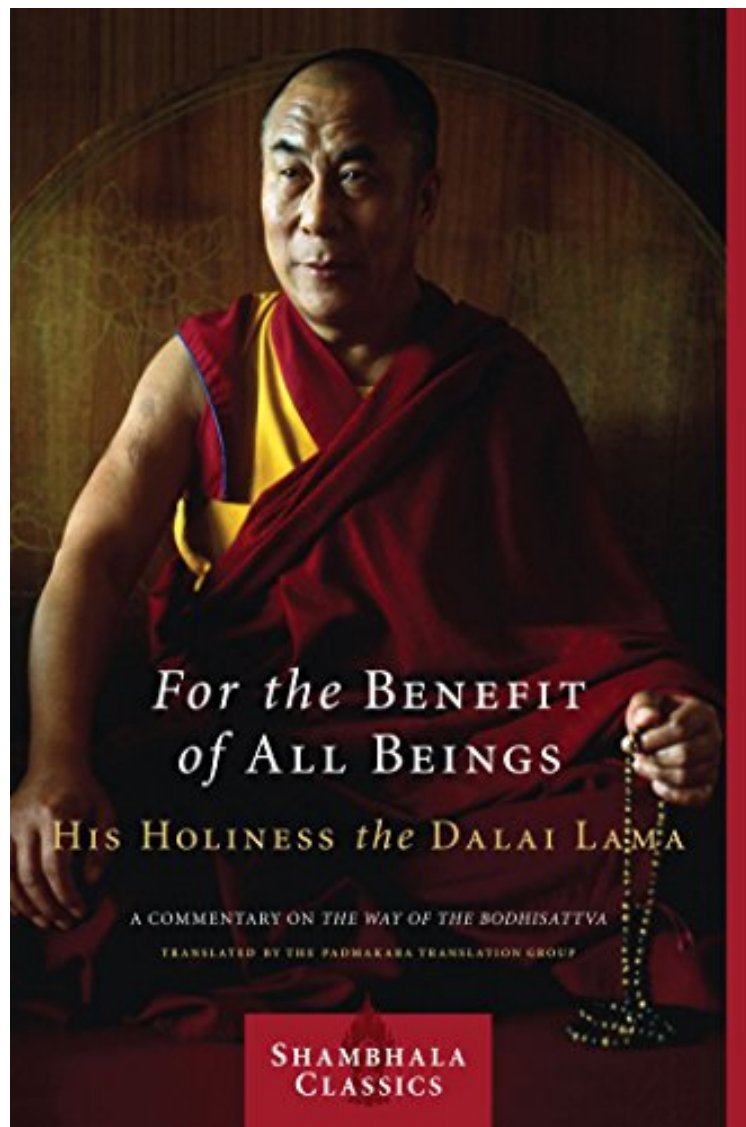


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For the Benefit of All Beings: A Commentary on the Way of the Bodhisattva (Shambhala Classics)

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teacher of morals and the ideal way of living. Von Ein Kunde If interested in the teachings of Buddha this is a very detailed book to read about them. People with low-self esteem and anything close to that would benefit from this great book and the great religion it talks of. It lifts hope and really teaches the power of cooperation and love for oneself. 0 Kunden fanden die folgende Rezension hilfreich. The Science of Happiness Von Timothy Walden A practical guide to finding peace and freedom from suffering, this commentary on, and translation of verses from, an eighth century text contains explanations and simple exercises and visualizations to help develop the six practices of generosity, discipline, patience, diligence, concentration, and wisdom in order to overcome ignorance, attachment, and aversion and to benefit all beings. The closer you look at the boundary between self and non self, the fuzzier it gets. Is your hair or sweat self? Is the meal you've just eaten non self? Are you not affected by the ideas and actions of those with whom you are in contact, whether they are friends, strangers, or enemies? Unless your motivation is to help everyone, you are working against yourself. The keys to the practice are patience and concentration, the ways to avoid the pain of anger and to stay on the right path. "Animate causes that make us unhappy ... are themselves influenced by other conditions they are in fact powerless. So there is no need to get angry." Being distracted by the impermanent and unreal will bring no lasting happiness, only suffering. Changing your basic patterns of behavior by an act of will does not work, but moving slowly and consistently, step by step, using the well tested methods introduced here, it is possible to reprogram your brain. His Holiness has selected the more practical and less dogmatic verses and has omitted the detailed philosophical arguments in the section on wisdom. Buddhist concepts and explanations from other texts are used. With a little previous exposure, this book will give a good overview of Tibetan Buddhism and foundation for further study.

Kurzbeschreibung The fourteenth Dalai Lama, a living embodiment of the bodhisattva ideal, presents detailed practical guidance based on sections of *The Way of the Bodhisattva* by Shantideva, the best-known text of Mahayana Buddhism. The Dalai Lama explains this classic and beloved work, showing how anyone can develop a truly "good heart" and the aspiration for the enlightenment of all beings. In this book, the Dalai Lama's profound knowledge is evident the result of extensive training. Here he shares his extraordinary insight into the human condition and what it means to be a responsible and caring person. Pressestimmen On many levels, the book is splendid as both an introduction to Buddhist spirituality and an explication of Shantideva for contemporary Westerners. Library Journal One does not have to be a Buddhist to appreciate the beauty of the teachings and the simplicity of the life presented here. Indeed, non-Buddhists may discover a refreshing new approach to the doctrines of love your neighbor, and do unto others. Booklist Kurzbeschreibung The fourteenth Dalai Lama, a living embodiment of the bodhisattva ideal, presents detailed practical guidance based on sections of *The Way of the Bodhisattva* by Shantideva, the best-known text of Mahayana Buddhism. The Dalai Lama explains this classic and beloved work, showing how anyone can develop a truly "good heart" and the aspiration for the enlightenment of all beings. In this book, the Dalai Lama's profound knowledge is evident the result of extensive training. Here he shares his extraordinary insight into the human condition and what it means to be a responsible and caring person.