



## The Buddhism of Tibet: Combined Volume (Comprising the Buddhism of Tibet and the key to the Middle Way by Tenzin Gyatso, the Fourteenth Dalai Lama and The Precious Garland and the Song of

By Dalai Lama & Jeffrey Hopkins

Motilal Banarsidass Publishers Pvt. Ltd., New Delhi, India, 1987. Softcover. Book Condition: New. The Buddhism of Tibet consists of four texts, the first two written by the fourteenth Dalai Lama himself and the remaining two chosen by him for Western readers: The Buddhism of Tibet explains the principal topics and central practices of Buddhism. The Key to the Middle Way leads the student to the discovery of the true meaning of emptiness. The Precious Garland by Nagarjuna is famous for its descriptions of the Bodhisattva path of compassion and for its clear, concise analysis of the Buddha's teaching on emptiness. The Song of the Four Mindfulnesses contains all the essentials of sutra and tantra. It is to be used as a basis for meditations on mindfulness of the guru, altruism, deity yoga and emptiness. Printed Pages: 219.

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