

Essential Teachings



HIS HOLINESS THE

Dalai Lama

Essential Teachings, Dalai Lama XIV Bstan-Ḍṣṅdzin-rgya-mtsho, North Atlantic Books, 1995, 1556431929, 9781556431920, 129 pages. Essential Teachings presents the first English translation of a series of talks given in 1974 by the Dalai Lama in Bodh Gaya, India to a gathering of Tibetan refugees and Western Buddhists. His precise and eloquent commentary on the "Path of the Bodhisattva," one of the most important teaching texts of the Tibetan Buddhist tradition, offers a step-by-step guide to thirty-seven practices designed to help cultivate the spirit of compassion for all life and service to others that is at the heart of Buddhism..

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Tibet my story, an autobiography, Jetsun Pema, 1997, Tibet (China), 254 pages. The younger sister of the Dalai Lama, and a cabinet officer of Tibet's government in exile, recounts her experiences growing up in Tibet, and shares the culture and traditions

Living Wisdom with His Holiness the Dalai Lama , Dalai Lama, Don Farber, 2006, Religion, 42 pages. "Increase your creativity and mental abilities with this innovative training program for both the brain and mind. Mind gymnastics users report enhanced creativity, clarity of

Uniting Wisdom and Compassion Illuminating the Thirty-seven Practices of a Bodhisattva, Thub-bstan-chos-kyi-grags-pa, Chogyi Dragpa, 2004, Religion, 217 pages. A unique presentation of the Buddhist path by Chogyi Dragpa, the foremost Gelug disciple of the famed nineteenth-century Tibetan master Patrul Rinpoche. Its quotations and

The Middle Way Faith Grounded in Reason, Dalai Lama XIV Bstan-Ḍṣṅdzin-rgya-mtsho, 2009, Religion, 184 pages. An accessibly priced, concise presentation of the Mahayana tradition of Buddhism by the Nobel Peace Prize-winning spiritual leader shares comprehensive coverage of Nagarjuna's

Eight Steps to Happiness The Buddhist Way of Loving Kindness, Geshe Kelsang Gyatso, Jan 1, 2000, Religion, 294 pages. This inspiring book reveals deeply transforming yet practical methods to enable a powerful opening of the heart, the source of all true happiness. It explains how to meditate

Cultivating a daily meditation selections from a discourse on Buddhist view, meditation and action, Bstan-Ḍṣṅdzin-rgya-mtsho (Dalai Lama XIV), 1991, Religion, 136 pages. During April 1985, and again in October 1986, His Holiness the Dalai Lama delivered a series of discourses on Buddhist view, meditation and action. These discourses and the

Introduction to Tibetan Buddhism , John Powers, 2007, Religion, 591 pages. The expanded edition of the classic reference, one of Snow Lion's top ten bestsellers. Thorough coverage of Tibetan Buddhism from its Indian origins to the present day

For the Benefit of All Beings A Commentary on The Way of the Bodhisattva, Dalai Lama, 2009, Religion, 141 pages. The Dalai Lama presents a detailed manual of practical Buddhist philosophy through the religion's best known text the Way of the Bodhisattva, illuminating its message of

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The Four Noble Truths The Foundation of Buddhist Thought (Large Print 16pt), Geshe Tsering, 2010, , 276 pages. The first step toward a solid foundation in Buddhist thought! The Foundation of Buddhist Thought series is an excellent introduction to Tibetan Buddhism. These unique books

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Buddha Heart, Buddha Mind Living the Four Noble Truths /cThe Dalai Lama ; Translated from the French by Robert R. Barr, Dalai Lama XIV Bstan-Ḍzrin-rgya-mtsho, 2000, Religion, 177 pages. The Dalai Lama shares his insights into contentment, happiness, and a life lived according to the Four Noble Truths of Buddhism..

Transform Your Life A Blissful Journey, Geshe Kelsang Gyatso, Aug 1, 2007, Religion, 365 pages. By following the practical advice given in this resource, readers can transform their minds and lives, fulfill their human potential, and find everlasting peace and happiness

Les mḌitations mḌtaphysiques texte, traduction, objections et rḌsponses, RenḌ Descartes, 1956, Philosophy, 315 pages. .

Return to Tibet Tibet after the Chinese occupation, Heinrich Harrer, Ewald Osers, May 4, 1998, History, 207 pages. Mixing history, religion, and travel writing, the author of Seven Years in Tibet recounts his return to Tibet after being forced to flee by the invading Chinese army and

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