



Essence of the Heart Sutra: The Dalai Lama s Heart of Wisdom Teachings (Paperback)

By His Holiness Tenzin Gyatso The Dalai Lama

Wisdom Publications,U.S., United States, 2005. Paperback. Condition: New. Reprint. Language: English . Brand New Book. For more than two thousand 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 reader 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.



Reviews

A whole new e book with a brand new point of view. I could possibly comprehend every thing using this written e book. Its been written in an extremely simple way which is only soon after i finished reading through this ebook by which actually modified me, change the way in my opinion.

-- **Marcia McDermott**

This is basically the greatest pdf i have got go through right up until now. It normally fails to cost excessive. Once you begin to read the book, it is extremely difficult to leave it before concluding.

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