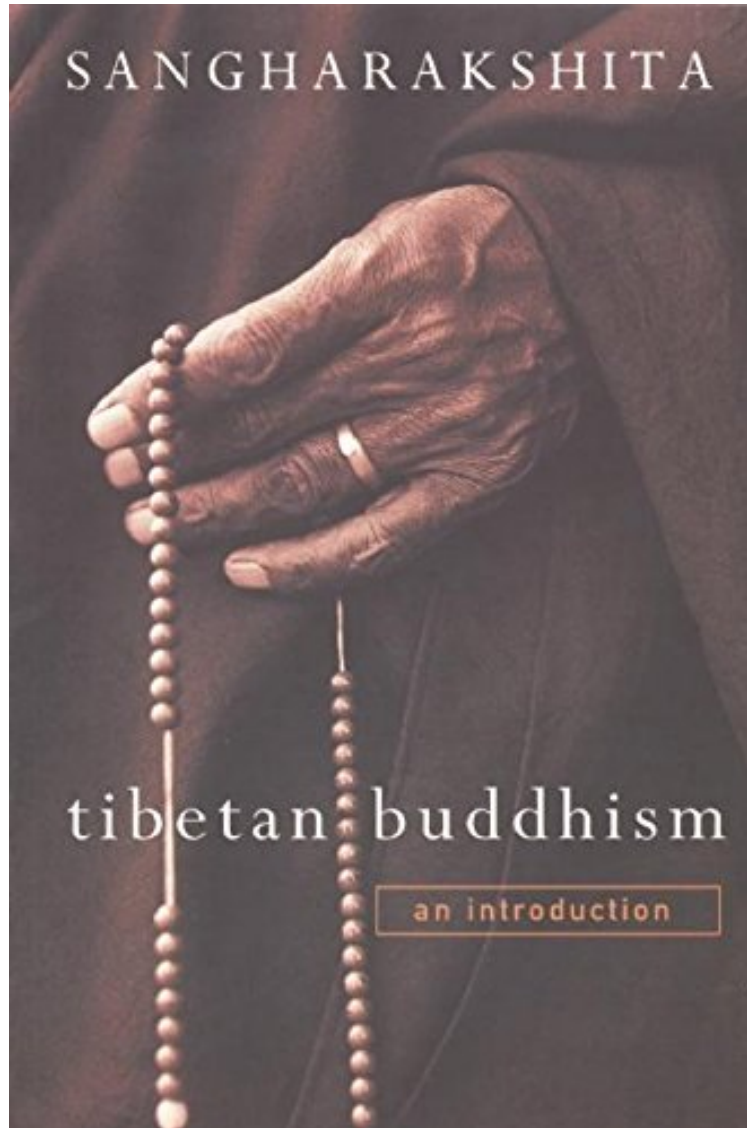


(Free) Tibetan Buddhism: An Introduction

Tibetan Buddhism: An Introduction

Sangharakshita

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Sangharakshita : Tibetan Buddhism: An Introduction before purchasing it in order to gauge whether or not it would be worth my time, and all praised Tibetan Buddhism: An Introduction:

2 of 2 people found the following review helpful. Delivers A Scholastic Introduction To Tibetan Buddhism By Todd Buster Paris To me Tibetan Buddhism has always seemed like those pictures you see of Tibet - beautiful and natural and clouded in mystery. This book explains all aspects of what Tibetan Buddhism is - from its beginnings to its future. The style of this introduction can be a little dry at times. It's very academic in its delivery. The content is mostly

facts and descriptions about aspects and practices of Tibetan Buddhism. I was looking for a general understanding about Tibetan Buddhism - the basics - and that's what this delivered. That's not to say that it's a boring read - I enjoyed it and was engaged. 7 of 7 people found the following review helpful. A great introduction to Tibetan Buddhism By J. Chou I came across this book at Norton Simon Museum. I was looking for an easy to understand, introductory book to Tibetan Buddhism and, instead, found a true gem. This book is concise and well structured. It covers some very important topics: How Buddhism came to Tibet, different schools of Buddhism in Tibet, the origin of Dalai Lama and Panchen Lama (two often misunderstood figures to the western society), symbols of Tibetan art in craft art, painting, architecture and a little bit of interior design, as well as yoga and tantric. I can't emphasize enough on the clear use of language, how all the ideas in the book are presented in a very simple and understandable manner. I recommend this book to anyone who is curious to find out what IS Tibetan Buddhism.

'Karma', 'Nirvana', 'Dalai Lama' ... Tibetan Buddhism is becoming increasingly common and fashionable in Western media - but this familiarity can cause its teachings and message to be misunderstood. If we are to truly learn from the rich and noble Tibetan tradition we must look beyond adverts and lifestyle magazines, exotic artifacts and spiritual sound-bites. Sangharakshita is ideally suited as our guide through the vast realm of Tibetan Buddhism, having spent many years in contact with Tibetan lamas of all schools, from whom he received several initiations. This down-to-earth account of the origin and history of Buddhism in Tibet explains the essentials of the tradition and can act as the starting point for our own noble journey.

About the Author A respected translator and author of over fifty books, Sangharakshita began studying Buddhism at the age of 16. After 20 years studying in India he returned to England and set up the Friends of the Western Buddhist Order which has over 65 centres worldwide, including the USA.