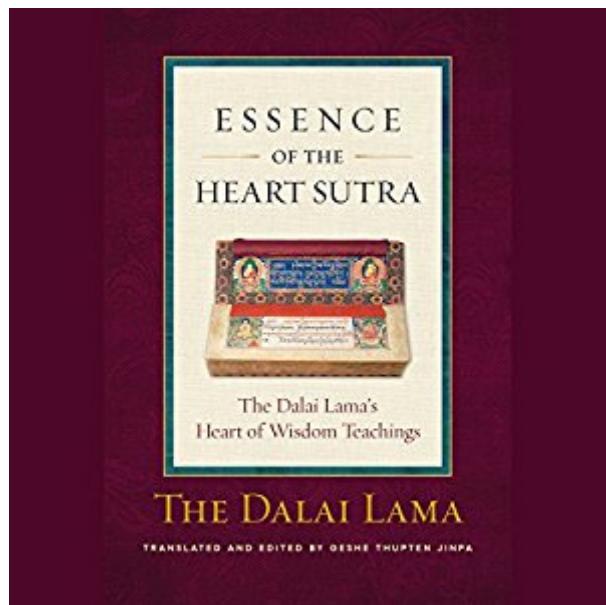


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# Essence Of The Heart Sutra: The Dalai Lama's Heart Of Wisdom Teachings



## **Synopsis**

For more than 2,000 years, the Heart Sutra has been part of the daily life of millions of Buddhists. This concise text, so rich and laden with meaning, concentrates the very heart of Buddhism into a powerful and evocative teaching on the interdependence of all reality. In *Essence of the Heart Sutra*, the Dalai Lama masterfully unpacks the Heart Sutra so that any listener can benefit from its teachings - teachings meant to help us release ourselves from suffering and live with true compassion. Comprised of his "Heart of Wisdom" talks originally delivered to thousands of listeners in 2001, the book offers the Dalai Lama's commentary as well as his easy-to-follow overview of Buddhist philosophy that places the sutra within its historical and philosophical context. With additional contributions by scholar and translator Thupten Jinpa, *Essence of the Heart Sutra* is the authoritative presentation of a text seminal to the world's religious heritage.

## **Book Information**

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## **Customer Reviews**

This is a treasure of Our Shared Heart. The Wisdom of one of the Living Buddhas, His Holiness The Dalai Lama, touches the precious jewel of the desire to be free in every human heart. Light and Love are your birthright through walking the Bodhisattva Path. I wish you Blessings of the Buddha by gifting yourself with this book. Go, go, go beyond, and establish yourself in Enlightenment. Stephen Skelton/Altair

This is a very well written exposition of the Heart Sutra. The Dalai Lama is one of the great teachers of Buddhism. No matter what your spiritual or religious belief's are I think you will get something out of this book. For those who have only read or chanted the Heart Sutra I recommend you read this book as you will probably have a new understanding of it.

we are using this book for our study with a Buddhist group. We read it and discuss it. As with the Dalai Lama's beliefs, anyone can use the teachings for good in their lives

Hmmm, a remarkable book by a remarkable man on a remarkable sutra! The Heart Sutra is the essence of the Perfection of Wisdom class of sutras, which represent the "Second Turning of the Wheel of Dharma". That is to say, the second main set of teachings by the Buddha. The First Turning was on the Four Noble Truths. The Third Turning was on Buddha Nature. But the Second Turning was on the nature of reality, emptiness -- in other words, the important stuff! This is a hard literature, crystalized in the Heart Sutra, which is only a few pages but very dense (versions of it are available on-line). Here the Dalai Lama provides an excellent commentary on this difficult text by placing it within its entire Buddhist context. The result is that one is led step by step to the deepest understanding of this sutra, which is really the most profound element of the Buddha's teaching. Remarkably, then, this book can be grasped by the beginning student as well as much more experienced students. A crucial element in Buddhism is familiarization: going back over something again and again until it is understood very deeply, and then realized personally through meditation. So such approaches, that begin from the basics and move up to very profound topics, should not be seen as needless repetition, but as opportunities to really internalize the teachings. The style of His Holiness's language is always conversational, easy to read, and humorous. This is no exception. The book is also beautiful and a pleasure to read. Most important, it is a crucial teaching that can help transform our lives.

The Heart Sutra can be a bit of a shock to someone extending an inquiring toe into Buddhism for the first time. The book should be read slowly, with many pauses. It is a challenging read. It has become the center for my studies, but I have been a Zen Buddhist for seven years. The book is a translation, with editing, of discourses given by the Fourteenth Dalai Lama. For anyone interested in Buddhism as either religion or philosophy, or in the study of the great religions, it is a valuable buy.

For anyone trying to deepen their spiritual practice within the buddhist faith this book is a must have!

The Heart Sutra is one of the most sacred texts in Mahayana buddhism, and if you have a hard time understanding the concept of emptiness this book should clarify your questions and set you up for a lifetime of practice!

What a beautiful way to read and understand the Heart Sutra. I am grateful for such an in depth exploration by such a master. I can only hope that all who read this may become closer to enlightenment

This is a beautiful book that contains the purest and delicious nectar of the Dharma of wisdom and ecumenism of His Holiness Dalai Lama, the Buddha of Compassion. It is a text for both beginners and advanced students who are trained and wants to delve into the Prajnaparamita teachings. It begins with an introduction full of information about the main topics of teachings of Lord Buddha and the origins and context of the Prajnaparamita texts. I only give it four stars because in the aspect of Emptiness the Dalai addresses it from a philosophical Madhyamaka perspective, typical of Gelug school. This a more difficult way to understand Emptiness and even more complex to integrate and perform through daily practice. Its a very intellectual way of approaching it, but I understand that he also represents the academic tradition of the ancient Nalanda.

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