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A dynamic and comprehensive presentation of Buddha's teachings includes practical explanations on how to achieve lasting happiness and freedom from problems for yourself and others. In clear and easy-to-use terms, Geshe Kelsang Gyatso powerfully explains the essence of reality, reveals the preciousness of Tantra, from the foundations of Buddhist meditation and philosophy, and offers modern busy people a path to liberation and enlightenment. The brief history of Kadanga Buddhism shows how Buddha's timeless teachings have been transmitted from teachers to students for thousands of years, and how Western Buddhists are applying what was once only used by mystics and monks. This inspiring handbook for daily practice is designed to encourage people of all faiths to deepen their understanding and enjoyment of the spiritual path, not just those seeking solutions to the problems of everyday life in Buddhism. 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With compassion and wisdom, we can solve all the problems of the day-to-day and achieve the true meaning of our human life, and like the two wings of a bird, they allow us to reach enlightenment quickly. Modern Buddhism - the Path of Compassion and Wisdom - Volume 1 eModernBuddhism. The book reveals how to lay the foundation for a spiritual path, how to go down that path, and how to achieve it. With compassion and wisdom, we can solve all the problems of the day-to-day and achieve the true meaning of our human life, and like the two wings of a bird, they allow us to reach enlightenment quickly. Not only for an inspiring handbook of everyday practice that is perfectly suited to those seeking solutions in Buddhism, but also to encourage practitioners of all faiths to deepen their understanding and practice of the spiritual path. 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With compassion and wisdom, we can solve all the problems of the day-to-day and achieve the true meaning of our human life, and like the two wings of a bird, they allow us to reach enlightenment quickly. Not only for an inspiring handbook of everyday practice that is perfectly suited to those seeking solutions in Buddhism, but also to encourage practitioners of all faiths to deepen their understanding and practice of the spiritual path. A special gift from the author The ebook version of modern Buddhism - The Way of Compassion and Wisdom, in three volumes, is freely distributed at the request of the author Geshe Kersan Gyazzo. The author says that by reading and practicing the instructions in this book, you can solve your daily problems and keep a happy mind at all times. Geshe Kelsang wants to provide this ebook freely to everyone so that these benefits can penetrate the whole world. 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I would like you to respect the sentimental existence that by reading and practicing the instructions of this work, you can solve the problems you encounter every day and always keep a happy mind to respect this precious Dharma book and to be free from the suffering of those involved in the book. Geshe Kersan offers this ebook so that all beings can enjoy these advantages in every corner of the world. We would like to ask you to respect this valuable book by Dharma that allows sentimental existence to be permanently free from suffering. If you read and practice the advice provided in this work with patience, your problems caused by hatred, attachment and ignorance will disappear. It is a simple language that makes it easy to read books that show all aspects related to Buddhism very perfectly, and invites the reader to deal with very important reflections, propose meditation and make decisions on his spiritual journey. Buddhism has many different currents, and the book tackles only one of them, which I don't like it at all, but in this I was able to understand that the Buddhist flow it exposes is not where I want to start. The idea of this order is a great introduction to this way of life and has an affinity with what has been exposed, so you can start the above practices, otherwise an invitation is open to asking for more about dely dede and Buddhist traditions. It includes all the strict practices of Dharma and develops them in a very complete way, which is easily understood to be performed later by those interested in life leading to enlightenment. I highly recommend it, it is a very good starting point for the spiritual path. ... The deeper meaning of life to achieve the grata lesson enlightenment of the thy great yoga tantra. For those who want to add meaning to their daily activities and realize themselves, they will find meditative exercises in this volume of tantras that serve that purpose. A good introduction to what Buddhism is and some philosophies about it. For me, the use of exfoliation can be very helpful in reducing expectations and painful emotions. The notion of emptiness or non-existence approaches denial. It may be useful to me. There are several gems in this book, but they are buried in so much mud that it is not worth itfor them. There are many other better options. I think the author had some good ideas, but beyond all that complicated. There was a lot of circular logic, logical leaps and just bad logic in parts of the book. Perhaps the best example is when you tell the truth that raises a scenario if you dream of stealing diamonds and ask if someone stole them, the answer is, I have some gems in this book, but they are so buried in the mud that it's not worth looking for them. There are many other better options. I think the author had some good ideas, but beyond all that complicated. There was a lot of circular logic, logical leaps and just bad logic in parts of the book. Perhaps the best example is if you dream of stealing a diamond and someone asks if you stole the diamond, if you tell the truth, the answer is yes. But the chapter before he proved had no self, and before that he proved that there were not even diamonds, so even in a dream, how can I steal them?... This is volume 2, part 1, 2 and 3 are all one book if you want to get a real book as Apposed in an ebook (split into 3 downloads and free on Amazon). This part, Tantra is so wonderful and inspiring. I've heard many offhand comments on Tantra that don't have a relationship with Tantra as described in Buddhism. The book clearly explains what Tantra is and in a detailed, clear yet not overwhelming way. His other books on Tantra say this is Volume 2, but if parts 1, 2 and 3 all get a real book as Appas in an ebook (split into 3 downloads and free on Amazon), it's great for those who say it's all books. This part, Tantra is so wonderful and inspiring. I've heard many offhand comments on Tantra that don't have a relationship with Tantra as described in Buddhism. The book clearly explains what Tantra is and in a detailed, clear yet not overwhelming way. His other books on Tantra are great for those who are deeply interested in going down this path as their spiritual path. But for those who want more than just introductions but are manageable for newcomers, there's no better book out there. ... More this volume go deeper into Tibetan Buddhism. It covers a very deep and somely complex practice. There are more manuals for this deeper practice. In another book I read with similar content, I was told that I needed a master to receive a transmission to start vaileyogini/elka meditation. It is an interesting way to read and recommended for those who are interested in Buddhism. Buddhist.

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