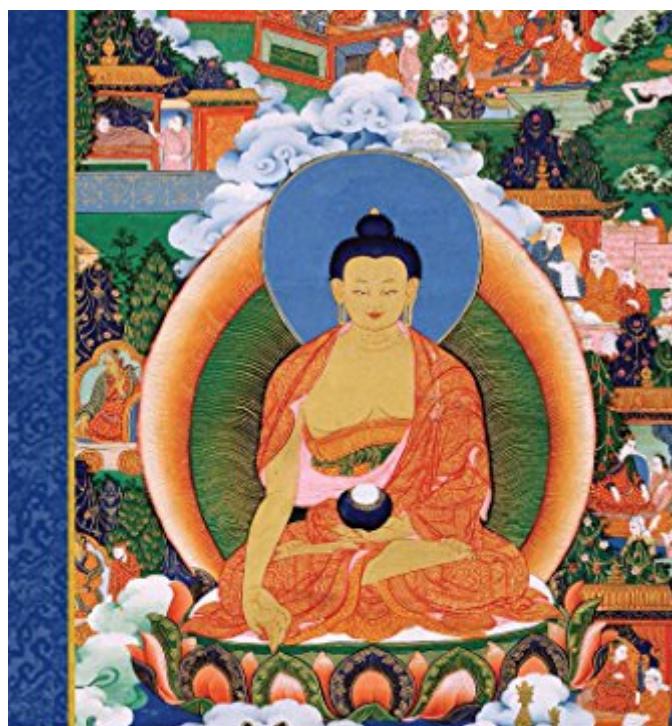


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# Approaching The Buddhist Path (The Library Of Wisdom And Compassion Book 1)



APPROACHING  
THE BUDDHIST PATH  
The Dalai Lama and Thubten Chodron

THE LIBRARY OF WISDOM AND COMPASSION | VOLUME 1



## **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 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. > 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

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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