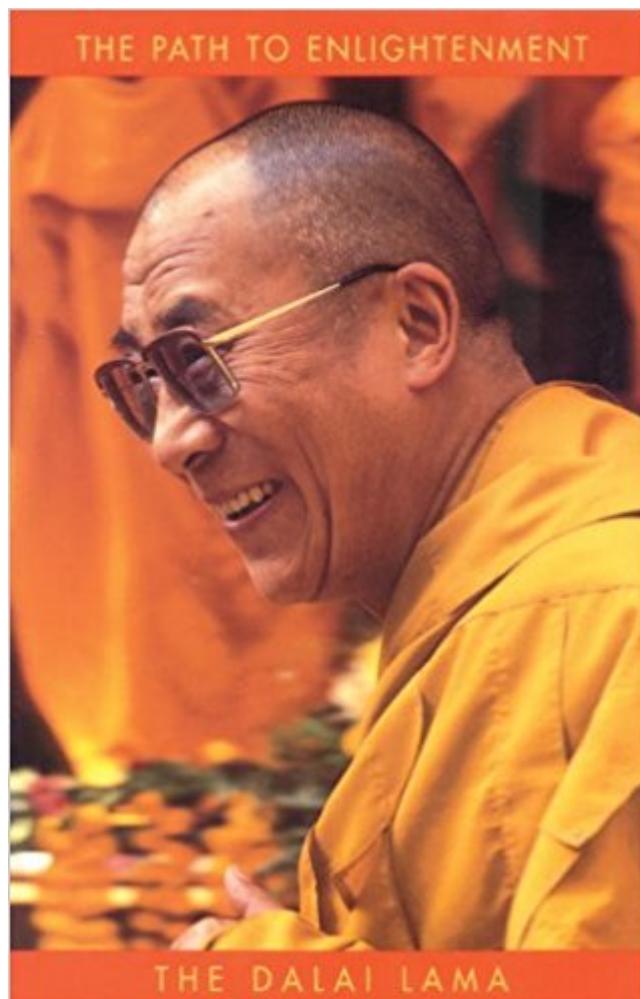


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# The Path To Enlightenment



## **Synopsis**

In this extensive teaching, the Dalai Lama beautifully elucidates the meaning of the path to enlightenment through his own direct spiritual advice and personal reflections. Based upon a very famous Tibetan text, this teaching presents in practical terms the essential instructions for the attainment of enlightenment. Its direct approach and lucid style make *The Path to Enlightenment* one of the most accessible introductions to Tibetan Buddhism ever published. His discourse draws out the meaning of the Third Dalai Lama's famous *Essence of Refined Gold* as he speaks directly to the reader, offering spiritual advice, personal reflections and scriptural commentary. He says in practical terms what the student must do to attain enlightenment.

## **Book Information**

Paperback: 240 pages

Publisher: Snow Lion (January 1, 1994)

Language: English

ISBN-10: 1559390328

ISBN-13: 978-1559390323

Product Dimensions: 5.5 x 0.6 x 8.5 inches

Shipping Weight: 11.2 ounces (View shipping rates and policies)

Average Customer Review: 3.9 out of 5 starsÂ  See all reviewsÂ  (13 customer reviews)

Best Sellers Rank: #292,962 in Books (See Top 100 in Books) #50 inÂ  Books > Politics & Social Sciences > Philosophy > Eastern > Buddhism > Dalai Lama #361 inÂ  Books > Politics & Social Sciences > Philosophy > Eastern > Buddhism > Tibetan #63085 inÂ  Books > Religion & Spirituality

## **Customer Reviews**

For the last forty years, the Tibetan government has been exiled in India. In 1959 the new Communist Chinese government forced the non-violent Tibetan Buddhist government, lead by the fourteenth Dalai Lama, Tenzin Gyatso, to flee the land in preparation to overtake the Tibetan people. In his years in exile the Dalai Lama has written literature on the Tibetan Buddhist way of life, not only to attract the Buddhist population but the world's religions. This life is one of clarity, love, and good deeds. *Path to Enlightenment*, which is a commentary on the third Dalai Lama's *Essence of Refined Gold*, gives spiritual advice through the eyes of Buddhist over a span of many years, defining the life of a Tibetan Buddhist. The writing of Tenzin Gyatso and Sonam Gyatso together is showing us Buddha's principal on the path to enlightenment. ALong with defining the Lam Rim, which are the stages on the spiritual path. His holiness described the difficulty of attaining

Nirvana(full Buddhahood), but urges determination. Path to Enlightenment makes one aware of the steps that must be taken in advance for the true inner peace., while giving up the expectation of a quick fix to a problem. The Dalai Lama explains how to cultivate a person's own meditative concentration, to give the mind a clear state. A person has to train their mind to discipline themselves, but enlightenment is feasible by any human being.

If you want to know what Tibetan Buddhism is, this book answers the question comprehensively and simply. However, it's probably not for complete beginners who haven't meditated and know little about Tibetan Buddhism. I read it after meditating for years and reading a couple of other books about Tibetan Buddhism. The Dalai Lama lays out the steps that Buddhists go through to reach Enlightenment. Sometimes I was able to understand the effect a step would have and so why it would be done. Sometimes, not. I've been filling in the "why's" of some of the steps by reading other books. After reading this book, I felt very oriented, however, as to the steps that Tibetan Buddhists follow to become Enlightened. This gives me the context I've wanted so that I can evaluate various spiritual techniques -- how do they relate to Enlightenment?

I worked my way through this book out of personal commitment to the Dalai Lama and his ideals. No doubt a profoundly insightful teaching, it was a bit too esoteric for me. If you already know a lot about Buddhism, you may be able to make your way through this book easier than I.

Just one more awesome book by the Dalai Lama. Yes, some of the book drags on and it seems to re-introduce some of the same topics from previous books, but this one also re-inforces the needs for living your life in a less stressful and more meaningful way. To focus your mentality instead of wasting it on the day to day garbage that we westerners seem to focus our lives around. If I had to sum it up, "Take time to smell the roses" but also to understand the importance of them and how much peace and tranquility that moment brings into your life. We tend to focus all our energy towards making money, chasing false rewards, and only finding it through alcohol, drugs, and abusive behaviour all in the marketized name of "Having fun" and "releasing stress." This book and his others have helped me a former Marine and business manager to learn that money is not as important as living. Sharing my life and helping others is more important and rewarding than any bonus or medal. Not being all hippy or tree hugging, but it's true. When I lost my high paying job to the recession, I was bitter and angry, but I finally sat down and began to read the Dalai Lama's teachings and all of a sudden, I did not need a six figure a year job. All of a sudden, what became

most important to me was time. Time spent with my family, my grand children, my friends, and what and how I was going to leave this planet. Yeah, you can call it becoming a liberal, but I call it liberating and my life has never been more stressfree and happy.

I bought the book for general interest, not for religious or philosophical purpose. It just never took off from there and I never finished it, the writing style just did not keep my interest. I guess I was looking for a more concrete path.

**EXCELLENT!** Fine book, well and ably translated by Lama Glenn Mullin, a westerner who lived in India for years studying with HHDLXIV and the old Rinpoches after they were forced to flee Tibet...Lama Glenn is so knowledgeable...and as a teacher and Tibet expedition leader highly entertaining, an advanced soul...I recommend some of his other books on Tibetan Buddhism as well very highly and the film of his expedition to Oracle Lake Tibet

Great book for those interested in Buddhism. I have just started getting involved in Buddhism and this book is a great asset. Do not think you will read or listen to it just once. You will continue to pour over this book and each time get more knowledge out of it.

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