

The Foundations Of Buddhism Rupert Gethin

This edition offers a new translation of a selection of the Buddha's most important sayings reflecting the full variety of material: biography of the Buddha, narrative, myth, short sayings, philosophical discourse, instruction on morality, meditation, and the spiritual life. It provides an excellent introduction to Buddhist scripture.

In this introduction to the foundations of Buddhism, Rupert Gethin concentrates on the ideas and practices which constitute the common heritage of the different traditions of Buddhism (Thervada, Tibetan and Eastern) which exist in the world today.

This book is intended for students of religion and others who seek an introduction to Judaism.

One of the most learned and highly trained American-born lamas in the Tibetan tradition offers an introduction to the ten paramitas, or virtues, of Buddhism, with exercises and traditional stories to create a guide for spiritual development.

Indian Buddhist Philosophy

Tibetan Buddhism: A Very Short Introduction

Notes for a Buddhist Revolution

**The Art of Disappearing
Buddhist Teaching in India
A Complete Introduction to the Indian Tradition
Early Buddhist Metaphysics**

In a life that saw him evolve from a staunchly religious Hindu to an ecumenical master of Buddhist insight meditation, Satyanārāyaṇ (S. N.) Goenka (1924–2013) emerged as a leader in the spread of lay mindfulness and insight meditation practice on a global scale. A second-generation Burmese of Indian origin, Goenka was a successful businessman before turning to Buddhist meditation for help with crippling migraines. Becoming first a close student and then assistant teacher under the innovative Burmese lay Buddhist teacher U Ba Khin, Goenka eventually felt the pull of karmic destiny to teach meditation in India and thereby repay the ancient debt that Burmese Buddhists owed to the original Indian Buddhist tradition. In the 1970s, as he became an integral part of the Indian Buddhist spiritual landscape, thousands of young people from the United States and Europe flocked to India to explore its spiritual possibilities. Out of this remarkable convergence was launched a global network of practitioners and meditation centers that would become Goenka's legacy. Drawing heavily on Goenka's own autobiographical writings and Dharma talks, Daniel Stuart draws the first comprehensive portrait of the master's

life and demonstrates that Goenka's influences, teaching, and legacy are much more complex than has been commonly thought. Stuart incorporates a wide range of primary documents and newly translated material in Hindi and Burmese to offer readers an in-depth exploration of Goenka's teachings and his practice lineage in Burma. Stuart further details the trials and tribulations Goenka faced in building a movement in India in the 1970s, developing a global network of meditation centers, and negotiating a range of relationships with students and religious leaders worldwide. This fascinating addition to the Lives of the Masters series reflects on Goenka's role in the revival of Buddhism in postcolonial India and his emergence as one of the most influential meditation masters of the twentieth century.

This Very Short Introduction introduces the reader to the teachings of the Buddha and to the integration of Buddhism into daily life. What are the distinctive features of Buddhism? Who was the Buddha, and what are his teachings? How has Buddhist thought developed over the centuries, and how can contemporary dilemmas be faced from a Buddhist perspective? Words such as 'karma' and 'nirvana' have entered our vocabulary, but what do they mean? Damien Keown's book provides a lively, informative response to these frequently asked questions about Buddhism.

In What the Buddha Thought, Richard Gombrich argues that the Buddha was one of the most brilliant and original thinkers of all time. Intended to serve as an

introduction to the Buddha's thought, and hence even to Buddhism itself, the book also has larger aims: it argues that we can know far more about the Buddha than it is fashionable among scholars to admit, and that his thought has a greater coherence than is usually recognised. It contains much new material. Interpreters both ancient and modern have taken little account of the historical context of the Buddha's teachings; but by relating the.

Buddhist Thought guides the reader towards a richer understanding of the central concepts of classical Indian Buddhist thought, from the time of Buddha, to the latest scholarly perspectives and controversies. Abstract and complex ideas are made understandable by the authors' lucid style. Of particular interest is the up-to-date survey of Buddhist Tantra in India, a branch of Buddhism where strictly controlled sexual activity can play a part in the religious path. Williams' discussion of this controversial practice as well as of many other subjects makes Buddhist Thought crucial reading for all interested in Buddhism.

The Attention Revolution

Radical Interdependence

The Original Buddhist Psychology

Stilling the Mind

Buddhism and Monotheism

New Essays in Metaphysics

The Golden Age of Indian Buddhist Philosophy

Unlike other studies, this work not only explores Buddhism's world views but attempts to show how it functions as a set of practices based on devotion, ethics, and meditation.

This book is an open access book. Many scholars have wondered if a non-Western theory of international politics founded on different premises, be it from Asia or from the "Global South," could release international relations from the grip of a Western, "Westphalian" model. This book argues that a Buddhist approach to international relations could provide a genuine alternative. Because of its distinctive philosophical positions and its unique understanding of reality, human nature and political behavior, a Buddhist theory of IR offers a way out of this dilemma, a means for transcending the Westphalian predicament. The author explains this Buddhist IR model, beginning with its philosophical foundations up through its ideas about politics, economics and statecraft. "This is a second, revised edition of Kupperman's introduction to Asian philosophy via its canonical texts. Ranging from the Upanishads to the Bhagavad Gita, through Confucius to Zen Buddhism, Kupperman walks students through the most important texts of Asian philosophy, conveying the vitality and appeal of the works, and explaining their philosophical roots. This second edition includes revisions and updates throughout the text, clarifying where necessary, and a brand new chapter on al-Arabi's The Bezels of Wisdom, a classic of Islamic Sufism. Classic Asian Philosophy is a highly useful aid to students in philosophy, religion, or Asian studies courses who are studying these fascinating but complex texts, as well as laypersons or specialists in other areas who need assistance in understanding them."--Page 4 de la couverture.

An ideal introduction to the history of Buddhism. Andrew Skilton - a writer on and practitioner of Buddhism - explains the development of the basic concepts of Buddhism during its 2,500 years of history and describes its varied developments in India, Buddhism's homeland, as well as its spread across Asia, from Mongolia to Sri Lanka and from Japan to the Middle East. A fascinating insight into the historical progress of one of the world's great religions.

Mindfulness in Early Buddhism

An Anthology of Texts from the Pali Canon

Idealism

The Making of a Philosophical Tradition

The Foundations of Buddhism

Mahayana Buddhism

Religious Violence in Contemporary Japan

What does Tibetan Buddhism teach? Just what is the position of the Dalai Lama, and how will his succession be assured? This Very Short Introduction offers a brief account responding to these questions and more, in terms that are easily accessible to those who are curious to learn the most essential features of Tibetan Buddhist history, teachings, and practice.

A study of a classic list of Buddhist teachings which includes such familiar items as the four establishings of mindfulness and the noble eightfold path.

Part of the "Religious Life in History Series," this comprehensive anthology provides translations of texts illustrative of Buddhist philosophy and doctrine as well as descriptive, concrete accounts of Buddhist practices, rituals, and experiences. Author John Strong gives careful consideration to many key aspects of the religion in a wide range of geographic and cultural arenas, from Asia to the United States, and gives students a sense of Buddhism's historical evolution in each area. In addition, this new edition of THE EXPERIENCE OF BUDDHISM uniquely offers students a list of pertinent bibliographic suggestions after each reading, giving them the opportunity to both enhance their understanding of the material and streamline their research and paper-writing process. The earliest records we have today of what the Buddha said were written down several centuries after his death, and the body of teachings attributed to him continued to evolve in India for centuries afterward across a shifting cultural and political landscape. As one tradition within a diverse religious milieu that included even the Greek kingdoms of northwestern India, Buddhism had many opportunities to both influence and be

influenced by competing schools of thought. Even within Buddhism, a proliferation of interpretive traditions produced a dynamic intellectual climate. Johannes Bronkhorst here tracks the development of Buddhist teachings both within the larger Indian context and among Buddhism's many schools, shedding light on the sources and trajectory of such ideas as dharma theory, emptiness, the bodhisattva ideal, buddha nature, formal logic, and idealism. In these pages, we discover the roots of the doctrinal debates that have animated the Buddhist tradition up until the present day.

Without and Within

An Introduction to Early Indian Madhyamika

Early Buddhist Discourses

The Case of Aum Shinrikyo

Buddhism in the Modern World

Emissary of Insight

Sources and Interpretations

A study and a translation of *The Entry into the Middle Way*, a philosophical and religious text composed in India during the first half of the 7th c. by a Buddhist monk. Huntington explores

what meaning the treatise might have for people today.

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We strive to make life go smoothly for ourselves and others, but that is expecting from the world something it cannot give. Ajahn Brahm presents timeless wisdom for learning to abandon the headwind of false expectations and follow instead the path of understanding in order to find true joy within. By releasing our attachment to past and future, hope and fear, we can settle into the stillness underlying all our thoughts and discover the bliss of the present moment.

Originating in India, Mahayana Buddhism spread across Asia, becoming the prevalent form of Buddhism in Tibet and East Asia. Over the last twenty-five years Western interest in Mahayana has increased considerably, reflected both in the quantity of scholarly material produced and in the attraction of Westerners towards Tibetan Buddhism and Zen. Paul Williams' Mahayana Buddhism is widely regarded as the standard introduction to the field, used internationally for teaching and research and has been translated into several European and Asian languages. This new edition has been fully revised throughout in the light of

the wealth of new studies and focuses on the religion's diversity and richness. It includes much more material on China and Japan, with appropriate reference to Nepal, and for students who wish to carry their study further there is a much-expanded bibliography and extensive footnotes and cross-referencing. Everyone studying this important tradition will find Williams' book the ideal companion to their studies.

The Tokyo subway attack in March 1995 was just one of a series of criminal activities including murder, kidnapping, extortion, and the illegal manufacture of arms and drugs carried out by the Japanese new religious movement Aum Shinrikyo, under the guidance of its leader Asahara Shoko. Reader looks at Aum's claims about itself and asks, why did a religious movement ostensibly focussed on yoga, meditation, asceticism and the pursuit of enlightenment become involved in violent activities? Reader discusses Aum's spiritual roots, placing it in the context of contemporary Japanese religious patterns. Asahara's teaching are examined from his earliest public pronouncements through to his sermons at the time of the attack, and statements he has made in court. In analysing how Aum not only manufactured

nerve gases but constructed its own internal doctrinal justifications for using them Reader focuses on the formation of what made all this possible: Aum's internal thought-world, and on how this was developed. Reader argues that despite the horrors of this particular case, Aum should not be seen as unique, nor as solely a political or criminal terror group. Rather it can best be analysed within the context of religious violence, as an extreme example of a religious movement that has created friction with the wider world that escalated into violence.

Listen Learn Share: How & Why Listening, Learning and Sharing Can Transform Your Life Experience in Practical Ways

Concise History of Buddhism

Classic Asian Philosophy

A Guide to the Essential Texts

The Ten Original Practices for Enlightened Living

Teachings, History and Practices

An Introduction to Judaism

Twenty discourses from the Pali Canon--including those most essential to the study and teaching of early Buddhism--are provided in fresh translations,

accompanied by introductions that highlight the main themes and set the ideas presented in the context of wider philosophical and religious issues. Taken together, these fascinating works give an account of Buddhist teachings directly from the earliest primary sources. In his General Introduction, John J. Holder discusses the structure and language of the Pali Canon--its importance within the Buddhist tradition and the historical context in which it developed--and gives an overview of the basic doctrines of early Buddhism.

Buddhists: Understanding Buddhism through the Lives of Practitioners provides a series of case studies of Asian and modern Western Buddhists, spanning history, gender, and class, whose lives are representative of the ways in which Buddhists throughout time have embodied the tradition. Portrays the foundational principles of Buddhist belief through the lives of believers, illustrating how the religion is put into practice in everyday life. Takes as its foundation the inherent diversity within Buddhist society, rather than focusing on the spiritual and philosophical elite within Buddhism. Reveals how individuals have negotiated the choices, tensions, and rewards of living in a Buddhist society. Features carefully chosen case studies which cover a range of Asian and modern Western Buddhists. Explores a broad range of possible Buddhist orientations in contemporary and historical contexts.

An invaluable resource for Buddhist scholars, meditation teachers, and practitioners wishing to deepen their own practice of mindfulness. In this in-depth guide, the author examines all aspects of mindfulness practice, explores

the history of mindfulness in the Buddhist tradition, and provides instructions for meditation practice, all supported by translations of the early Buddhist canonical texts.

Jan Westerhoff unfolds the story of one of the richest episodes in the history of Indian thought, the development of Buddhist philosophy in the first millennium CE. He starts from the composition of the Abhidharma works before the beginning of the common era and continues up to the time of Dharmakirti in the sixth century. This period was characterized by the development of a variety of philosophical schools and approaches that have shaped Buddhist thought up to the present day: the scholasticism of the Abhidharma, the Madhyamaka's theory of emptiness, Yogacara idealism, and the logical and epistemological works of Dinnaga and Dharmakirti. The book attempts to describe the historical development of these schools in their intellectual and cultural context, with particular emphasis on three factors that shaped the development of Buddhist philosophical thought: the need to spell out the contents of canonical texts, the discourses of the historical Buddha and the Mahayana sutras; the desire to defend their positions by sophisticated arguments against criticisms from fellow Buddhists and from non-Buddhist thinkers of classical Indian philosophy; and the need to account for insights gained through the application of specific meditative techniques. While the main focus is the period up to the sixth century CE, Westerhoff also discusses some important thinkers who influenced Buddhist thought between this time and the decline of Buddhist scholastic philosophy in

India at the beginning of the thirteenth century. His aim is that the historical presentation will also allow the reader to get a better systematic grasp of key Buddhist concepts such as non-self, suffering, reincarnation, karma, and nirvana.

The Buddhist Path to Awakening

The Doctrinal Foundations

Characteristics and Functions

Buddha Is as Buddha Does

Buddhisms

Buddhist Thought

S. N. Goenka

What's Wrong with Sex? How to Drive Your Karma Consciousness Commodified The Karma of Food The Three Poisons, Institutionalized Why We Love War These are just some of the chapters in this brilliant book from David R. Loy. In little time, Loy has become one of the most powerful advocates of the Buddhist worldview, explaining like no one else its ability to transform the sociopolitical landscape of the modern world. In this, his most accessible work to date, he offers sharp and even shockingly clear presentations of oft-misunderstood Buddhist staples-the working of karma, the nature of self, the causes of trouble on both the individual and societal levels-and the real reasons behind our collective sense of "never enough," whether it's time, money, sex, security... even war. Loy's "Buddhist Revolution" is nothing less than a radical change in the ways we can approach our lives, our planet, the collective delusions that pervade our language, culture, and even our spirituality.

Buddhism is a religion lacking the idea of a unique creator God. It is a kind of trans-polytheism that accepts many long-lived gods, but sees ultimate reality, Nirvana, as beyond these. It does, though, see

Dhamma/Dharma as a Basic Pattern encompassing everything, with karma as a law-like principle ensuring that good and bad actions have appropriate natural results. This Element explores these ideas, along with overlaps in Buddhist and monotheist ideas and practices, the development of more theist-like ideas in Mahāyāna Buddhism, Buddhist critiques of the idea of a creator God, and some contemporary Buddhist views and appreciations of monotheisms.

Meditative practice lies at the heart of the Buddhist tradition. This introductory anthology gives a representative sample of the various kinds of meditations described in the earliest body of Buddhist scripture, the Pali canon. It provides a broad introduction to their traditional context and practice and supplies explanation, context and doctrinal background to the subject of meditation. The main themes of the book are the diversity and flexibility of the way that the Buddha teaches meditation from the evidence of the canon. Covering fundamental features of Buddhist practice such as posture, lay meditation, and meditative technique it provides comments both from the principal early commentators on Buddhist practice, Uṇṇa and Buddhaghosa, and from reputable modern meditation teachers in a number of Theravādin traditions. This is the first book on Pali Buddhism which introduces the reader to the wide range of the canon. It demonstrates that the Buddha's meditative tradition still offers a path of practice as mysterious, awe-inspiring yet as freshly accessible as it was centuries ago, and will be of interest to students and scholars of Buddhism as well as Buddhist practitioners.

Organised in broadly chronological terms, this book presents the philosophical arguments of the great Indian Buddhist philosophers of the fifth century BCE to the eighth century CE. Each chapter examines their core ethical, metaphysical and epistemological views as well as the distinctive area of Buddhist ethics that we call today moral psychology. Throughout, this book follows three key themes that both tie the tradition together and are the focus for most critical dialogue: the idea of anatman or no-self, the

appearance/reality distinction and the moral aim, or ideal. Indian Buddhist philosophy is shown to be a remarkably rich tradition that deserves much wider engagement from European philosophy. Carpenter shows that while we should recognise the differences and distances between Indian and European philosophy, its driving questions and key conceptions, we must resist the temptation to find in Indian Buddhist philosophy, some Other, something foreign, self-contained and quite detached from anything familiar. Indian Buddhism is shown to be a way of looking at the world that shares many of the features of European philosophy and considers themes central to philosophy understood in the European tradition.

Shamatha Teachings from Dudjom Lingpa's Vajra Essence

Buddhists

New Translations from the Pali Nikayas

An Introduction to Buddhism

Money, Sex, War, Karma

Buddha's Path to Lasting Joy

A History of Mindfulness

Buddhism is a vast and complex religious and philosophical tradition with a history that stretches over 2,500 years, and which is now followed by around 115 million people. In this introduction to the foundations of Buddhism, Rupert Gethin concentrates on the ideas and practices which constitute the common heritage of the different traditions of Buddhism (Thervada, Tibetan, and Eastern) which exist in the world today. From the narrative of the story of the Buddha,

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through discussions of aspects such as textual traditions, the framework of the Four Noble Truths, the interaction between the monastic and lay ways of life, the cosmology of karma and rebirth, and the path of the bodhisattva, this book provides a stimulating introduction to Buddhism as a religion and way of life, which will also be of interest to those who are more familiar with the subject. Buddhism or Buddhisms? By the time they move on to Buddhism in Japan, many students who have studied its origins in India ask whether this is in fact the same religion, so different can they appear. In *Buddhisms: An Introduction*, Professor John S. Strong provides an overview of the Buddhist tradition in all its different forms around the world. Beginning at the modern day temples of Lumbini, where the Buddha was born, Strong takes us through the life of the Buddha and a study of Buddhist Doctrine, revealing how Buddhism has changed just as it has stayed the same. Finally, Strong examines the nature of Buddhist community life and its development today in the very different environments of Thailand, Japan, and Tibet. Enriched by the author's own insights gathered over forty years, *Buddhisms* never loses sight of the personal experience amidst the wide-scope of its subject. Clear in its explanations, replete with tables and suggestions for further reading, this is an essential new work that makes original contributions to the study of this 2,500 year-old religion.

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Listen Learn Share goes beyond personal experience to look at listening, learning and sharing from many different standpoints including science, psychology and philosophy. It shows how practicing mindful listening, learning and sharing can improve your life in many ways beyond the simple definitions for each word of the book title. This story draws from the authors forty-six years of teaching, making documentaries, and writing. The book explains how the notion of listening, learning and sharing works, its roots in mindfulness and how the reader can use these methods to benefit their own lives and the lives of others in very practical and mutually beneficial ways. Have you ever asked yourself questions like: "Why does this always happen to me?" I'm successful but why am I not happy? Why is life so stressful? Why do certain things make me so angry? What causes rage? What is blocking my progress? This book will help you to answer these frustrating questions and others, as it takes you on a step-by-step journey exploring ideas about how the human mind works and how listening, learning and sharing can resolve these issues. Listen Learn Share is a story inspired by a question. "If you had to choose just one of the things you do, would you choose teaching, making documentaries, or writing?" His answer to the question surprised the author. He realized they were all the same experience so there was no need to choose. His life was listening, learning and sharing. It did

not matter what form it took, it was all the same practice. How did this happen? Was listening the key to learning? What role did sharing play? He found that listening is a state of mind rather than a tool by itself. He discovered that listening is more than what is heard via sound waves entering the ears.

Idealism is a family of metaphysical views each of which gives priority to the mental. The best-known forms of idealism in Western philosophy are Berkeleyan idealism, which gives ontological priority to the mental (minds and ideas) over the physical (bodies), and Kantian idealism, which gives a kind of explanatory priority to the mental (the structure of the understanding) over the physical (the structure of the empirical world). Although idealism was once a dominant view in Western philosophy, it has suffered almost total neglect over the last several decades. This book rectifies this situation by bringing together seventeen essays by leading philosophers on the topic of metaphysical idealism. The various essays explain, attack, or defend a variety of idealistic theories, including not only Berkeleyan and Kantian idealisms but also those developed in traditions less familiar to analytic philosophers, including Buddhism and Hassidic Judaism. Although a number of the articles draw on historical sources, all will be of interest to philosophers working in contemporary metaphysics. This volume aims to spark a revival of

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serious philosophical interest in metaphysical idealism.

Questions and Answers on the Teachings of Theravāda Buddhism

The Emptiness of Emptiness

Understanding Buddhism Through the Lives of Practitioners

The Experience of Buddhism

Unlocking the Power of the Focused Mind

Sayings of the Buddha

Buddhism: A Very Short Introduction

In his previous book, *The Attention Revolution*, bestselling author Alan Wallace guided readers through the stages of shamatha, a meditation for focusing the mind. In *Stilling the Mind*, he uses the wisdom of Dzogchen--the highest of all the meditation traditions--to open up the shamatha path into a space of vast freedom. Here, Wallace introduces us to Dudjom Lingpa's *Vajra Essence*, one of the most cherished works of the Nyingma school from which Dzogchen stems. With his trademark enthusiasm and keen intelligence, Wallace makes obscure concepts intelligible to contemporary readers and allows us to glimpse the profound realizations of a great nineteenth-century spiritual adept.

Buddhism in the Modern World explores the challenges faced by Buddhism today, the distinct forms that it has taken and the individuals and movements that have shaped it. Part One discusses the modern history of Buddhism in different geographical regions, from Southeast Asia to North America. Part Two examines key themes including globalization, gender issues, and the ways in which Buddhism has confronted modernity, science, popular culture and national politics. Each chapter is written by a distinguished scholar in the field and includes photographs, summaries

discussion points and suggestions for further reading. The book provides a lively and up-to-date overview that is indispensable for both students and scholars of Buddhism.

Early Buddhist Metaphysics provides a philosophical account of the major doctrinal shift in the history of early Theravada tradition in India: the transition from the earliest stratum of Buddhist thought to the systematic and allegedly scholastic philosophy of the Pali Abhidhamma movement. Entwining comparative philosophy and Buddhology, the author probes the Abhidhamma's metaphysical transition in terms of the Aristotelian tradition and vis-à-vis modern philosophy, Western philosophical literature from Plato to contemporary texts in the fields of philosophy and cultural criticism.

Drawing on decades of experience, a psychotherapist and Zen practitioner makes the Abhidharma--the original psychological system of Buddhism--accessible to a general audience for the first time. The Abhidharma, one of the three major text collections of the original Buddhist canon, explores the critical juncture of Buddhist thought and the therapeutic aspects of the religion and meditation. It frames the psychological system of Buddhism, explaining the workings of reality and the nature of the human mind. Composed of detailed matrixes and lists that outline the interrelations of consciousness and reality, The Abhidharma explores the essence of perception and experience, the reasons and methods behind mindfulness and meditation. Because of its complexity, the Abhidharma has traditionally been reserved only for academic or monastic study; now, for the first time, clinical psychologist Beth Jacobs makes this dynamic, important text and its teachings accessible to general readers, using practical explanation, personal stories, and vivid examples to gently untangle the technical aspects of the Abhidharma. Jacobs' work illuminates this classic of Buddhist thought, highlighting the ways it can broaden and deepen our experience of the human psyche.

offering profound insights into spiritual practice.

Buddhist Meditation

What the Buddha Thought

A Buddhist Approach to International Relations

What the Abhidharma Tells Us About How We Think, Feel, and Experience Life

An Introduction

Shamatha meditation is a method for achieving previously inconceivable levels of concentration. Author B. Alan Wallace, an active participant in the much-publicized dialogues between Buddhists and scholars, has more than 20 years' practice in the discipline, some of it under the guidance of the Dalai Lama. This book is a definitive presentation of his knowledge of shamatha. It is aimed at the contemporary seeker who is distracted and defocused by the dizzying pace of modern life, as well as those suffering from depression and other mental maladies. Beginning by addressing the inherent problems.

The "Core Teachings of the Dalai Lama" series begins with this small book of teachings by His Holiness, the perfect introduction to traditional Tibetan Buddhist thought and practice. There is no one more suited to introduce beginners—and remind seasoned practitioners—of the fundamentals of Tibetan Buddhism than His Holiness the Dalai Lama. Speaking to an audience of Western students, the

Dalai Lama shows us how to apply basic Buddhist principles to our day-to-day lives. Starting with the very foundation of Buddhism, the Four Noble Truths, he provides the framework for understanding the Buddha's first teachings on suffering, happiness, and peace. He follows with commentary on two of Buddhism's most profound texts: The Eight Verses on Training the Mind and Atisha's Lamp for the Path to Enlightenment, often referring to the former as one of his main sources of inspiration for the practice of compassion. With clear, accessible language and the familiar sense of humor that infuses nearly all of his work, the Dalai Lama invites us all to develop innermost awareness, a proper understanding of the nature of reality, and heartfelt compassion for all beings. This book was previously published under the title *Lighting the Way*.