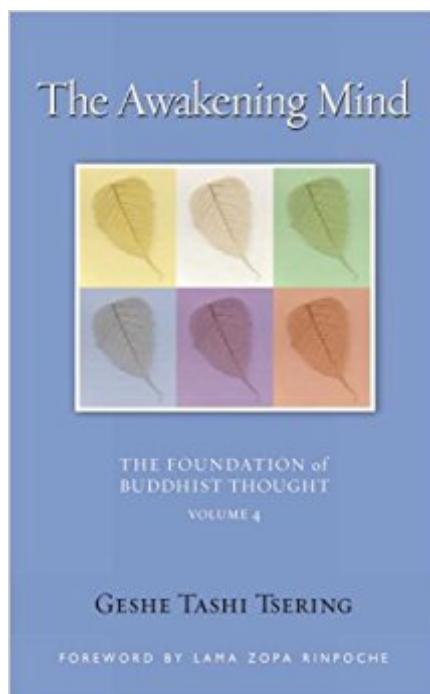The book was found

The Awakening Mind: The Foundation Of Buddhist Thought, Volume 4

Synopsis

Bodhichitta, often translated as "great compassion," is the gem at the heart of Buddhism. From this altruistic desire to serve others, all other Buddhist practices naturally flow, therefore, this state of mind is one Buddhists should understand and cultivate. In The Awakening Mind, Geshe Tashi Tsering leads us through the two main methods to develop bodhichitta that have been developed by the great Indian and Tibetan Buddhists over the centuries: the seven points of cause and effect, and equalizing and exchanging the self with others.This is the fourth release from Geshe Tashi's Foundation of Buddhist Thought series, which individually and collectively represent an excellent introduction to Tibetan Buddhism. These unique and friendly books are based on the curriculum of a popular course of the same name, developed by Geshe Tashi himself.Geshe Tashi's presentations combine rigor and comprehensiveness with lucidity and accessibility, never divorced from the basic humanity and warmth of his personality. In Geshe Tashi, we encounter the new generation of Tibetan monk-scholars teaching in the West who are following in the footsteps of such revered and groundbreaking teachers as Geshe Wangyal and Geshe Sopa.

Book Information

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Customer Reviews

"With this series of books drawn from his highly successful courses, Geshe Tashi's insights can be enjoyed by a wide audience of both specialists and newcomers to the Buddhist tradition. His presentations, never divorced from the basic humanity and warmth of his personality, combine rigor

and accessibility." (Thupten Jinpa, principal translator for His Holiness the Dalai Lama and director of the Institute of Tibetan Classics)"These books may not be a single experience for you, but the beginning of a whole course of study. Whatever the case, they are thorough, easy to read and accessible." (Buddhism Now)"Provides a simple and systematic introduction to Buddhist philosophy and practice." (Eastern Horizon)"Although coming from a traditional Gelugpa presentation of the Buddhist path, these books are written for a modern western audience, and therefore 'happiness' is presented as a principle goal, alongside the more traditional goal of enlightenment. The author's personal tone and his fluent language, combined with his obvious mastery of the material help to make the series a tremendously valuable resource for the study of basic Buddhist teachings from a Tibetan perspective." (Buddhadharma)

Geshe Tashi Tsering was born in Tibet in 1958 and received his Geshe Lharampa degree (similar to a doctorate in divinity) from Sera Monastery in India in 1987. Since 1994, he has been the guiding teacher of the Jamyang Buddhist Centre in London, while also teaching at other Buddhist centers worldwide.Gordon McDougall was director of Cham Tse Ling, the FPMT's Hong Kong center, for two years in the 1980s and worked for Jamyang Buddhist Centre in London from 2000 to 2007. He helped develop the Foundation of Buddhist Thought study program and administered it for seven years. Since 2008 he has been editing Lama Zopa Rinpoche's lamrim teachings for Lama Yeshe Wisdom Archive's FPMT Lineage series.Lama Thubten Zopa Rinpoche is the Spiritual Director of the Foundation for the Preservation of the Mahayana Tradition (FPMT), a worldwide network of Buddhist centers, monasteries, and affiliated projects, including Wisdom Publications. Rinpoche was born in 1946 in the village of Thami in the Solo Khumbu region of Nepal near Mount Everest. His books include Transforming Problems into Happiness, How to Be Happy, and Ultimate Healing. He lives in Aptos, California.

A good part of the Buddhist introduction but tends to be a bit wordy.

:)

Crystal clear to understand Buddhism.

Some of the deepest teachings that has taken me into new views of the in the world that we live.

Wonderful book for getting to the nitty-gritty of basic Buddhist philosophy.Anyone interested in Buddhism who is just starting out will get a great deal from his books.Jim Chaffee

Love all the books in this series. This one was particularly eye opening to aspects I was a little shaky on.

I am on volume 2 in the series. It is very well written. Easy to understand. The author spent 7 years just learning how the western mind thinks. I highly recommend the whole series.

Tsering's book on Ultimate Truth; Emptiness; the Four Nobel Truths are well written and more in keeping with Buddha's philosophy. Tsering is baptized in the Religion of Buddhism with its 25 Centuries of Religious Trappings - i.e. transmigration of the "soul" which never was taught by Siddhartha. He is a exceptional teacher caught up in the Religious Hierarchy of Tibetan Pop-Buddhism with all the trimmings of the High Middle Ages in Catholicism - i.e. Merit, Pope, Scriptures, Monks, Monasteries, Pilgrimages, Holy Land et cetera. The Awakening mind is not in keeping with the rest of the series. Read them, skip this ....

The Awakening Mind: The Foundation of Buddhist Thought, Volume 4 Master Your Mind: Achieve Greatness by Powering Your Subconscious Mind [mental power, mind control, thought control] (brain power, subconcious mind power, NLP, Neuro Linguistic Programming) Photo Book of Buddhist Holy Places: (Buddhist pilgrimage sites) (Pictures of ancient Buddhist temples, stupas, shrines and monasteries) (buddha, asian, ... monastery, southeast, east, pilgrimage) Foundation, Foundation and Empire, Second Foundation NLP: Persuasive Language Hacks: Instant Social Influence With Subliminal Thought Control and Neuro Linguistic Programming (NLP, Mind Control, Social Influence, ... Thought Control, Hypnosis, Communication) Buddhist Quotes: Meditation, Happiness, Inner Peace.: Spirituality and Buddhism: Bouddha, Zen, Thich Nhat Hanh, DalaÃƒÂ -LamaÃ¢ ¬Â¦ (Buddhism, Bouddha, Buddhist ... & Spirituality, DalaÃƒÂ Lama, Zen. Book 1) Weeds of the South (Wormsloe Foundation Nature Book) (Wormsloe Foundation Nature Book Ser.) The New Wider World: Foundation Edition (Foundation Editions Series) Implementing Cisco IP Routing (ROUTE) Foundation Learning Guide: (CCNP ROUTE 300-101) (Foundation Learning Guides) The Art of Awakening: A User's Guide to Tibetan Buddhist Art and Practice The Great Path of Awakening: The Classic Guide to Lojong, a Tibetan Buddhist Practice for Cultivating the Heart of Compassion (Shambhala Classics) Awakening of the Heart: Essential Buddhist Sutras

and Commentaries Evil and/or/as the Good: Omnicentrism, Intersubjectivity, and Value Paradox in Tiantai Buddhist Thought Mudras for Awakening Chakras: 19 Simple Hand Gestures for Awakening and Balancing Your Chakras: [A Beginner's Guide to Opening and Balancing Your Chakras] (Mudra Healing Book 3) Book for kids: Awakening Of The Mobzilla: Mobzilla vs Steve & Herobrine (Minecraft Awakening 1) Book for kids: Awakening Of The Wither King: Herobrine vs. Wither King (Minecraft Awakening 3) Book for kids: Awakening Of The Burning Godzilla (Minecraft Awakening 5) [[[Awakening Osiris: The Egyptian Book of the Dead (English, Egyptian) [AWAKENING OSIRIS: THE EGYPTIAN BOOK OF THE DEAD (ENGLISH, EGYPTIAN)] By Ellis, Normandi (Author)Dec-12-1991 Paperback Samurai Awakening: (Samurai Awakening Book 1) Awakening: An Introduction to the History of Eastern Thought