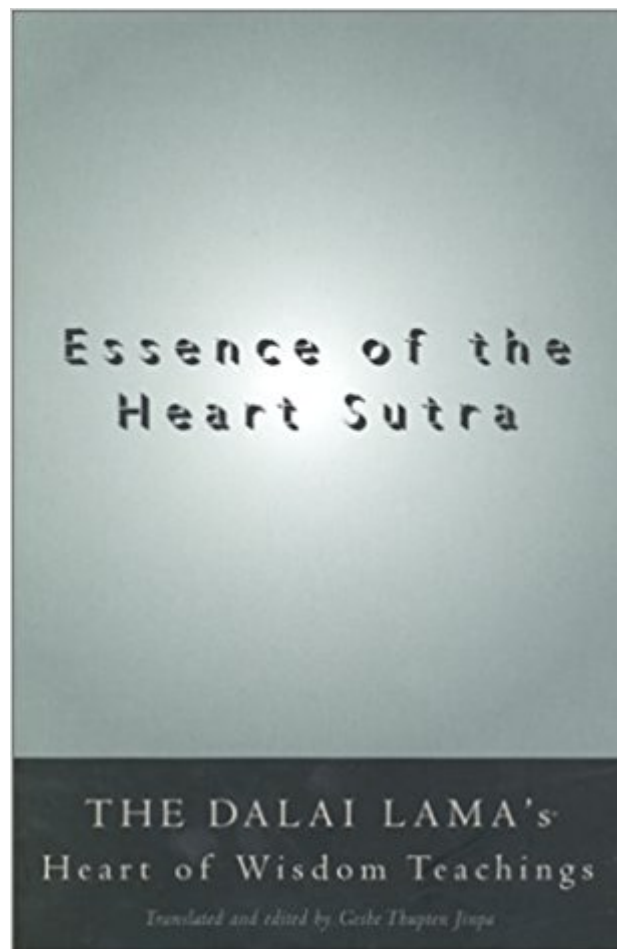




The book was found

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

Hardcover: 192 pages

Publisher: Wisdom Publications; 1 edition (July 25, 2002)

Language: English

ISBN-10: 0861713184

ISBN-13: 978-0861713189

Product Dimensions: 6.3 x 0.7 x 9.2 inches

Shipping Weight: 13.9 ounces

Average Customer Review: 4.8 out of 5 stars [See all reviews](#) (46 customer reviews)

Best Sellers Rank: #807,770 in Books (See Top 100 in Books) #114 in [Books > Politics & Social Sciences > Philosophy > Eastern > Buddhism > Dalai Lama](#) #1863 in [Books > Religion & Spirituality > Other Eastern Religions & Sacred Texts](#)

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.

[Download to continue reading...](#)

Essence of the Heart Sutra: The Dalai Lama's Heart of Wisdom Teachings The Essence of the Heart Sutra: The Dalai Lama's Heart of Wisdom Teachings The Dalai Lama: Foreword by His Holiness The Dalai Lama The Dalai Lama's Little Book of Inner Peace: The Essential Life and Teachings 365 Dalai Lama: Daily Advice from the Heart The Lotus Sutra: Saddharma Pundarika Sutra or the Lotus of the True Law Insight from the Dalai Lama 2016 Day-to-Day Calendar The Dalai Lama 2016 Wall Calendar Freedom in Exile: The Autobiography of The Dalai Lama A Force for Good: The Dalai Lama's Vision for Our World Living in "The Now" in Easy Steps: Understanding The Masters of Enlightenment, Eckhart Tolle, Dalai Lama, Krishnamurti and more! (The Secret of Now Series) (Volume 1) Stop Negative Thinking in 7 Easy Steps: Understanding The Masters of Enlightenment: Eckhart Tolle, Dalai Lama, Krishnamurti and more! Why Is the Dalai Lama Always Smiling?: A Westerner's Introduction and Guide to Tibetan Buddhist Practice The Open Road: The Global Journey of the Fourteenth Dalai Lama (Vintage Departures) Business as an Instrument for Societal Change: In Conversation with the Dalai Lama Healing Emotions: Conversations with the Dalai Lama on Mindfulness, Emotions, and Health The Dalai Lama at MIT Destructive Emotions: A Scientific Dialogue with the Dalai Lama The Dalai Lama and the King Demon: Tracking a Triple Murder Mystery Through the Mists of Time My Land and My People: The Original Autobiography of His Holiness the Dalai Lama of Tibet

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)