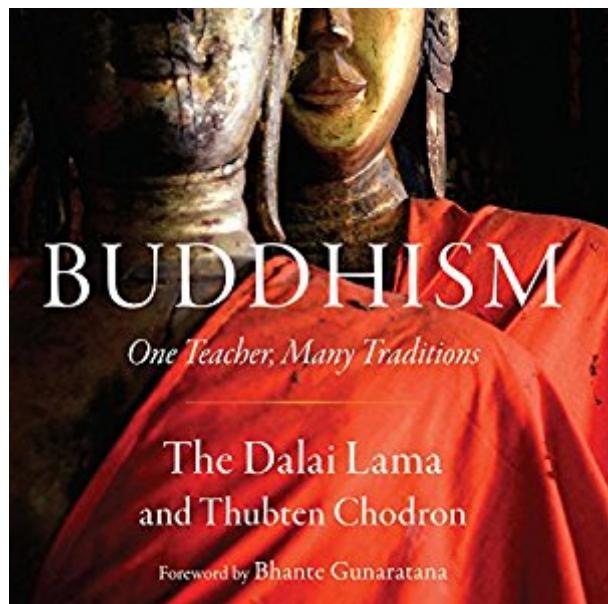


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# Buddhism: One Teacher, Many Traditions



## Synopsis

Explore the common ground underlying the diverse expressions of the Buddha's teachings with two of Tibetan Buddhism's best-selling authors. Buddhism is practiced by hundreds of millions of people worldwide, from Tibetan caves to Tokyo temples to redwood retreats. To an outside viewer, it might be hard to see what they all have in common. In *Buddhism*, His Holiness the Dalai Lama and American Buddhist nun Thubten Chodron map out with clarity the convergences and the divergences between the two major strains of Buddhism - the Sanskrit traditions of Tibet and East Asia and the Pali traditions of Sri Lanka and Southeast Asia. Especially deep consideration is given to the foundational Indian traditions and their respective treatment of such central tenets as the four noble truths, the practice of meditation, and the meaning of nirvana enlightenment. The authors seek harmony and greater understanding among Buddhist traditions worldwide, illuminating the rich benefits of respectful dialogue and the many ways that Buddhists of all stripes share a common heritage and common goals.

## Book Information

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## Customer Reviews

“*Buddhism: One Teacher, Many Traditions*” masterfully presents the teachings of Shakyamuni Buddha by juxtaposing the fundamental elements and standard language of the Pali and Tibetan traditions “from soup to nuts.” For certain key topics (ethics, meditative practice, bodhicitta, buddha nature) the Chinese, and related traditions, views and vocabulary are also summarized and included in the

comparison. By carefully delineating differences in formal structure, practice emphasis, terms, and concepts of āfācā ā → ā “pathāfācā ā → ā • that have developed in various traditions, the authors illuminate the core teachings that unite us as Buddhists, and clarify the points of divergence. Concise explanations of potentially contentious topics gives one an appreciation of the same underlying intent of the teachings, despite the differing presentations and emphases. This is an authoritative work, unencumbered by any sectarian agenda. No view, group or teacher is elevated or demeaned. It will serve as a marvelous introduction to Buddhism, as well as being a heartwarming summary to refresh and encourage current practitioners of any tradition to see all Buddhists, indeed all sentient beings, as family.

Very clear and concise exposition of the differences and commonalities among the various traditions in Buddhism. Some of the statements outlining the Buddha's central teachings alone are worth the price of this book. Highly recommended.

A must have read for students and those - well, anyone - attracted to Buddhism and the philosophy. Venerable Chodron, the author of several books on Buddhism, clearly has a talent for helping the reader understand the 'one garden, many paths' approach to the subject. As a novice Buddhist, I found this book to be a wonderful clarification of the different traditions of Buddhism.

Ven. Thubten Chodron work here a master piece. This book was beyond my expectations. Best of her work so far. A must have for the Buddhist practitioner.

Solid book but does not really go into the various buddhist schools the ways i was hoping. I ended up using wikipedia to understand the difference between theravada vs mahayana....to learn about non sectarian movements like the vipassana movement in the US etc...

A must read.

Side by side comparisons of varied Buddhist schools without bias. Very helpful reading.

The one book you need to gain a good knowledge of this religion.

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