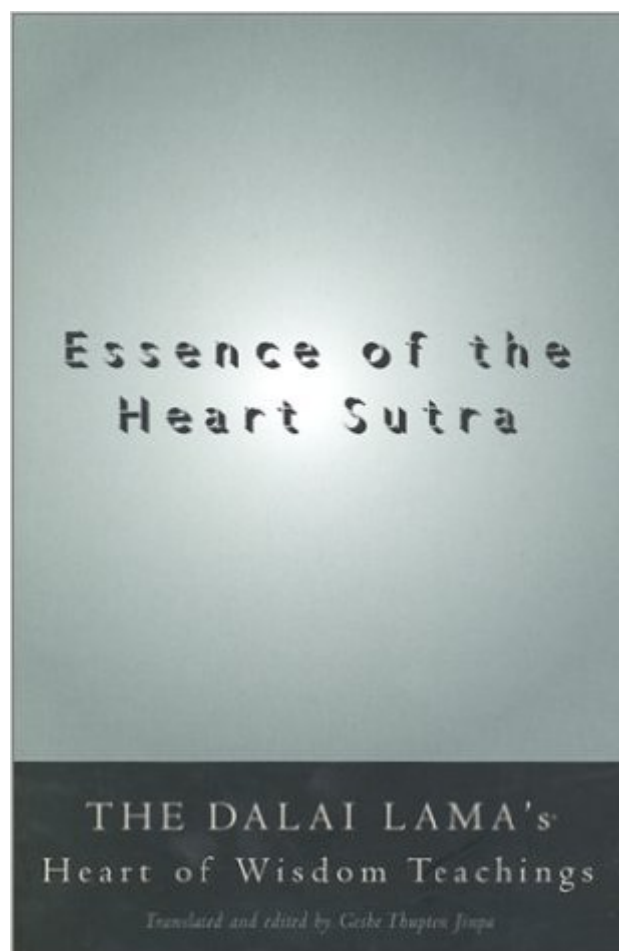


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# Essence Of The Heart Sutra: The Dalai Lama's Heart Of Wisdom Teachings



## Synopsis

This book includes the complete text of the Heart of Wisdom teachings given over several days by His Holiness the Dalai Lama to 8,000 enthralled attendees during May, 2001 in San Jose, California.

## Book Information

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## Customer Reviews

In its enigmatic 25 lines, the Heart Sutra is one of the most difficult of Buddhist Scriptures but also one of the most rewarding. It is a basic text of Mahayana Buddhism and recited daily in monasteries and by practicing Buddhists throughout the world. There are many commentaries, ancient and modern, on this text, but I found this recent book by the Dalai Lama, "Essence of the Heart Sutra" an outstanding place for the beginner to start. The Dalai Lama's book also will reward study by those having great prior familiarity with the text. The book is based on a series of lectures that the Dalai Lama gave at the Land of Medicine Buddhist center in California and at the Three Rivers Dharma in Pittsburg. This work is much more than a commentary on the Heart Sutra. It is equally valuable as an introduction to Buddhism and as a compendium of the teachings of the Dalai Lama. It is instructive to see how the Dalai Lama weaves his broad material together into a coherent whole. Thus, in the first part of the book, the Dalai Lama offers broad-based comments on the spiritual dimension of life, of the relationship between Buddhism and other religions, and of the fundamentals of Buddhist teachings. It is inspiring to hear words of ecumenicism, tolerance, and willingness to learn from others. It is also important to read the Dalai Lama's exposition of the basic Buddhist teaching of Dependent Origination, which is, in later sections of the book, tied masterfully

to the interpretation of the Heart Sutra. The second part of the book offers a translation and commentary on the Heart Sutra. Consistent with his opening chapters, the Dalai Lama stresses the continuity between this Mahayana text and its earlier predecessors in Theravada Buddhism.

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