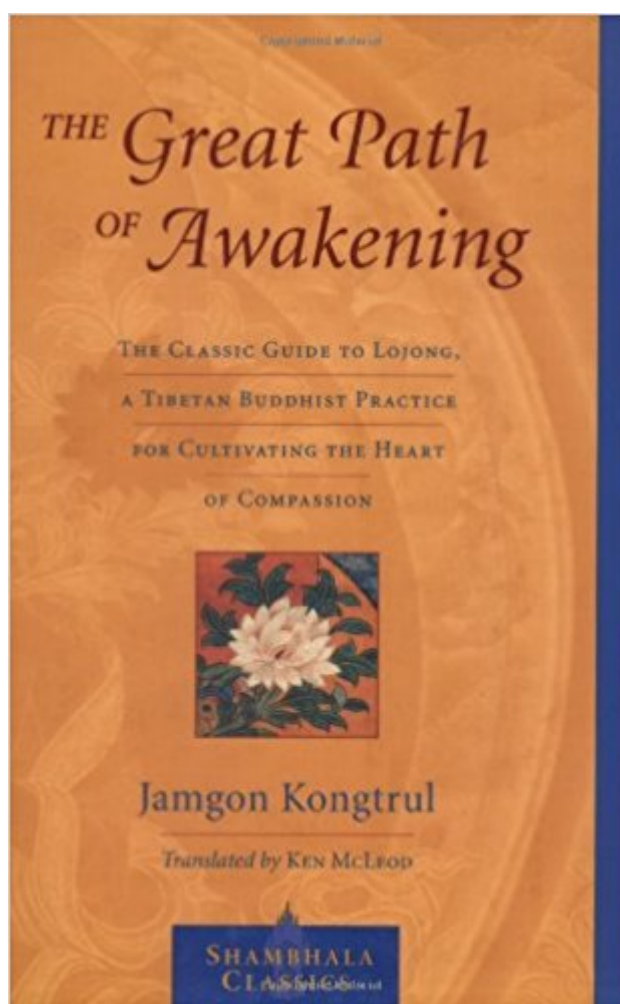


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The Great Path Of Awakening: The Classic Guide To Lojong, A Tibetan Buddhist Practice For Cultivating The Heart Of Compassion (Shambhala Classics)





Synopsis

Here is a practical Buddhist guidebook that offers techniques for developing a truly compassionate heart in the midst of everyday life. For centuries, Tibetans have used fifty-nine pithy slogans—such as "A joyous state of mind is a constant support" and "Don't talk about others' shortcomings"—as a means to awaken kindness, gentleness, and compassion. While Tibetan Buddhists have long valued these slogans, recently they have become popular in the West due to such books as *Start Where You Are* by Pema Chödrön and *Training the Mind* by Chögyam Trungpa. This edition of *The Great Path of Awakening* contains an accessible, newly revised translation of the slogans from the famous text *The Seven Points of Mind Training*. It also includes illuminating commentary from Jamgon Kongtrul that provides further instruction on how to meet every situation with intelligence and an open heart.

Book Information

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Customer Reviews

"Jamgon Kongtrul's commentary on the slogans is one of the best books I studied. I was relieved that Buddhism was so simple. You can just follow the book and do as it says, which is extraordinarily powerful and such a relief."—Chögyam Trungpa

Jamgön Kongtrül I (1813–1899) was a versatile and prolific scholar. He has been characterized as a "Tibetan Leonardo" because of his significant contributions to religion, education,

medicine, and politics.

The author, Jamgon Kongtrul, was one of Tibet's most influential intellectual Buddhists in the 19th century. This work is a translation of his lojong training manual (which are 59 or 60 slogans which encapsulate all of Kaygu lineage hinayana and mahayana Tibetan Buddhist teachings. Slogans are very short reminders of larger Buddhist concepts. For example, one slogan is "Two Activities: One At the Beginning and One At the End" What it means is that one should begin their day thinking about what they have planned and that they will remember to practice relative and absolute bodhichitta (loving kindness, loving awareness) in all of their activities. At the end of the day before one goes to sleep, one should reflect and if one practiced bodhichitta even once they should rejoice. If there was an occurrence where they did not practice bodhichitta, they should still rejoice as they have recognized their ignorance and can practice bodhichitta more fully in the future. The moral is a little slogan packs a lot of wisdom. This translation is excellent and the slogans and commentary are very straight forward and useful. What I especially like about this lojong book is that, unlike others, there are many references to other famous Buddhist teachers such as Shantideva. The explanations are both pithy and educating. The additional material, such as the seven branch prayer, provided with the book is likewise a very worthwhile resource. I would suggest using this book alongside Trungpa Rinpoche's lojong book "Training the Mind" as the translator makes reference to it as cross compares the slogan translations. Overall, I most highly recommend this book.

This is a fresh, readable, and clear guide to the Lojong teachings. I use it in combination with other books on Lojong (Pema Chodron, Start Where You Are; the Practice of Lojong, Traleg Kyabgon, and others). For me, it's ideal to have a variety of interpretations available, as I never know what aspect of a Lojong slogan is going to resonate in my life on any particular day. That said, Jamgon Kongtrul's commentaries are always concise and reliable. I have confidence in these teachings, and they have enhanced my spiritual practice.

Ken is a great translator and does a fine job with this one. Of course, not enough good things can be said about lojong.

Bought this for a class....a wonderful addition to my Dharma Texts.

This book is indispensable for finding the true path to Buddhahood, and happiness in this life.

Worked as advertised

This is among the two or three best books on Buddhist practice that I have ever used, and I use it almost daily.

ok

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