FREE ESSENCE OF THE HEART SUTRA: THE DALAI LAMAS HEART OF WISDOM TEACHINGS PDF

His Holiness Tenzin Gyatso The Dalai Lama, Thupten Jinpa | 192 pages | 01 Sep 2005 | Wisdom Publications, U.S. | 9780861712847 | English | Somerville, United States
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.

Product Details About the Author. He frequently describes himself as a simple Buddhist monk. Born in northeastern Tibet in 1935, he was as a toddler recognized as the incarnation of the Thirteenth Dalai Lama and brought to Tibet's capital, Lhasa. In 1959, as Mao Zedong's Communist forces made their first incursions into eastern Tibet, shortly after which the young Dalai Lama assumed the political leadership of his country.

In recognition of his tireless work for the nonviolent liberation of Tibet, the Dalai Lama was awarded the Nobel Peace Prize in 1989. In 1991, he relinquished political authority in his exile government and turned it over to democratically elected representatives.

His Holiness frequently Essence of the Heart Sutra: The Dalai Lama's Heart of Wisdom Teachings that his life is guided by three major commitments: the promotion of basic human values or secular ethics in the interest of human happiness, the fostering of interreligious harmony, and securing the welfare of the Tibetan people, focusing on the survival of their identity, culture, and religion.

Great unpacking of sutra and mantra; rated a three because reading is no substitute for practice. Thupten Jinpa. 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 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.
The Way of the Bodhisattva. About Wisdom Publications. He frequently describes himself as a simple Buddhist monk. Born in northeastern Tibet inhe was as a toddler recognized as the incarnation of the Thirteenth Dalai Lama and brought to Tibet's capital, Lhasa. InMao Zedong's Communist forces made their first incursions into eastern Tibet, shortly after which the young Dalai Lama assumed the political leadership of his country.

He passed his scholastic examinations with honors at the Great Prayer Festival in Lhasa in the Essence of the Heart Sutra: The Dalai Lamas Heart of Wisdom Teachings year Chinese forces occupied the city, forcing His Holiness to escape to India. There he set up the Tibetan government-in-exile in Dharamsala, working to secure the welfare of the more thanTibetan exiles and prevent the destruction of Tibetan culture.

In his capacity as a spiritual and political leader, he has traveled to more than sixty-two countries on six continents and met with presidents, popes, and leading scientists to foster dialogue and create a better world. In recognition of his tireless work for the nonviolent liberation of Tibet, the Dalai Lama was awarded the Nobel Peace Prize in Inhe relinquished political authority in his exile government and turned it over to democratically elected representatives.

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As a superior scholar trained in the classical texts of the Nalanda tradition of Indian Buddhism, he is able to distill the central tenets of Buddhist philosophy in clear and inspiring language, his gift for pedagogy imbued with his infectious joy. Connecting scientists with Buddhist scholars, he helps unite contemplative and modern modes of investigation, bringing Essence of the Heart Sutra: The Dalai Lamas Heart of Wisdom Teachings tools and insights to bear on the acute problems facing the contemporary world.

His efforts to foster dialogue among leaders of the world's faiths envision a future where people of different beliefs can share the planet in harmony.

Wisdom Publications is proud to be the premier publisher of the Dalai Lama's more serious and in-depth works. Thupten Jinpa Langri was educated in the classical Tibetan monastic academia and received the highest academic degree of Geshe Lharam equivalent to a doctorate in divinity. Sincehe has been the principal translator to the Dalai Lama, accompanying him to the United States, Canada, and Europe. Jinpa has published scholarly articles on various aspects of Tibetan culture, Buddhism, and philosophy, and books such as Songs of Spiritual Experience: Tibetan Poems of Essence of the Heart Sutra: The Dalai Lamas Heart of Wisdom Teachings and Insight co-authored and Self, Reality and Reason in Tibetan Thought.

He serves on the advisory board of numerous educational and cultural organizations in North America, Europe, and India. He is currently the president and the editor-in-chief of the Institute of Tibetan Classics, a nonprofit educational organization dedicated to translating key Tibetan classics into contemporary languages. He also currently chairs the Mind and Life Institute. The Heart Sutra. Dalai Lama.

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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. Get A Copy. Paperbackpages. Published July 7th by Wisdom Publications first published January 1st More Details Original Title.

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Lists with This Book. Community Reviews. Showing Average rating 4. Rating details. More filters. Sort order. Dec 30, Amy-Lee rated it really liked it. Very interesting though not light! It's well written and accessible. I knew very little about Buddhism when I picked up this book, and maybe I still don't know much, but I feel like I have a general sense of the concept of "emptiness" and how it might benefit people.

Jun 05, robin friedman rated it it was amazing. It is a basic text of Mahayana Buddhism and recited daily in monasteries and by practicing
Buddhists throughout the world. There are many commentaries, ancient and modern, on this text, but I found this recent book by the Dalai Lama, "Essence of the Heart Sutra" an outstanding place for the beginner to start.

The Dalai Lama's book also will reward study by those having great prior familiarity with the text. This work is much more than a commentary on the Heart Sutra.

It is equally valuable as an introduction to Buddhism and as a compendium of the teachings of the Dalai Lama. It is instructive to see how the Dalai Lama weaves his broad material together into a coherent whole. Thus, in the first part of the book, the Dalai Lama offers broad-based comments on the spiritual dimension of life, of the relationship between Buddhism and other religions, and of the fundamentals of Buddhist teachings.

It is inspiring to hear words of ecumenism, tolerance, and willingness to learn from others. It is also important to read the Dalai Lama's exposition of the basic Buddhist teaching of Dependent Origination, which is, in later sections of the book, tied masterfully to the interpretation of the Heart Sutra. The second part of the book offers a translation and commentary on the Heart Sutra.

Consistent with his opening chapters, the Dalai Lama Essence of the Heart Sutra: The Dalai Lamas Heart of Wisdom Teachings the continuity between this Mahayana text and its earlier predecessors in Theravada Buddhism.

Many other commentaries emphasize how the Heart Sutra departs from and differs from its predecessors. In addition, in a few brief pages the Dalai Essence of the Heart Sutra: The Dalai Lamas Heart of Wisdom Teachings offers great insight into the fundamental teaching of emptiness that reality is "empty of intrinsic existence.

Instead, the Dalai Lama relates the teaching of the Sutra to the doctrine of Dependent Origination -- stressing the lack of independent existence, substantiality, and ego. He discusses different ways in which various Buddhist schools interpret the doctrine of emptiness -- including the "mind-only" school and two variants of the "middle-way" school. This material is difficult but important and not stressed in various other commentaries that I have read.

The final part of the Dalai Lama's study discusses the Bodhisattva path of Mahayana Buddhism -- the decision to dedicate oneself to the welfare of others -- and relates it to the text of the Heart Sutra. There are teachings and practices here on learning to practice lovingkindness, also set forth in other writings of the Dalai Lama, but informed here by the discussion of emptiness and nonclinging in the Heart Sutra.

This discussion, and the short epilogue, tie together the ecumenical material in the book with the elucidation and analysis of the Heart Sutra. This book presents difficult, profound teachings in an accessible readable way. It is ideal for the beginning Essence of the Heart Sutra: The Dalai Lamas Heart of Wisdom Teachings or for those who want to explore the Heart Sutra to see what it might offer.

It also presents an exposition of this text by the spiritual leader of Tibetan Buddhism. For those who want to read further and compare and contrast other approaches to this inexhaustible text, I recommend Red Pine's study "The Heart Sutra" and Donald Lopez' "Elaborations of Emptiness", a detailed and difficult analysis of the Heart Sutra in light of its earliest Indian and Tibetan commentaries. Robin Friedman Jan 30, Mike Zickar rated it liked it Shelves: zen. This is a good summary of Buddhist theology as it relates to emptiness and the Heart Sutra, though it is largely a scholarly text.

There is little personality or personal experience in here that may guide the practitioner. I suspect that this is a book that would reward additional readings. Aug 10, Demi rated it it was amazing. At Essence of the Heart Sutra: The Dalai Lamas Heart of Wisdom Teachings local Buddhist Centre, I was once asked to recommend a book to a practitioner on Emptiness.

Now this is can be a tough one. The subject of Emptiness is a beautiful and unique teaching of Buddhism, but there's no doubt that it's also incredibly profound and a topic that can be easily misunderstood.

Against this backdrop, I was once asked to recommend a book to a beginner on Emptiness. The 14th Dalai Lama. This book deconstructs a relative short sutra, The Heart Sutra, which covers the subject At my local Buddhist Centre, I was once asked to recommend a book to a beginner on Emptiness. This book deconstructs a relative short sutra, The Heart Sutra, which covers the subject of Emptiness.

The reason why this book is so good for beginners is largely due to the skill in which His Holiness explains Emptiness. He has a wonderful knack of discussing what can be a very complex topic in terms that even non-Buddhists can easily comprehend.

By reading this book, not only will you gain insight into what the Heart Sutra is all about but also how Tibetan Buddhists understand and use Emptiness. I hope you enjoy this lovely read and don't worry, the book is a manageable size in terms of reading time as much as I did. Dec 13, Emily Schirmer rated it liked it it was amazing. Overall, this is a very good book.

Very informative, as well as inspirational. I do, however, feel that at times it was a bit dense. I appreciate such a thorough breakdown and explanation of the Heart Sutra, but sometimes a more general summary is appreciated. Other than Overall, this is a very good book. Other than that, the detailed synopsis of the Heart Sutra was very compelling and informative, and I always enjoy furthering my understanding of the beautiful teachings of this religion.

I find that many traditionally Buddhist practices are beneficial when applied to my own life. Essence of the Heart Sutra: The Dalai Lamas Heart of Wisdom Teachings comforting, and a worthwhile read. Jan 31, Sybil rated it really liked it it was amazing. A reread: Authoritative analysis of the Heart Sutra.

The front and back are fairly dry. The middle is the analysis and definition of emptiness, which is so important. This is where the book shines. Jun
3. Barbara rated it as amazing. Everyone says hard to read, but it was the first Buddhist Essence of the Heart Sutra: The Dalai Lama's Heart of Wisdom Teachings that I read.