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*The Wisdom Of The
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Boisselier*

Could it be that the keys to
unlocking unbounded happiness

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and joy can be accessed right now? Is there a way to live a more fulfilling, loving, and compassionate life starting today? The answer to these questions is YES. 365 Days of the Buddha's Wisdom is a very

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personal journal of self-discovery. Working with this journal for 20 minutes a day will provides the reader with access to some of the greatest lessons on love, kindness, and compassion that have ever been

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taught, and will have an immediate impact on relating to everyone, from loved ones to co-workers. Use this journal as a guide for living an inspired life or as inspiration for creating a personal development plan. This

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book will be a go-to resource when seeking guidance on how to make positive changes in all aspects of life. Here's what you'll find in 365 Days of the Buddha's Wisdom: 365 timeless and inspiring quotes from the

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Buddha. Insightful commentary from philosopher and author Cristo López. Thought-provoking journal prompts to spur you into reflection and action. A record of your personal growth over time. A daily reminder that you have

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exactly same potential for achieving enlightenment as the Buddha did. An increase in your level of love, compassion, and patience, even for those who would do you harm. Who was the Buddha? Siddhartha Gautama, a

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prince born in Nepal more than 2500 years ago, gave up all of his worldly possessions at the age of 29 and went on a journey to understand the true nature of human existence. After almost seven years of intense

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concentration and self-deprivation, Gautama found the answers while sitting in deep meditation beneath a Bodhi tree. At that moment, Gautama became "The Enlightened One" - the Buddha. He spent the next 45

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years traveling throughout northern India and Nepal, teaching thousands upon thousands of disciples the way to end suffering and to achieve enlightenment. Importantly, the Buddha insisted that the Truth

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led away from him, and instead towards our inner selves. This is why the Buddha is not worshipped like a god. Rather, he is revered as a great teacher. He was just a man who became enlightened, and who showed

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the world that each of us could become enlightened too. Today, over 500 million people in every corner of the world call themselves Buddhists. Why? Because millions of people have discovered for themselves how

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the Buddha's teachings can bring relief from suffering and fill their beings with joy. This is the beauty and simplicity of Buddhism: The keys to unlocking unbounded happiness and joy are inside of you right

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now, and there is a simple but powerful way to access these keys and begin to live a more fulfilling, loving, and compassionate life immediately. Start each day with wisdom from one of history's greatest

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teachers - the Buddha himself. Let his words inspire action so that every day becomes better than the last. With 365 days worth of wisdom at your fingertips, it's never been easier to start becoming who you were

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meant to be all along. Discover how the wisdom of the Buddha can make a profound difference in your life starting today by scrolling up and clicking on the "Add to Cart" button at the top of the page now!

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lives, relationships, and careers. Reprint. \$50,000 ad/promo. Tour. Daily Doses of Wisdom draws on the richness of Buddhist writings to offer a spiritual cornucopia that will illuminate and inspire day after day, year after year.

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Foster a greater sense of inner peace, one day at a time Discover how the wisdom of the Buddha can help you feel calmer, happier, and more satisfied. Featuring a thoughtful new prompt every day, A Year of Buddha's Wisdom helps you learn essential Buddhist principles and make them a part of your everyday life. What

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sets this Buddhism guide apart: 365 days of wisdom--Deepen your Buddhism practice every day with an array of meditations, mantras, reflections, and quotes. Short and simple entries--Whether it's taking a minute to be aware of your surroundings or 10 to meditate, these brief prompts encourage you to explore the

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Buddha's wisdom every day. A path to tranquility--Grow into your best self as you learn to be mindful, find joy in meditation, have compassion for others, and much more. Embody the Buddha's wisdom with this easy and accessible Buddhism book.

The Wisdom of the Buddha combines an

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in-depth introduction to Buddhism with the practicality of a spiritual self- help book. The first five chapters provide clear and insightful explanations of the foundation teachings of the Four Noble Truths, the Eightfold Path, mindfulness meditation, and the nature of suffering and happiness. The next ten chapters bring

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Buddhist teachings to bear on transforming our lives: how to break the grip of habits, end arguments and power struggles, deal with difficult emotions and strong desires, see the essential nature of all addictions, deal with anxiety and depression, become more accepting, and cultivate compassion and reverence for all

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life. The final two chapters provide much needed insight into the Buddha's most difficult and freeing teachings of all: the true nature of the self (the "no self" teachings), relative and absolute truth, nirvana, impermanence, and our mistaken understandings of death. Simple and accessible language, practical techniques,

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numerous guided meditations, personal stories, and numerous quotations from master teachers are used to present an inspiring path toward deep personal transformation. About the Author:Dale Lugenbehl has for 14 years been the Principle Teacher for Ahimsa Acres Sangha, an affiliate of the Thich Nhat

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Hanh Foundation. He has taught both Eastern and Western philosophy classes for 40 years in public colleges and universities, including 7 years of Buddhist Meditation Traditions at Lane Community College--the first college credit Buddhist meditation class ever offered in Oregon. He is also a member of Dharma Voices for

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Animals, Environmental Editor for American Vegan magazine, Director of Ahimsa Acres Educational Center, and the author of more than 50 published articles. Advance Praise for The Wisdom of the Buddha: This is a life-changing book! Buddhist teachings and practices presented... have the clarity and power to

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produce genuine and positive change.

---Joyce LeMieux Cameron, MS,
MFCCDale Lugenbehl has written an accessible, personal, and eloquent introduction to Buddhism and mindfulness... that translates Buddhist teachings into intelligible suggestions for practice. ---Jonathan Seidel, Ph. D.,

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Professor in Religious Studies and in Judaic Studies, formerly of the University of California at Berkeley, Stanford, and the University of Oregon. Rabbi and Spiritual Leader of Or haGan in Eugene, Oregon. The Wisdom of the Buddha, ...walks the reader through the core teachings of the Buddha, clears up

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common misconceptions in easy-to-understand terms, always with an eye toward personal application. Useful meditation exercises are offered throughout... The author also demystifies some of the more profound teachings of Buddhism about "no self," death and the "oneness" of everything. This book is ideal

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both as a guide for personal growth and as a college textbook. ---Jeffrey Borrowdale, Professor of Philosophy and Philosophy Program Director, Lane Community College.

Building on the age-old art of storytelling, this beautiful book retells 20 ancient Buddhist tales in a way that will aid

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relaxation and prepare your child for sleep. A treasury of teachings, stories, and sayings in the words of the Buddha himself. In their essence, the Buddha's teachings are concerned with a clear-eyed understanding of the reality of our suffering and pointing the way to freedom from that suffering. Here in all their

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power, as memorized word-for-word by his disciples and written down a millennium and a half ago, are the core teachings of the Buddha in his own words. These selections deal with the search for truth, the way of contemplation, life and death, living in community, and many other topics, serving as an excellent

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introduction to the Buddhist path. Clear, uplifting, and potent, the Buddha's teachings are as freshly relevant today as they were when first presented. This book is part of the Shambhala Pocket Library series. The Shambhala Pocket Library is a collection of short, portable teachings from notable figures across religious

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traditions and classic texts. The covers in this series are rendered by Colorado artist Robert Spellman. The books in this collection distill the wisdom and heart of the work Shambhala Publications has published over 50 years into a compact format that is collectible, reader-friendly, and applicable to everyday life.

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The Tibetan Buddhism Reader

A Year of Buddha's Wisdom

The Wisdom Chapter

The Essential Wisdom Teachings of
Buddha

and the Path of Loving-Kindness

An introduction to the

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***history and religious
philosophy of Zen
Buddhism includes
descriptions of the lives
and thoughts of the most
famous Zen masters
India in Buddha's day -***

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***Bodhisattva -
Enlightenment and the
first sermon - Teachings
and peregrinations -
Attaining
Mahaparinirvana.
This classic translation of***

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***one of the world's most
beautiful sacred texts
serves as a clear,
profound introduction to
the basic precepts of
Buddhism. Miller-one of
the most popular, most***

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***respected, and most
influential thinkers on
spirituality of the 19th
century-here, in this 1900
volume, he renders the
wisdom of the Buddha in
simple, lucid language,***

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***bringing the insight of
the Buddha's Eightfold
Path from misery to
enlightenment to all.
Seekers after spiritual
comfort and students of
world religion will be***

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***enthralled by this
exquisite work. German
author FRIEDRICH MAX
MULLER (1823-1900)
combined the studies of
language, culture, and
religion to create the***

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***discipline of comparative
mythology. Among his
many works are The
Sacred Books of the East
and India: What Can It
Teach Us?***

A balanced selection from

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***Buddhist writings,
including scriptures used
by the Zen School, with
chapters on the Buddha,
Tibetan Buddhism,
Concentration and
Meditation, the Buddhist***

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***Order, and Nirvana. With
sources, glossary and
index.***

Buddhist Wisdom

The Unabridged

Dhammapada

Daily Meditations and

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***Mantras to Stay Calm and
Self-Aware***

Puffin Lives

The Wisdom of Buddha

Wisdom of the Buddha

When Siddhartha Guatama, a Hindu prince,
renounced the world in search of the

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meaning of life, he became known as the Buddha, or "the enlightened one." Through penance, asceticism, and meditation he created the Four Noble Truths and the Noble Eightfold Path, the basic tenets of Buddhism. Collected here, taken from the sacred books of Buddhism, are the essential spiritual truths he taught.

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Here is a portable collection of inspiring readings from the revered masters of Tibetan Buddhism. The Tibetan Buddhism Reader includes quotations from major lineage figures from the past such as Padmasambhava, Atisha, Sakya Pandita, Marpa, Milarepa, and Tsongkhapa. Also featured are the writings of masters from

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contemporary times including the Dalai Lama, Dudjom Rinpoche, Khyentse Rinpoche, Sakya Tridzin, Ch ö gyam Trungpa, and others. Topics include cultivating compassion, letting go of ego, learning to become more alert and present in our lives, and developing a clear perception of our own true nature.

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Through vibrant artwork and Buddhist quotes, this deck offers ancient wisdom to help bring peace and balance to your busy life.

If you change your brain, you can change your life. Great teachers like the Buddha, Jesus, Moses, Mohammed, and Gandhi were all born with brains built essentially like

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anyone else ' s—and then they changed their brains in ways that changed the world. Science is now revealing how the flow of thoughts actually sculpts the brain, and more and more, we are learning that it's possible to strengthen positive brain states. By combining breakthroughs in neuroscience with insights from thousands

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of years of mindfulness practice, you too can use your mind to shape your brain for greater happiness, love, and wisdom. Buddha's Brain draws on the latest research to show how to stimulate your brain for more fulfilling relationships, a deeper spiritual life, and a greater sense of inner confidence and worth. Using guided

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meditations and mindfulness exercises, you'll learn how to activate the brain states of calm, joy, and compassion instead of worry, sorrow, and anger. Most importantly, you will foster positive psychological growth that will literally change the way you live in your day-to-day life. This book presents an unprecedented

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intersection of psychology, neurology, and contemplative practice, and is filled with practical tools and skills that you can use every day to tap the unused potential of your brain and rewire it over time for greater well-being and peace of mind.

The Zen Book of Life

The Wisdom of the Dharma, from the Pali

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Canon to the Sutras

The Heart of Buddhist Wisdom

Heart of Wisdom

Jamgön Mipham's Commentary on the Ninth Chapter of The Way of the Bodhisattva

Discoveries: The Wisdom of the Buddha

The newest volume in the bestselling

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series from the Dalai Lama. Delve into the substance of spiritual practice in this fourth volume of the Dalai Lama's definitive series on the path to awakening, Following in the Buddha's Footsteps. You'll first hear His Holiness's explanation of the Buddha,

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Dharma, and Sangha, why they are reliable guides on the path, and how to relate to them. His Holiness then describes the three essential trainings common to all Buddhist traditions: the higher trainings in ethical conduct, concentration, and wisdom. These

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chapters show us how to live a life free of harm to self or others and give us detailed instructions on how to develop single-pointed concentration as well as the higher states of concentration available to an earnest practitioner. In addition, the chapters on wisdom

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contain in-depth teachings on the noble eightfold path and the four establishments of mindfulness for developing greater awareness and understanding of our body, feelings, mind, and other phenomena. Together, these topics form the core of Buddhist

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practice. This is a book to treasure and refer to repeatedly as you begin the path, progress on it, and near the final goal of nirvana.

The 'Buddhist Psychology' book is not just another book to share some information about Buddha &

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Buddhism. This book is actually an opportunity for every reader to reach a deeper aspect of life, through this tunnel of Buddhism teachings. Let us see the clear points of what the book will provide us: ? It will be an interesting ride that will make you

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wonder about different dimensions of life. ? The central aim of the book is to help the reader understand the larger aspects of three universal truths, four noble truths, eightfold path, and twelve links to origination, but the context is not limited to the above mentioned

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numbers and topics. ? The book will allow us to dive deeper in the analytical approach to decode the mind, and the circle of life. ? What makes us humans? What other worlds are there? Can we make an effort towards getting a human life again in

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rebirth? Can we get a life higher than human existence? All these questions will be answered as you move along the path of this book. ? When you finish, you will be able to understand the aspect of suffering, its causes, and its end. ? After reading, your lives will

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not be a pursuit of materialistic rewards, but it will turn into a pursuit of calmness. ? At the end, you will weave a wonderful path to the sensible broad view of existence, out of the knowledge of these teachings, and the understanding of

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life.....

The “down-to-earth, unsentimental, [and] high-humored” Pema Chödrön classic on learning to face our lives just as they are (Los Angeles Times)
It's true, as they say, that we can only love others when we first love

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ourselves—and we can only experience real joy when we stop running from pain. The key to understanding these truisms is simple but not easy: we must learn to open ourselves up to life in all its manifestations. Here, spiritual teacher and *When Things Fall Apart*

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author Pema Chödrön presents a uniquely practical approach to doing just that, showing us the true value in having “no escape” from the ups and downs of life. Drawing from her own experiences with marriage, divorce, motherhood, and more, Pema reveals

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that when we embrace the happiness and heartache, the inspiration and confusion—all the twists and turns that are part of natural life—we can begin to discover a true wellspring of courageous love that's been within our hearts all along. As she writes in

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chapter four: “Our neurosis and our wisdom are made out of the same material. If you throw out your neurosis, you also throw out your wisdom.”

Looks at the historical background of Buddhism, from Gautama's initial

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awakening to human suffering, to the religious and monastic movements that followed

Following in the Buddha's Footsteps

I See You, Buddha

In the Face of Fear

A Photographic Pilgrimage Into the

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*Traditional World of Buddhism
The Practical Neuroscience of
Happiness, Love, and Wisdom
Teachings of the Buddha*

**This is the Elucidation of
the Intention Sutra, or the
Sutra Unravelling the**

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**Thought (of the Buddha).
WISDOM FROM THE EARLY
TEACHINGS Don't chase the
past Or long for the future.
The past is left behind; The
future is not yet reached.
For one who knows, who**

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**has no agitation, There is
no karmic accumulation.
—from 'The Discourse on
Being Violent', The Book of
Eights Gil Fronsdal's The
Buddha before Buddhism is
an elegant translation of**

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Buddhist poems from the Atthakavagga or The Book of Eights, which is believed to be part of the Buddha's first teachings. In this anthology, reality is not divided into a conditioned,

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worldly realm and an unconditioned, transcendent realm far removed from ordinary human life, which is a deviation from the usual Buddhist texts. Instead, the

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teachings point to peace that can be found in this life, in this world. This collection of 16 poems points to a direct and simple approach for attaining peace without

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requiring an adherence to any specific ideology. In contrast to later Buddhist teachings that are predicated on the belief in rebirth, this book's central theme is the joy that comes

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from recognizing and letting go of attachment to the illusory views that create suffering. Gil Fronsdal is co-teacher at the Insight Meditation Center in Redwood City,

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California. He received his PhD. in religious studies from Stanford University. He has published a highly praised translation of the Dhammapada, as well as two other books: The Issue

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**at Hand and A Monastery
Within.**

**The Wisdom of Buddha is a
stunning visual journey
through the countries of
India, Bhutan, Tibet, China,
Cambodia, and Myanmar.**

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The soul-touching photographs are paired with carefully selected quotes meant to express the very heart of Buddha's teachings. Visit historical Buddhist landmarks

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**including Bodh Gaya, where
Siddhartha Gautama
became enlightened and
was pronounced the
Buddha. View traditions
from the different branches
of Buddhism including**

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**Theravada, Mahayana, and
Vajrayana. The Wisdom of
Buddha is a gorgeous, linen-
bound work that offers
beauty, peace, and wisdom
for your journey through
life. Paige Lee holds a**

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master's degree from New York University and holds a lifetime passion for photography. At age 12 she started taking photos with a Yashica-Mat twin lens relax camera and

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developed the film in her homemade dark room. Paige Lee now shoots on a Nikon D810 and has traveled to over 60 countries capturing the diverse beauty of our

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planet, and of our humanity. For the last 15 years Paige Lee has been practicing meditation and has been an enthusiast of Buddhist Philosophy. The first English translation

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**of Mipham Rinpoche's
commentary on the
"wisdom" chapter of
Shantideva's classic text, in
which Mipham explains
Madhyamaka philosophy
from the perspective of the**

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**Dzogchen tradition of
Tibetan Buddhism.
Shāntideva's guide to the
training of a Bodhisattva is
one of the most important
and beloved texts in the
Tibetan tradition. The ninth**

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chapter, however, dealing with Madhyamaka, the Middle Way, the most profound wisdom view of Mahayana Buddhism, has always posed unique challenges to readers. This

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commentary by the great scholar Mipham Rinpoche presents in quite straightforward terms Shāntideva's exposition of emptiness, the essential foundation of all Buddhist

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doctrine, demonstrating that it is not only compatible with, but in fact crucial to, the correct understanding of other important Buddhist teachings such as karma,

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rebirth, and the practice of compassion. Mipham interprets Shāntideva according to the view of the Nyingma school, which in some respects was at variance with the

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religiously and politically dominant interpretation of the text in Tibet at that time. As a result, his commentary stirred up a furious debate. With the addition of a critique of

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**Mipham Rinpoche's view by
a prominent scholar of the
time, along with Mipham's
response, that debate is
beautifully captured in this
volume.**

365 Days of the Buddha's

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**Wisdom
The Challenge of
Individuation in Buddhist
Life
Daily Reflections
Journey Without Goal
Wisdom from the Great**

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**Masters, Teachers, and
Writers of All Time**

The Wisdom of the Buddha

Inspired by the teachings of the Buddha and other great masters, teachers, and writers, this is a book designed to help people connect to their inner divinity and find their spiritual path. It is

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overflowing with profound quotes, sayings, and insights, each presented alone, allowing the reader to dip in at any time. Each reading is guaranteed to inspire immediately and provide food for thought. Quotations and sayings have been chosen from Gautama Buddha and other "buddhas"--masters

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of spirituality and inspiration, such as Milarepa, Longchenpa, his Holiness the 14th Dali Lama, Thich Nhat Hanh, and Sogyal Rinpoche, along with other "greats" including Cicero, Rumi, Lao Tzu, Mother Teresa, and Shakespeare. A wonderful book to place on your office desk, coffee table, or bookshelf or

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by your bed, it is designed to provide daily comfort, wisdom, and spiritual nourishment.

Originally published in 1957 and forming a companion volume to *The Balavariani*, this volume provides valuable research into the biography of Gautama Buddha and its influence on

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medieval Christian thought. This work, the romance of Barlaam and Josaphat, was included by Caxton in The Golden Legend and inspired the episode of the Caskets in Shakespeare's The Merchant of Venice; its heroes were venerated as Saints. Over a century ago, however, the legend was finally

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identified as an adaptation of episodes from the life and ministry of the Buddha. The first part of the book is devoted to tracing the development and migration of the Barlaam and Josaphat legend from its original Buddhist environment to the West. The second part is a translation of the Georgian text

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– the first published in any Western European language. The volume therefore gives one of the oldest Near Eastern versions of the story.

If Dr. Seuss were drawing on classical Buddhist texts for inspiration, this is what he'd write—with playful yet traditional illustrations by the award-

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winning artist behind The Empty Pot, whose books have sold half a million copies. Destined to be a classic. An instant classic, this book will help children (and their parents) learn patience and to see the good in everyone—including themselves! It will also help children meet difficult

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circumstances, such as being sick, doing chores, and not getting everything they want—and help them overcome low self-esteem and negative self-talk. I See You, Buddha is based on a chapter in the Lotus Sutra, one of the most influential Buddhist texts worldwide—a classical scripture that has inspired a whole

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genre of works, especially in Japan, known as Lotus Literature. The Lotus Sutra teaches the way of the bodhisattva—a being engaged in compassionate, enlightened activity in the service of all—by offering examples of what this activity might look like in the world. One such model in the text is

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Bodhisattva Never Disrespectful (or Never Disparaging), who, despite troubling encounters with and even harsh treatment from others, bows down respectfully to everyone, recognizing their Buddha nature and honoring their own journeys along the bodhisattva path to

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enlightenment—whether they know they're future buddhas or not!

By pulling together some of Lama Yeshe's introductory teachings on Buddhism, meditation, compassion and emptiness, and combining them with the definitive explanation of tantra, this one valuable volume will inspire students to

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go more deeply into the Yoga Method of Buddha Maitreyaa tantric practice.

The Wisdom of Balahvar

Tales of Love and Wisdom for You to

Read with Your Child to Enchant,

Enlighten and Inspire

Daily Doses of Wisdom

The Yoga Method of Buddha Maitreya

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Awakening the Buddha Within
Wisdom of the Buddha Mindfulness
Deck

Based on the author's talks at Naropa University, this volume introduces the reader to the principles of tantra, based on the

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clarity and authority, and relates them to the five Mahayana paths that lead to full enlightenment. Seen in modern light, Buddha had been able to perceive, even see the vast spatial distances between atoms and between sub-atomic particles filled with

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electrons and even sub-eletrons in a state of high vibration. This atomic condition corresponds to a similar pattern in the brains of living beings and to interstellar and interplanetary gaps. The subject of emptiness as the author explains deals with

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