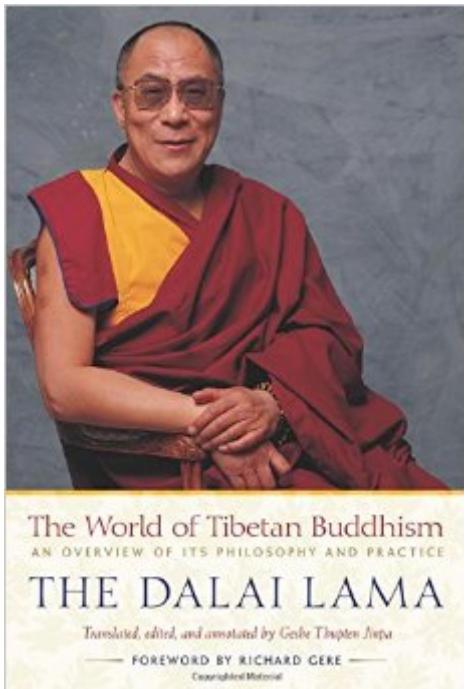


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# The World Of Tibetan Buddhism: An Overview Of Its Philosophy And Practice



## **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**

This book is just what the title implies, an introduction to Tibetan Buddhism. As I read through the pages of this book, what transpired was an overwhelming sense of spiritual peace and tranquility. In today's "crazy world," so many people are looking for peace of mind and "a haven from the storm" that will sustain them through the everyday trials and tribulations of life. If you are not familiar with Buddhism and are still searching for that "safe haven," I think you will, indeed, find this book on the philosophies of Tibetan Buddhism both enlightening and enjoyable.

Before reading this book, I didn't know much about Buddhism, and reading it made me realize just how little I really knew. It gave me a good perspective on Buddhist practice and especially the difference between Zen Buddhism (what I knew a little about) and the rest of the Buddhist world.

...for the (very) better! I just wanted to do my bit to put the general rating nearer were it should be. This book will put light, wisdom and happiness in your life... how can anyone rate it below five stars is beyond me! If you love life, you'll love this book (whether you are Buddhist or not)!

Once again, His Holiness the Dalai Lama, has masterfully explained Tibetan Buddhism. His explanation is clear and concise, easy enough for anyone to read. I would highly recommend this book to anyone who wants to learn about Tibetan Buddhism or anyone who enjoys reading His Holiness writing.

While this book is well-written, concise and informative, it provides very little information about the intermingling between local folk tradition and the Buddha's teachings. It is clearly written for westerners and provides a view of Tibetan Buddhism that, while not inaccurate, leaves out a lot.

Marvellous book, however, the two parts are more for people that already know about Buddhism from practice, those who have their Kleisha yet cannot understand about void or Tantra, aspects that cannot be understood without the deep moral basis attained by following the Four Noble Truths. Thus the First part of the book is for everybody who wants to learn in general about Buddhism, but then the book starts to be very complicated, what a pity for neophytes. One is not that surprised the write has gained so many doctorates, his intelligence is sparkling from the text, but this would be for a different review...

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.

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.

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