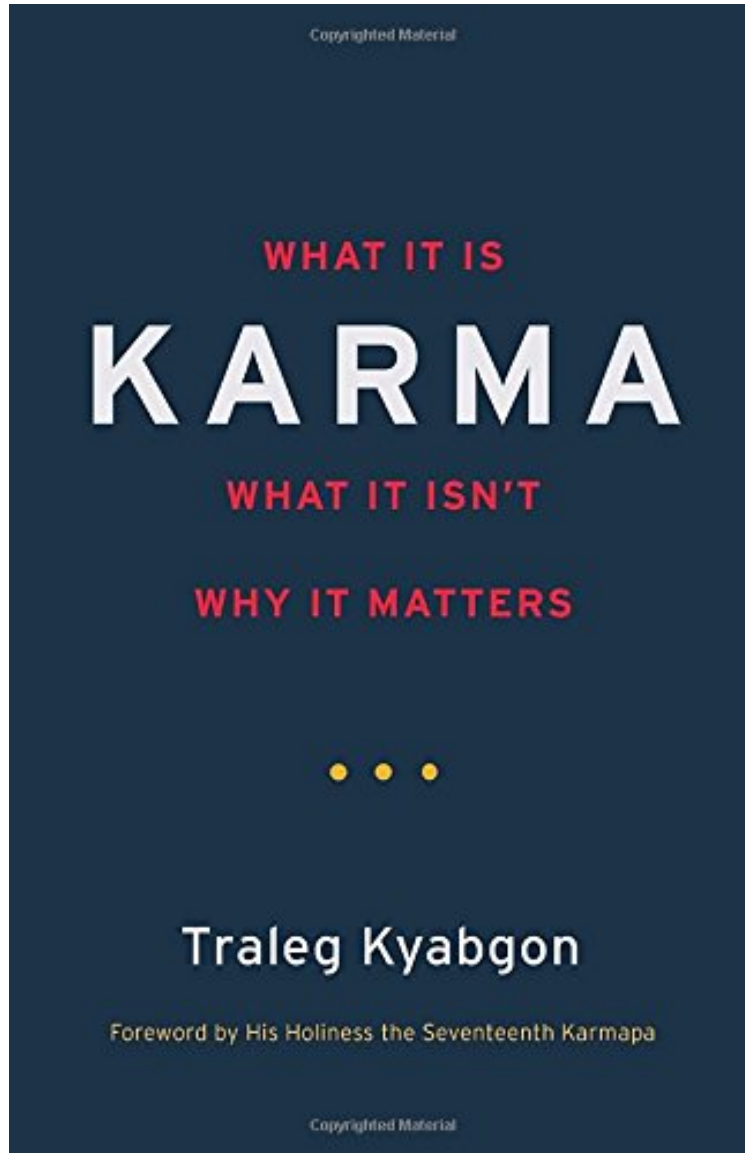


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Karma: What It Is, What It Isn't, Why It Matters

Traleg Kyabgon

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#66510 in Books Shambhala 2015-06-30 2015-06-30 Original language: English PDF # 1 8.50 x .50 x 5.60l, .0 #File Name: 1590308883160 pages Shambhala | File size: 19.Mb

Traleg Kyabgon : Karma: What It Is, What It Isn't, Why It Matters before purchasing it in order to gauge whether or not it would be worth my time, and all praised Karma: What It Is, What It Isn't, Why It Matters:

17 of 17 people found the following review helpful. What It Is By Michael Erlewine I have run a Karma Kagyu meditation center since the mid-1980s (The Heart Center KTC Karma Thegsum Chling) and have, fortunately, been able to meet and spend time with many of the Kagyu teachers. This book on Karma by Ven. Traleg Kyabgon Rinpoche is brilliant, a much needed antidote to our lack of authentic knowledge regarding karma. An odd suggestion I suppose,

but I found this book (for me) was best read by starting at the last chapter, and reading each chapter successively in reverse order. Why? Because I find the frontage of the book a little formal and Traleg Rinpoche IMO gets more direct and practical as he goes on. By the time I read from the back up to the front I am ready to understand it more formally. Just my two cents. This book goes into depth not only on karma, but on death and the difference between reincarnation and rebirth. In general, Traleg Rinpoche speaks to just what most of us wonder about, what happens at death and exactly what attains rebirth. In essence, Traleg Rinpoche has embedded many kernels for deep thought in this text, each one capable of being expanded into an illumination. These years I practice more than I read, but this book is not only worth reading, I consider perhaps the most direct transmission I have read (aside from ancient pith instructions) for many years. I cannot recommend it enough!

0 of 0 people found the following review helpful. Excellent

By C. D. Varn

This is a great book in that it messages to explain the complications of an often misunderstood Buddhist doctrine, but Kyabgon goes further and explains the pre-Buddhist developments of the concept and contrasts Buddhist ideas of karma with its development in Hinduism and, in the second half of the book, contrasts and compares with Christian doctrines as well. Kyabgon makes more references and explains in the concept in a rational way, but does "modernize" the traditional concept in a way that changes it. Kyabgon also shows the various developments and shifts in the meaning of idea of Karma in its development in classical Indian and Tibetan Buddhism without invalidating other Buddhist understandings or denying significant developments and differences. An excellent book.

4 of 4 people found the following review helpful. Karma Explained

By Edward A. Dickey

This short book offers the clearest explanation I have seen of this difficult and often misunderstood term. Careful to distinguish Buddhist usage of the word from very different notions of karma in Hinduism and in Western pop culture, the book is well grounded in a thorough understanding of western as well as eastern thought and belief. We are fortunate to have this book.

A jargon-free explanation of two central teachings of the Buddha: karma and rebirth. The Buddha's teaching on karma (literally, action) is nothing other than his compassionate explanation of the way things are: our thoughts and actions determine our future, and therefore we ourselves are largely responsible for the way our lives unfold. Yet this supremely useful teaching is often ignored due to the misconceptions about it that abound in popular culture, especially oversimplifications that make it seem like something not to be taken seriously. Karma is not simple, as Traleg Kyabgon shows, and it's to be taken very seriously indeed. He cuts through the persistent illusions we cling to about karma to show what it really is: the mechanics of why we suffer and how we can make the suffering end. He explains how a realistic understanding of karma is indispensable to Buddhist practice, how it provides a foundation for a moral life, and how understanding it can have a transformative effect on the way we relate to our thoughts and feelings and to those around us.

Karma is often a misunderstood topic in Buddhism. This clear explanation from such an eminent teacher as the late Traleg Kyabgon Rinpoche, who possessed great knowledge of both dharma and the Western mind-set, will bring profound benefit to us all.

Dzigar Kongtrül Rinpoche, author of *Its Up to You*

About the Author

TRALEG KYABGON (1955-2012) was born in eastern Tibet and educated by many great masters of all four major lineages of Tibetan Buddhism. He is the founder of the Kagyu E-Vam Buddhist Institute, which is headquartered in Melbourne, Australia, with a major practice center in New York City. He taught extensively at universities and Buddhist centers in the US, Canada, Australia, New Zealand, and Southeast Asia beginning in 1980, and is the author of numerous books that present Buddhist teachings to Western readers, including *The Essence of Buddhism* and *Mind at Ease*.