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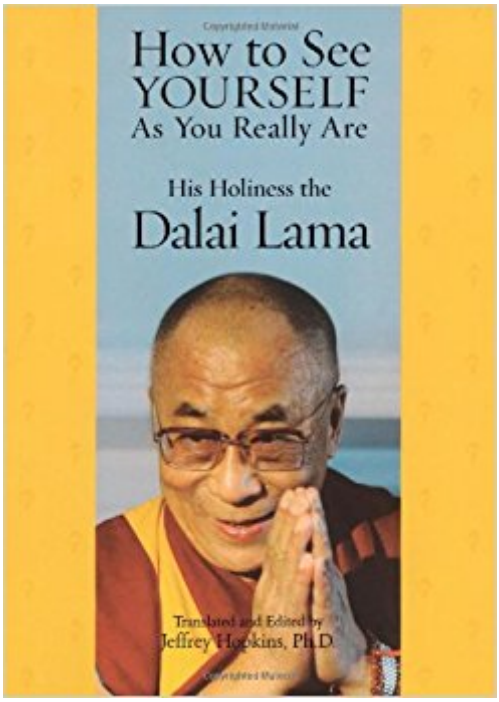
How To See Yourself As You Really Are



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Synopsis

According to His Holiness the Dalai Lama, we each possess the ability to achieve happiness and a meaningful life, but the key to realizing that goal is self-knowledge. In How to See Yourself As You Really Are, the world's foremost Buddhist leader and recipient of the Nobel Peace Prize shows readers how to recognize and dispel misguided notions of self and embrace the world from a more realistic -- and loving -- perspective. Through illuminating explanations and step-by-step exercises, His Holiness helps readers to see the world as it actually exists, and explains how, through the interconnection of meditative concentration and love, true altruistic enlightenment is attained. Enlivened by personal anecdotes and intimate accounts of the Dalai Lama's own life experiences, How to See Yourself As You Really Are is an inspirational and empowering guide that can be read and enjoyed by anyone seeking spiritual fulfillment.

Book Information

Paperback: 288 pages

Publisher: Atria Books; Reprint edition (November 6, 2007)

Language: English

ISBN-10: 0743290461

ISBN-13: 978-0743290463

Product Dimensions: 5 x 0.8 x 7.1 inches

Shipping Weight: 6.4 ounces (View shipping rates and policies)

Average Customer Review: 4.3 out of 5 stars 135 customer reviews

Best Sellers Rank: #29,807 in Books (See Top 100 in Books) #4 inÂ Books > Politics & Social Sciences > Philosophy > Eastern > Buddhism > Dalai Lama #27 inÂ Books > Politics & Social Sciences > Philosophy > Eastern > Buddhism > Tibetan #152 inÂ Books > Religion & Spirituality > Worship & Devotion > Inspirational

Customer Reviews

Tenzin Gyatso, the Fourteenth Dalai Lama, is the spiritual leader of the Tibetan people. 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 1950, 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. He passed his scholastic examinations with honors at the Great Prayer Festival in Lhasa in 1959, the same 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 than 100,000 Tibetan 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 1989. In 2012, he relinquished political authority in his exile government and turned it over to democratically elected representatives. His Holiness frequently states 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. 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 ancient 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.Jeffrey Hopkins, Ph.D., served for a decade as the interpreter for the Dalai Lama. A Buddhist scholar and the author of more than thirty-five books and translations, he is emeritus professor of Tibetan and Buddhist studies at the University of Virginia, where he founded the largest academic program of Tibetan Buddhist studies in the West.Jeffrey Hopkins, Ph.D., served for a decade as the interpreter for the Dalai Lama. A Buddhist scholar and the author of more than thirty-five books and translations, he is emeritus professor of Tibetan and Buddhist studies at the University of Virginia, where he founded the largest academic program of Tibetan Buddhist studies in the West.

ForewordThis book by His Holiness the Dalai Lama stems from a basic Buddhist notion that love and insight work cooperatively to bring about enlightenment, like the two wings of a bird. The overarching theme is that self-knowledge is the key to personal development and positive relationships. The Dalai Lama shows us how, in the absence of true self-knowledge, we hurt ourselves through misguided, exaggerated notions of self, others, external events, and physical things. Even our senses deceive us, drawing us into attachment and negative actions that can only come back to haunt us in the future. The book details how to overcome these mistakes in order to live from a realistic knowledge of our healthy interdependence.The first part of this book shows how

to draw back the deceptive aspect of our experience like a curtain; other approaches, such as suppressing lust and hatred, may be helpful, but they do not address this root problem. By directing our attention to the false veneer that so bedazzles our senses and our thoughts, His Holiness sets the stage for discovering the reality behind appearances. Our tacit acceptance of things as they seem is called ignorance, which is not just a lack of knowledge about how people and things actually exist but an active mistaking of their fundamental nature. True self-knowledge involves exposing and facing misconceptions about ourselves. The aim here is to find out how we get ourselves into trouble, then learn how to intervene on the ground floor of our counterproductive ideas.Buddhist psychology is known for its detailed descriptions of the mind's workings, and His Holiness uses these insights in a practical way by helping readers catch hold of these processes through their own experience. His central theme is that our skewed perceptions of body and mind lead to disastrous mistakes, ranging from lust at the one extreme to raging hatred at the other, so that we are consistently being led into trouble as if pulled by a ring in our nose. By developing insight into this process, we can free ourselves, and those around us, from these endless scenarios of pain.This part provides step-by-step exercises to develop our ability to recognize the disparity between how we appear to ourselves and how we actually are. Once we have recognized our warped assumptions for what they are, the second part of the book shows how to undermine them. The tools used to accomplish this transformation are renowned Buddhist reflections for questioning appearances, which the Dalai Lama illustrates with his own experiences. His Holiness guides readers through a variety of practical exercises to help us break down the illusions we have superimposed over and beyond what actually exists, and learn how to act in the world from a more realistic framework. This calls for valuing the interdependence of all things and appreciating the latticework of our relationships for the meaningful contribution it makes to our lives.The book's third part describes how to harness the power of meditative concentration with insight to achieve immersion in our own ultimate nature, which undermines our problems at their very foundation. The fourth and fifth parts discuss how people and things actually do exist, since they do not exist in the way we assume. The Dalai Lama draws readers into noticing how everything depends on thought -- how thought itself organizes what we perceive. His goal is to develop in us a clear sense of what it means to exist without misconception. Then the final part of the book explains the way this profound state of being enhances love by revealing how unnecessary destructive emotions and suffering actually are. In this way self-knowledge is seen as the key to personal development and positive relationships. Once we know how to put insight in the service of love and love in the service of insight, we come to the book's appendix, an overview of the steps for achieving altruistic

enlightenment.This book itself is an illustration of Tibet’s contribution to world culture, reminding us of the importance of maintaining a homeland for its preservation. The light shining through the Dalai Lama’s teachings has its source in that culture, offering insights and practices that so many of us need in ours.Jeffrey Hopkins, Ph.D.Emeritus Professor of Tibetan StudiesUniversity of Virginia
--This text refers to an out of print or unavailable edition of this title.

A previous reviewer says that His Holiness the XIV Dalai Lama is the closest thing we have to Buddha on earth. I think his Holiness would disagree, first because he is an exceedingly humble man, and second because he would say, as the Buddha Shakyamuni did, that we are all Buddhas.HOW TO SEE YOURSELF AS YOU REALLY ARE is a wonderful audiobook filled with wisdom and practical exercises to help us all learn mindfulness and compassion, the two watchwords of Buddhist practice. Six discs in length, HOW TO SEE YOURSELF AS YOU REALLY ARE is a detailed manual of practice. It is read by His Holiness’ translator, Jeffrey Hopkins, who manages to work his way through some rather esoteric concepts without losing the thread of the Dalai Lama’s lessons. Hopkins is not a theatrical reader, and this is not really an audiobook to be listened to while doing anything else (like driving); it requires VERY active listening.My only negative criticism revolves around the complex, textbook quality of the material. Numbered lists, chapter subheadings, end of chapter exercises, and meditative reflections really require the student to take notes. There’s no question that HOW TO SEE YOURSELF AS YOU REALLY ARE needed to be released with an accompanying paperback and a workbook. Fortunately, the paperback is available separately.There’s a lot of depth here, and you’ll be listening to His Holiness’ lessons many times over. Don’t go into this audiobook thinking that it is going to be a Snooze Along with the Lama lecture.

I bought this book because I was curious about buddhism. I’ve tried reading some free material from the internet but found it to be confusing so I thought perhaps the Dalai Lama might be able to help me understand. He did help me. He explained a reality to me that is very different than what I perceived. I am so impressed with the way he explains these ideas. It seemed as if he knew exactly where I was having trouble understanding a concept and he would circle back and explain it from another angle. This book has had an immediate and profound impact on my existence. I know that everyone should read this book and apply its principles.

Very well written and understandable.

Well worth the effort. Easy to comprehend a difficult topic.

To see ourselves in our true light needs courage. Courage to accept ourselves , no matter what, leaving the ego and guilt behind...that is the first step. Dalai lama's book is the book to help you guide through this journey.

Such a wise man, written for the Everyman not talk at but with u

This book by the Dalai Lama is easy to read. It provided me with a perspective on life that will be helpful. I think the last few chapters were weak and were more opinion than was provided in the earlier chapters. That is not to say I disagreed with his points. It was just I am not as interested in his opinions as I am learning from him about life from a Buddhist point of view.

One of the better books available on the often tricky, yet so important, teaching on emptiness. Whoever the author is he really knows his stuff. ;-)

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