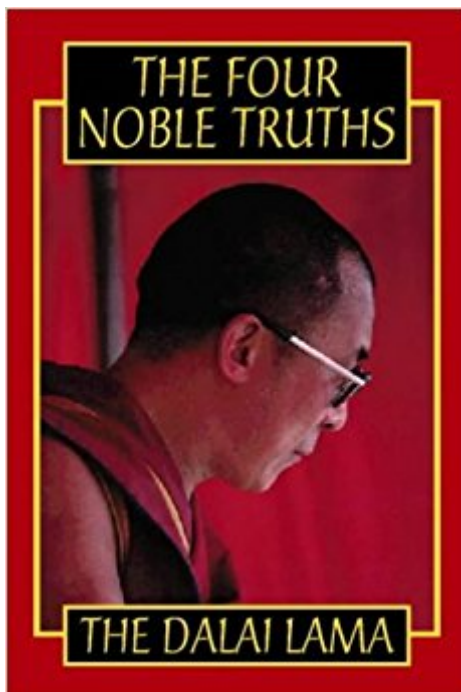


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# The Four Noble Truths



## Synopsis

This book contains the essential guide to some of the central Buddhist teachings based on the recent UK lectures by his holiness. This volume includes: - The Four Noble truths, one of the most central tenets of Tibetan Buddhism. The need to balance spiritual and material values. - Compassion, the Basis for Human Happiness

## Book Information

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## Customer Reviews

In July 1996, for the first time in the West, his Holiness the Dalai Lama gave two exclusive days of teaching in London on 'The Four Noble Truths' - the heart of the Buddhist teachings. 'The Four Noble Truths' - the truth of suffering, the truth of the origin of suffering, the truth of the cessation of suffering and the truth of the path leading to this cessation - was the first sermon the Buddha gave after he was enlightened. As well as elucidating these teachings, His Holiness the Dalai Lama also explains the relative and absolute compassion. • Whenever I have been given the opportunity to introduce Buddhism I always make it a point to explain Buddhism in terms of two principles. One is the development of a philosophical viewpoint based on the understanding of the interdependent nature of reality. And the second principle is that of non-violence which is the actual action of a Buddhist practitioner and which derives from that view of the interdependent nature of reality. • HIS HOLINESS THE DALAI LAMA

The Dalai Lama is the spiritual and political leader of Tibet. He is the author of several books on Tibetan Buddhism.

One of the fundamental tenets of Buddhism. If you read nothing else about Buddhism, you have to understand this one.

As I first began reading, :-/ came across very intellectually and I considered it possibly beyond my mental scope. I persisted and as the reading progressed I became more aware of how well it all tied in together. :/ authored an excellent book on guidance and instruction.

I liked this review of the Buddhist teachings of the four noble truths. Sometimes I was a little confused but with more study I hope to develop a more clear understanding .over all this was a good start to studying the Buddhist teachings.

....watching the Dalai Lama explain the Four Noble Truths on my iPad than some lame movie while on an airplane for 5 hours. The introduction by Robert A.F. Thurman is a wonderful concise explanation of what is ahead. His Holiness speaks some personal comments in English but then switches to Tibetan when explaining the philosophy and thought behind The Four Nobel Truths (with his long-time interpreter on stage with him). You should, I think, have a basic knowledge of the story of the Buddha before watching this as it will help understanding the thought behind The Four Noble Truths. Wonderful listening to and seeing the His Holiness the Dalai Lama, very comforting.

Opens up a new understanding of life and look of life in our daily living and spiritual being.

I was incredible lucky to have initially rented this from Netflix. It was so good, I had to order it from , so I can watch it again and share it with everybody. Everybody! Its not just fo rBuddhists, its for the philosophy of life itself and can be used by everyone everyday. Its academic and scholarly too and you will learn something new no matter ho much you have studied. SL's interpreter himself is an enlightened blessing and an inspiration in delivering this mighty truth.

This was a beautiful guide into the fundamental conclusion reached by the Buddha as he entered into the state of Enlightenment. Read this and take the time to let it fill every part of you! Love and Light.

It was not what I anticipated on getting. However it was definitely a really good read for serious students of Buddhism or researchers.

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