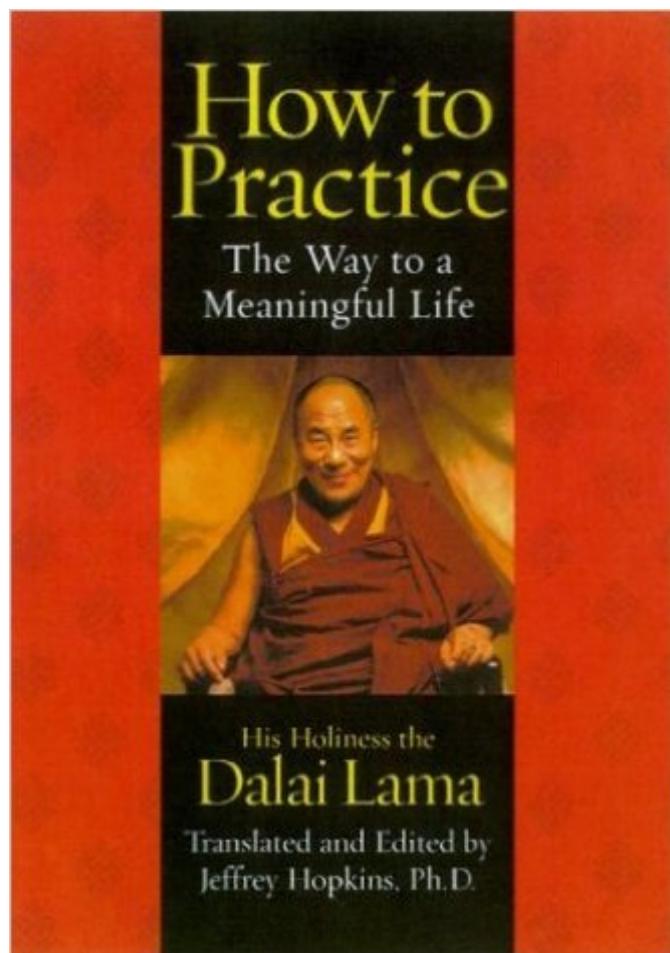


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# How To Practice: The Way To A Meaningful Life



## **Synopsis**

As human beings, we all share the desire for happiness and meaning in our lives. According to His Holiness the Dalai Lama, the ability to find true fulfillment lies within each of us. In this very special book, the spiritual and temporal leader of Tibet, Nobel Prize winner, and bestselling author helps readers embark upon the path to enlightenment with a stunning illumination of the timeless wisdom and an easy-access reference for daily practice. Divided into a series of distinct steps that will lead spiritual seekers toward enlightenment, *How to Practice* is a constant companion in the quest to practice morality, meditation, and wisdom. This accessible book will guide you toward opening your heart, refraining from doing harm, and maintaining mental tranquility as the Dalai Lama shows you how to overcome everyday obstacles, from feelings of anger and mistrust to jealousy, insecurity, and counterproductive thinking. Imbued with His Holiness' vivacious spirit and sense of playfulness, *How to Practice* offers sage and practical insight into the human psyche and into the deepest aspirations that bind us all together.

## **Book Information**

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## **Customer Reviews**

This book by H.H. the Dalai Lama may be read by those wishing an introduction to Tibetan Buddhism and by those wishing to begin or develop their practice. The Dalai Lama attempts to answer the basic question: "How can people be happy?" His answer outlines a path of spiritual growth and practice. Although based upon Tibetan Buddhism, there is wisdom in the book for anybody seeking spiritual growth, within or without any specific religious practice. The book consists

of six short sections. It begins with a brief discussion of the life of the Buddha which, as the Dalai Lama points out, encompasses the basic teachings of the Buddhist path: morality, concentrated meditation and wisdom. The Dalai Lama then explains the basis of each teaching in short chapters. It is good that the book gives its focus to moral practice -- curing anger, lust, hatred, and aggression and wishing well to oneself and others. Chapter III of the book discusses meditation practices and will introduce the beginner to the value of meditation and to several meditation techniques. The Dalai Lama stresses the need for consistent practice and for patience and for the need of controlling one's expectations. There are several chapters which discuss the difficult but key Buddhist teaching of dependent origination. Much of this material the Dalai Lama also covers in an earlier book called "The Meaning of Life." There is a concluding section on Tantra, a uniquely Tibetan practice. I think it is better for the average person to remain with the practices of morality and concentration described earlier in the book. Some of the unique features of this book are the Dalai Lama's anecdotes of his life in Tibet before the Chinese Invasion of 1950 and of his teachers.

This is not really an introductory Buddhist text, although the previous reviews suggest that some (but not all) non-Buddhists have gained by reading it. Rather, its title exactly describes it - if you are a practicing Buddhist, it tells you "How To Practice". Of course, there is no single way to practice - in fact, there are at least 84,000 ways to practice spread over many traditions (Theravadan (SE Asia), Mahayanan (Zen, Pure Land), and Vajrayana (Tibetan)). This book is primarily written for Tibetan Buddhists, but the guidelines are sufficiently broad that I have given this book to Zen and Theravaden Buddhists who found much to agree about. The book is broken into three major sections - mirroring the three fold grouping often applied to the 8-fold path: morality, meditation and wisdom. The book also introduces the Tantric methods of Vajrayana Buddhism. Each chapter covers its topic in a clear, concise fashion, and ends with a "Summary for Daily Practice". This helps tie the writing (which can be somewhat theoretical) into the title of the book "How To Practice". The first section introduces the Four Noble Truths, and expands upon them and finally brings them to ground in practices such as the Four Wholesome Practices, the Six Perfections, etc. The second section is a brief but very clear introduction to various types of meditation, including analytical and stabilizing meditation, etc. I have loaned the book to other practitioners and they agree that this is a great book to loan to beginners. The third section is about Wisdom - the nature of reality and relative and ultimate truth (and for those of you who are really dedicated - emptiness).

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