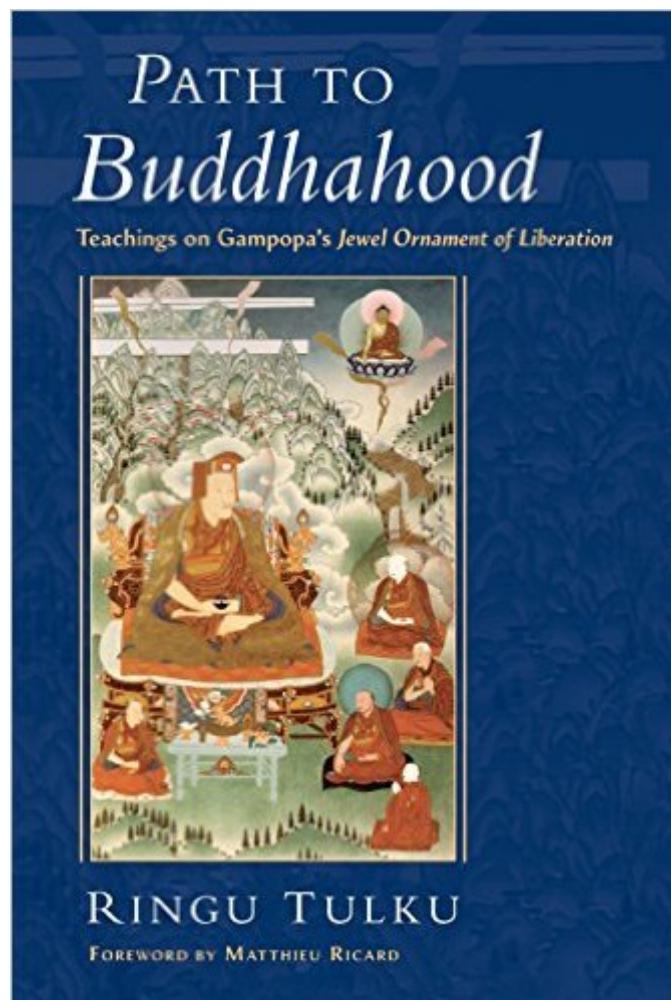


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Path To Buddhahood: Teachings On Gampopa's JEWEL ORNAMENT OF LIBERATION



Synopsis

The Jewel Ornament of Liberation is regarded by all Tibetan Buddhist schools as one of the most inspiring and comprehensive works of the tradition. Written by Gampopa (born 1079 CE), the main spiritual son of the great hermit Milarepa, this important text lays out the stages of the Buddhist path and explains how an enlightened attitude is strengthened by practicing the six perfections of generosity, discipline, patience, exertion, meditation, and knowledge. For the first time, this sometimes difficult text is made accessible to Western readers in a clear and engaging commentary. Tibetan teacher Ringu Tulku explores this classic work of Buddhist practice and philosophy with the playful and fresh style that has made him so popular among students of Buddhism. Using folksy examples and anecdotes, he brings this text to life, discussing topics such as: *seeing through the illusions that cause us to suffer* *advice on acting with kindness, generosity, and patience* *instructions on how to put others first* *guidance for attaining peace and lasting compassion*

Book Information

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Customer Reviews

I was in two minds about buying this one, expecting a dry treatise on a difficult text. I am glad I took the risk. Ringu Tulku puts the subtleties and pitfalls of meditation into clear language, although I suspect much of it may seem obscure to those inexperienced in meditation. For those new to meditation, I would recommend reading Chogyam Trungpa's "Cutting through Spiritual Materialism" first, and finding a good teacher. For the more experienced, Ringu Tulku sheds some much needed light on the many subtle sources of self deception. He is not only very readable, and even jocular at

times, but he has a real knack for getting straight to the heart of the issue. I would heartily recommend this book for anyone interested in better understanding their meditation practice, and in getting a helping hand over the obstacles.

Path to Buddhahood, by Ringu Tulku, clearly illuminates the Buddhist view, path and fruition from both an intellectual and an experiential point of view. The book speaks to practitioners of any lineage or level of practice. I found that it wonderfully clarified many old misunderstandings and gaps in my understanding of Buddhist teachings and practice. Includes many illustrative stories. Beautifully written in layperson's language, with a light touch and gentle humour. Meditation in ActionÂ Shambhala: The Sacred Path of the WarriorÂ Ruling Your World: Ancient Strategies For Modern LifeÂ What Makes You Not a BuddhistÂ When Things Fall Apart: Heart Advice for Difficult Times (Shambhala Library)Â Smile at Fear: Awakening the True Heart of Bravery

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