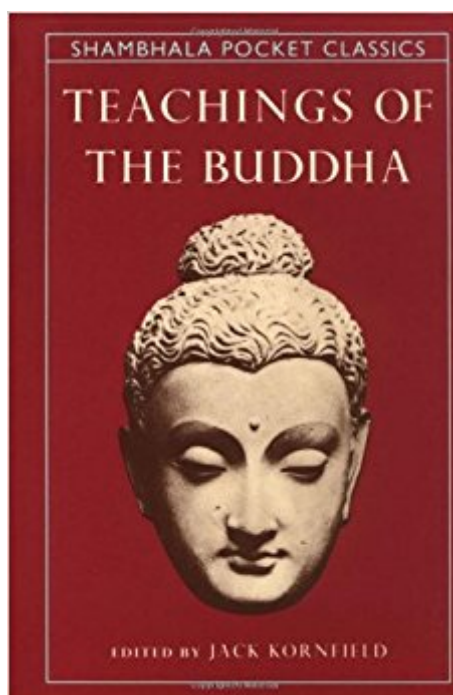


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# Teachings Of The Buddha (Shambhala Pocket Classics)



## Synopsis

This 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.

## Book Information

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## Customer Reviews

Buddhist teacher Kornfield offers the essence of Buddhist teachings on enlightenment and transcendence in this new edition of his classic compilation of verse, parables and meditations. The selected teachings, translated by Thich Nhat Hanh, Thomas Byrom and Gil Fronsdal, a Zen priest with whom Kornfield trained in Southeast Asia, come from both ancient texts of the Buddha's lessons and the poetic instructions of bodhisattvas, or awakened teachers, from India, Tibet, China and Japan. Eschewing both luxury and asceticism, the Buddha discovered a "Middle Path" of inner and outer balance in his search for enlightenment. "The Dharma of the Buddha does not require a person to go into homelessness or to resign from the world, unless he or she feels called upon to do

so," advises the teacher Ashvaghosha in "Living in the World," but instead it "requires every person to free themselves from the illusion of self, to cleanse one's heart, to give up one's thirst for pleasure, and lead a life of righteousness." Like other religious texts, many of the teachings focus on the basic steps toward spiritual awakening, such as mindfulness, generosity, and loving-kindness. These tend to be short, comprehensible and quietly poetic. On Virtue, the Buddha said: "Like garlands woven from a heap of flowers, Fashion from your life as many good deeds." There are parables whose messages are not as straightforward, of course, and there, readers are left to their own musings, since aside from Kornfield's brief introduction, the book only presents the inspiring literature. Copyright © Reed Business Information, a division of Reed Elsevier Inc. All rights reserved. --This text refers to an out of print or unavailable edition of this title.

"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 literature" •selected by one of the best-known American Buddhist teachers." •Snow Lion --This text refers to an out of print or unavailable edition of this title.

I was disappointed this book was so tiny, but I'm sure that's my fault for not reading the small print. The content is great, but it's about 3 inches long. And to top it off, my dog ate it yesterday.

A perfect little reference - I bought this to keep in my vehicle glove compartment. A bit of wisdom and energy wherever I go!

I LOVE the Shambhala Pocket Classics series. I have probably a dozen of their titles and have replaced this one several times after losing it or giving it to a friend. The book is diverse and has nuggets of wisdom from the many branches of Buddhism and all of them are fairly short. The vignette style of the teachings makes this a great book to carry and read on a break and then just spend a few minutes contemplating the passage.

This was a required text for my college Business Ethics course. I found this book to be enlightening. We read these teachings and small quotes aloud and talked about personal experiences. I thoroughly enjoyed the class and this book certainly enhanced aspects of the course. Great read. Thank you

A great collection from a range of traditions. Something in there for everyone. It is nice to have a small book to take along and yet have access to so much wisdom.

I haven't read this book yet. However I listen to the audio version often. Great presentation of Buddhist doctrine and practical knowledge.

An excellent, simple, well-balanced edition of the traditional teachings of the Buddha as compiled from various historical Scriptures from the Oriental (Eastern) Tradition of Philosophy.

I love Jack Kornfield. Bought this for Kindle and read it daily on my iPhone instead of my Kindle. Excellent compilation.

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