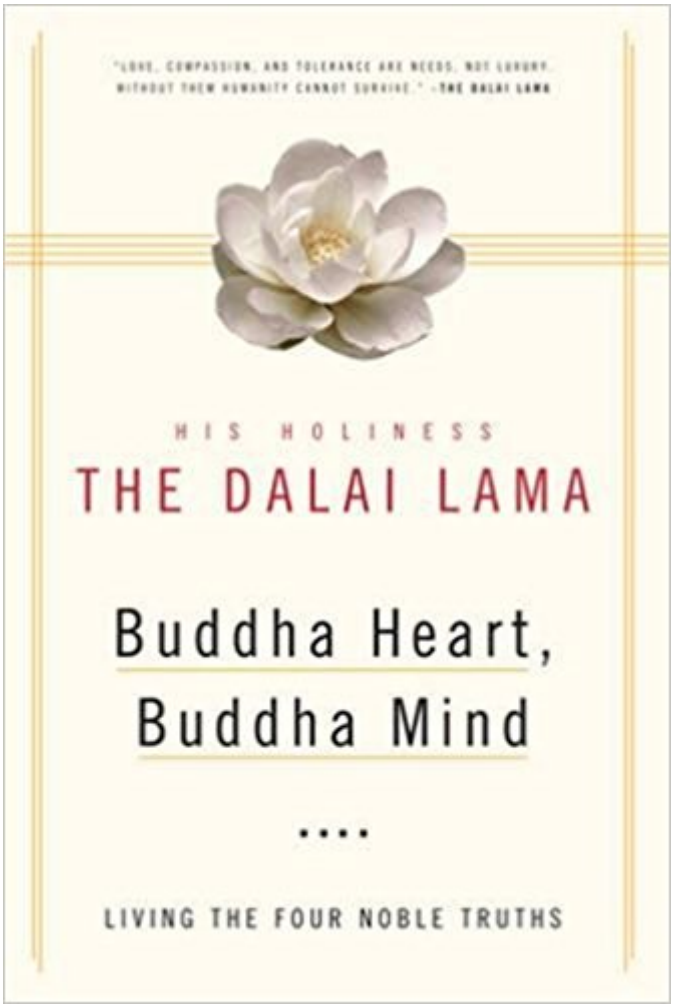
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Buddha Heart, Buddha Mind: Living The Four Noble Truths



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Synopsis

This book is a collection of passages from lectures by the Dalai Lama. The teacher who speaks here is not the Buddhist philosopher, nor the head of state of the Tibetan people, but the spiritual friend, the one with a sharp, compassionate, and humorous understanding of the human condition. The Dalai Lama answers our concerns about the source of our anxieties, our limitations, the problem of death, and the deepest responsibilities of our lives.

Book Information

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Customer Reviews

"Dalai Lama" on .com's search engine pulls up an impressive 186 matches with publication dates from 1983 to 2001, a prodigious outpouring by any assessment. Many of these titles, of course, are about the 14th Dalai Lama, Tenzin Gyatso, but quite a few credit His Holiness as the author. This is one such volume. Typically, however, this book is not technically "written" by His Holiness, but is actually a skillful transcription by Jigm? Khyents? Rinpoch? of eight addresses the Tibetan leader delivered (and the subsequent question-and-answer periods) at the Institut Karma Ling in Savoie, France, in 1997. Not a book for beginners in Buddhism, this has considerable, complex depth that transcends the implied simplicity of the subtitle's "Living the Four Noble Truths" by addressing suffering and it cessation. This selection will, however, be of good value to advanced practitioners who can never have too much of a good thing. A notable exception for beginners is the seven pages of "Specific Instructions on Meditation," in which the world's foremost practitioner and proponent of Tibetan Buddhism gives the benefit of his measureless experience in clear, useful terms. For all this cerebral material's weight, the Dalai Lama's charming sense of humor at times

pokes through. This will no doubt satisfy and enlighten emerging Western bodhisattvas. Copyright 2000 Reed Business Information, Inc.

Text: English (translation) Original Language: Tibetan

I have many HHDL books, and am currently enjoying this one too.

What does this book offer any reader drawn in by its credited author? With many titles attributed to or about the Dalai Lama, it can challenge or dissuade the inquirer. Given a brief note of receipt and a blurb comprise the two reviews preceding, I will preview its contents a bit more.These are talks from over four days in 1997 at a monastery in France. They're translated into/ through French and then English. This may partially account for the difficulty I encountered as I made my way into what for only its first ten pages appeared accessible. I've read a few books on Buddhism, and a few by the Dalai Lama (or those credited to him--as he works with a team of translators I admit by the time his words get filtered into English I am not sure how much they've been worked on, similar to an renowned artist and his atelier). But, this one felt tougher.While the subtitle promises treatises about the core teachings of the Four Noble Truths, these are embedded in a formidable core of philosophical allusions to major schools of Buddhist thought, and these are assumed to be familiar to the audience. So are the many asides to particular and venerable proof-texts scattered on nearly every page. The Self and Karma, suffering, the Buddha's bodies (here it gets tougher to follow), refutation of the Self, omniscience, and practice make up the main chapters.As the summation notes, a bit of humor is welcome. The Dalai Lama in self-effacing crowd-pleasing lines nods, for instance, to his own growing navel, and how it might block the ideal of a drop falling from nose tip to lap top while in the recommended lotus position. The book, in fact, veers all over: it can delve into the most recondite references as if common knowledge to the hearer, and then advise basic meditation postures. I admit the whole presentation baffled me, and it was difficult to persevere, but I did. Further, some may remain confused by the non-annotated sentence closing the penultimate talk: "May I ask the adepts of Shoukden not to join us." (133)I am still not sure how the "clear light" enduring defies the impermanence in the chain of "interdependent production" (aka "dependent origination" in other books by other writers). He defines a buddha: "When momentary constructions are all extinguished, or spoiled, in the dimension of the clear light, and when they no longer spring back up from it, then to remain constantly in the unique innate original clear light to be called a buddha." (46) You may sense the translation's tone. "In a sense, the clear light is not a creator, but

only in a sense; Buddhism accepts self-creation, or 'production from a point of departure in oneself.' So we must envision this mode of creation in respect to the clear light. However, my clear light has uniquely created my lives, and never the lives of others." (92) The Dalai Lama continues, but this puzzled me.More elaboration was likewise not present on how reincarnation jibes with this fundamental teaching as neatly as the Dalai Lama suggests pithily in one of the Q+A sessions appended to each chapter, but the mystery of all this kept me going. It ends well, one page admonishing those of us who have no religion to watch ourselves closely, and for all to abstain from violence and to advance compassion. Happiness of mind and self-discipline endure as touchstones for the audience and author. Yet, this is no inspirational compendium for the casual reader. It's as if I expected a Catholic child's catechism, to find a dense treatise by Thomas Aquinas.

Buddha Heart, Buddha Mind: Living The Four Noble Truths is a compilation of passages from lectures delivered the His Holiness, The Dalai Lama. As The Dalai Lama addresses such timeless issues as how personal suffering can be ended, how to become truly compassionate, and whether or not the potential for happiness resides within our own power, he speaks as a spiritual friend with a sharp, compassionate, and humorous understanding of the human condition. A core title for contemporary Buddhist philosophical and instructional collections, Buddha Heart, Buddha Mind reveals answers to basic sources of anxiety, personal limitations, the problem of death, the deepest responsibilities of human life, and much more.

The book lived up to what I expected. I knew what I was about to receive and it was a very good clean bookiThank you

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