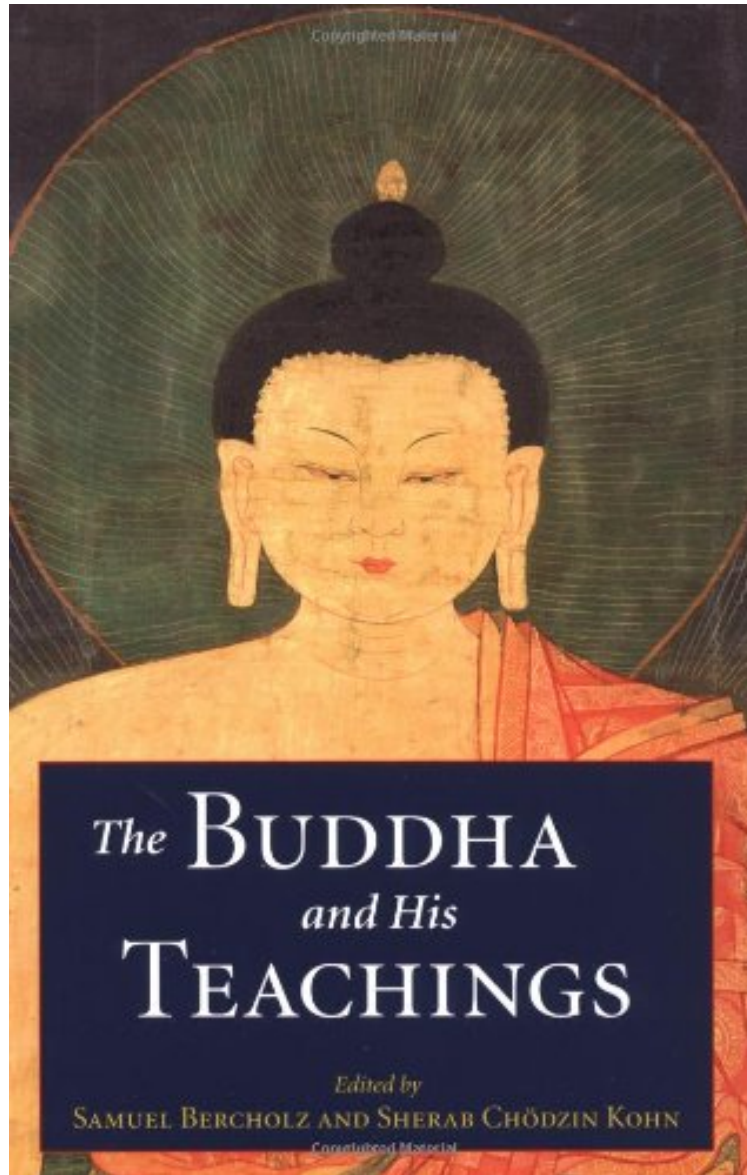


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The Buddha and His Teachings

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#231531 in Books Shambhala 2002-12 2002-12-03 Original language: English PDF # 1 8.94 x .91 x 5.96l, 1.08 #File Name: 1570629609352 pages | File size: 27.Mb

From Brand: Shambhala : The Buddha and His Teachings before purchasing it in order to gauge whether or not it would be worth my time, and all praised The Buddha and His Teachings:

0 of 0 people found the following review helpful. An Eye-Opening Experience By faye.martin@colostate.edu An Incredible Book. This was my first introduction to Buddhist Thought. I was aware of mindfulness but hadn't practiced it, and I wanted to explore the origin of mindfulness meditation before I practiced it. I decided to finally try meditation

after some of the chapters made true logical sense to me in terms of mankind's search for enlightenment. My very first experience with breathing meditation (as practiced from the teachings of this book), was pretty astounding. I realized how easy it is to experience true peace as a first try for one thing in maybe 5-6 minutes, without any guidance. Once I realized how true it could be, I delved further - into several more books and experiences, as well as the remaining chapters of this one. I gave this to my very best friend in the world for Christmas (and I didn't tell her anything about what to expect). This book isn't about religion, belief or dogma (to be fair, you might want to skip the biography of Buddha). It is about being able to reach within yourself in the simplest way to bring out the most in who you can be. The reason why I bought this book for my best friend is because I couldn't bear to give my copy up (we've always discussed various religions together, so when she saw me reading this one, she of course wanted to read it). This book means a lot to me, and the path since then has actually been even more eye-opening. I'm a skeptic (actually a biochemist) by nature, but the actual experience with no investment, no guidance - really made a difference to me. 1 of 1 people found the following review helpful. Excellent text

By Catherine M. Rybicki
This is an excellent anthology of the some of the best Buddhist writings from all the different Buddhist schools. I've been a practicing Buddhist for over 30 years and a Buddhist nun for over 20 years. I highly recommend this text to anyone interested in Buddhist concepts and practices. It is a straightforward, unbiased anthology, taking no position as to which school is "better" than the others. I appreciate this very much, having seen more than one text claim to objectively survey the various schools, all the while touting their own school as "the best." This text dispenses with that nonsense, going to the heart of each tradition from the point of view of that particular tradition. 6 of 6 people found the following review helpful. Great

By Jaime vidales
The book met my expectations and was very informative. I have recently converted to Buddhism and this book has really been helpful.

Originally published as *Entering the Stream*, this book offers a simple and inspiring answer to the question "What is the Buddha's teaching?" primarily in the words of the Buddha and other masters. This anthology draws on traditional Indian, Chinese, Japanese, and Tibetan sources as well as teachings by contemporary Buddhist masters. Among the contributors, both classical and modern, are: Ajahn Chah, Pema Chdrn, The Second Dalai Lama, Dogen, S.N. Goenka, Dainin Katagiri, Hakuyu Taizan Maezumi, Milerepa, Padmasambhava, Reginald Ray, Shunryu Suzuki, Nyanaponika Thera, Thich Nhat Hanh, Chgyam Trungpa, and Burton Watson.

"This splendid collection of classic and modern Buddhist texts provides insight into the teaching and practice of Buddhism." Publishers Weekly "Among many good introductions to Buddhism, this one stands out for seeing to it that its principles and practices are presented through either translations or original commentaries by masters who have dedicated their lives to teaching Westerners. The result is a book which, while faithful to the Buddhist tradition, speaks unusually effectively to an English-speaking audience." Huston Smith, author of *The World's Religions*

About the Author
Samuel Bercholz is the founder and editor-in-chief of Shambhala Publications. Sherab Chdzin Kohn is coeditor of the best-selling anthology *The Buddha and His Teachings*. He has been teaching Buddhism and meditation for more than thirty years, and he has edited a number of the books of his teacher, the Tibetan meditation master Chgyam Trungpa. He has also published numerous translations, including an acclaimed version of Hermann Hesses *Siddhartha*. He lives in Boulder, Colorado.