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The Path: A Guide to Happiness (Paperback)

By Khenpo Sherab Zangpo

Wisdom Publications,U.S., United States, 2017. Paperback. Condition: New. Language: English . Brand New Book. Khenpo Sherab Zangpo draws on Tibetan Buddhist tradition and his own fascinating life story to describe a way forward for contemporary practitioners, offering lucid guidance on daily practice, finding the right teacher, and cultivating a wiser and more compassionate attitude toward others and ourselves. The Path brings us the remarkable teachings of Khenpo Sherab Zangpo, a leading scholar from the famous Larung Buddhist Institute of Five Sciences in Eastern Tibet. As a lineage holder in the tradition of the Great Perfection--the highest teachings of the Nyingma school of Tibetan Buddhism--Khenpo Sherab offers insight into the nature of our world and the possibility of transformation through committed engagement with the path. Enriched by many stories from his life in Tibet, Khenpo Sherab enhances our understanding of Buddhism's foundational teachings on suffering, impermanence, and interconnectedness, and explores answers to questions that all modern practitioners face: How do I decide who is the right teacher for me? What role does faith play in my practice? How can I confront the realities of death? Offering lucid guidance on the nuances of daily practice and the methods for cultivating a wiser...



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