



Essential Tibetan Buddhism

By Robert A. F. Thurman

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WINNER OF THE TRICYCLE PRIZE FOR EXCELLENCE

Expertly and lucidly surveying the basic varieties and teachings of Tibetan Buddhism, renowned scholar Robert Thurman makes this authentic spiritual tradition available to contemporary Western audiences

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Editorial Review

Amazon.com Review

In this highly readable collection, Robert Thurman brings together the jewels of Tibetan literature that have made their own distinctive contribution to "the great river of Buddhism." He introduces the selection with an overview of essential Buddhist thought, orienting the reader with a history of Buddhism's development, from its origins in India, expansion across Asia, and flowering on Tibetan soil. Explaining the distinctive attainment of Tibetan Buddhist civilization as "the vivid sense of Buddhas in ordinary, daily reality," Thurman guides readers through selections that speak to the possibility of liberation for all beings. Stressing also the importance of the teacher or mentor figure in Tibetan Buddhist practice, he presents key texts from teachers whose words serve as inspiration to those seeking the path toward enlightenment. Excerpts culled from the vastness of the Tibetan canon include the hymns to the liberator goddess Tara, pieces from *The Tibetan Book of the Dead*, writings on mentor worship from the first Panchen Lama, and selections from esoteric tantric practice texts. The volume ends with the 1989 Nobel Peace Prize lecture by Dalai Lama Tenzin Gyatso, illustrating the enduring relevance of this ancient wisdom for modern life. --*Uma Kukathas*

From Library Journal

Thurman, who holds the first endowed chair in Indo-Tibetan Buddhist studies in America (at Columbia Univ.) and cofounded Tibet House in New York City, presents an introductory text of sorts, with a useful selection from representative texts. (LJ 3/1/96)

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From [Booklist](#)

Ever since the Dalai Lama was awarded the Nobel Peace Prize in 1989, Westerners have been fascinated by Tibetan Buddhism, and many have found their way to the Dalai Lama's lucid books. The next step in understanding this immensely complex tradition is to become familiar with its key texts. The literature of Tibetan Buddhism is vast and confounding, but Thurman, a highly respected Tibetan Buddhist scholar and an American Tibetan Buddhist monk, paves the way with this accessible, "essential" collection. He explains that the "essence" that sets Tibetan Buddhism apart from other Buddhist traditions is the belief in the existence of living Buddhas, and the possibility of becoming one oneself. The path to enlightenment is found with the help of a teacher, and mentor worship is as intrinsic to Tibetan Buddhism as monasticism, asceticism, tantric disciplines, the dharma, and reincarnation. Thurman, a mentor in print as well as in spirit, has wisely organized the carefully selected texts (many in verse form) according to the "essence" they elucidate. *Donna Seaman*

Users Review

From reader reviews:

Charles Tebo:

Book is usually written, printed, or illustrated for everything. You can know everything you want by a book. Book has a different type. To be sure that book is important point to bring us around the world. Next to that you can your reading expertise was fluently. A publication Essential Tibetan Buddhism will make you to end up being smarter. You can feel a lot more confidence if you can know about almost everything. But some of you think which open or reading the book make you bored. It isn't make you fun. Why they may be thought like that? Have you in search of best book or suitable book with you?

Alicia Hendrickson:

Nowadays reading books are more than want or need but also turn into a life style. This reading behavior give you lot of advantages. The advantages you got of course the knowledge the particular information inside the book this improve your knowledge and information. The knowledge you get based on what kind of reserve you read, if you want have more knowledge just go with training books but if you want truly feel happy read one along with theme for entertaining including comic or novel. The Essential Tibetan Buddhism is kind of guide which is giving the reader erratic experience.

Jacqueline Morrison:

Essential Tibetan Buddhism can be one of your basic books that are good idea. Most of us recommend that straight away because this reserve has good vocabulary that will increase your knowledge in terminology, easy to understand, bit entertaining but nonetheless delivering the information. The author giving his/her effort to get every word into joy arrangement in writing Essential Tibetan Buddhism nevertheless doesn't forget the main level, giving the reader the hottest in addition to based confirm resource details that maybe you can be one among it. This great information can certainly drawn you into brand new stage of crucial considering.

Eva Lynch:

On this era which is the greater individual or who has ability in doing something more are more special than other. Do you want to become among it? It is just simple method to have that. What you need to do is just spending your time very little but quite enough to get a look at some books. One of many books in the top checklist in your reading list is definitely Essential Tibetan Buddhism. This book that is qualified as The Hungry Hills can get you closer in growing to be precious person. By looking upwards and review this e-book you can get many advantages.

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