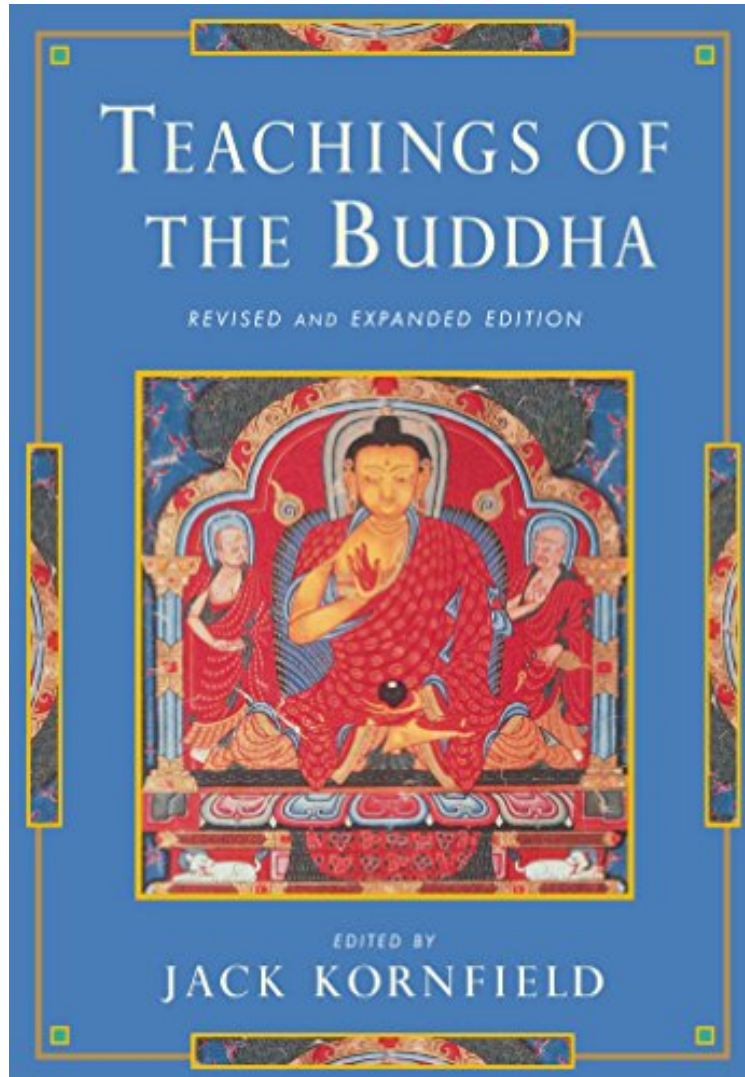


(Mobile book) Teachings of the Buddha

Teachings of the Buddha

Von Shambhala

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Von Shambhala : Teachings of the Buddha before purchasing it in order to gage whether or not it would be worth my time, and all praised Teachings of the Buddha:

KundenrezensionenHilfreichste Kundenrezensionen2 von 2 Kunden fanden die folgende Rezension hilfreich. A Stellar Sampling of Buddhist GemsVon Ein KundeThis is the best concise compendium of original Buddhist teachings available in (smooth) English, in my opinion. The selection is excellent and covers the full range of Buddhist traditions. The titles are generally thematic, leaving the designation of the actual sutra to a small note at the end of each selection. It is the perfect and most natural choice for those who are looking for a small bedside edition of concise Buddhist teachings rather than a complete translation of the entire Majjhima Nikaya, or some such (for that check out

Wisdom Book's excellent Middle Length Discourses of the Buddha, for example). In short, I can't recommend this book highly enough!

KurzbeschreibungThis treasury of essential Buddhist writings draws from the most popular Indian, Tibetan, Chinese, and Japanese sources. Among the selections are some of the earliest recorded sayings of the Buddha on the practice of freedom, passages from later Indian scriptures on the perfection of wisdom, verses from Tibetan masters on the enlightened mind, and songs in praise of meditation by Zen teachers. The book also includes traditional instruction on how to practice sitting meditation, cultivate calm awareness, and live with compassion. Jack Kornfield, one of the most respected American Buddhist teachers, has compiled these teachings to impart the essence and inspiration of Buddhism to readers of all spiritual traditions.
Pressestimmen"A remarkably readable book that records some of the earliest recorded sayings of the historic Buddha."**East and West Series** "An inspirational treasury of essential teachings from Buddhist literatureslected by one of the best-known American Buddhist teachers."**Snow Lion**

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