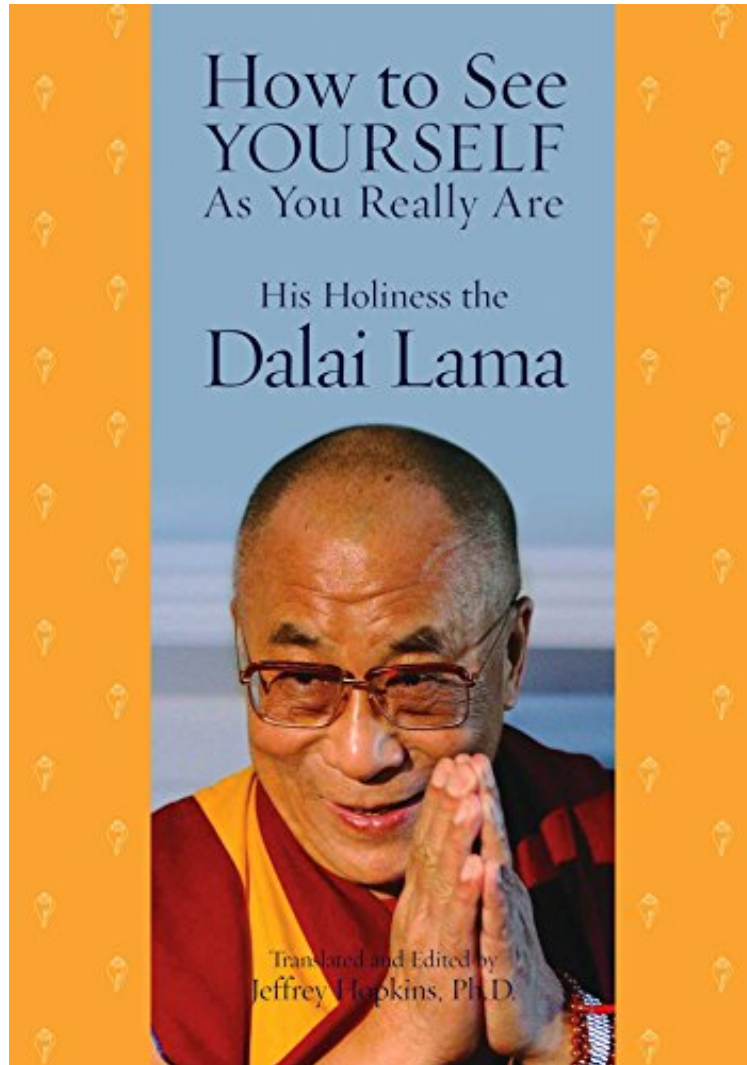


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How to See Yourself As You Really Are (English Edition)

Von *The Dalai Lama His Holiness*, Jeffrey Hopkins Ph.D.
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Von The Dalai Lama His Holiness, Jeffrey Hopkins Ph.D. : How to See Yourself As You Really Are (English Edition) before purchasing it in order to gage whether or not it would be worth my time, and all praised How to See Yourself As You Really Are (English Edition):

KundenrezensionenHilfreichste Kundenrezensionen0 von 0 Kunden fanden die folgende Rezension hilfreich. How to see yourself as you really areVon KundeMir gefällt dieses Buch sehr gut. Nach jedem Kapitel gibt es Anregungen zur Meditation/Reflektion, um die Einsichten zu vertiefen und zu festigen. Besonders hilfreich finde ich die Erklärungen des Dalai Lama bzgl. Widerstnde und wie man sie durch Einsicht berwinden kann. Ich kann dieses Buch wrmstens empfehlen.3 von 3 Kunden fanden die folgende Rezension hilfreich. Really worthyVon Wagner Otto WutzkeIt was

hard to get through all the basic knowledge, Dalai Lama brings in this audiobook, but it is worthy. I had to hear some parts more than once, because it was really hard to get familiar with all the new concepts brought by the book. But at the end, if you work hard and sincerely try to understand each one of the concepts with severity, you can have a better sense of how the mind works with the concept of the self, which is the grounding base to see yourself as you really are. If you are hoping, this book is something you can hear while you are doing something else, then you are wrong. No pain, no gain! ;) 7 von 8 Kunden fanden die folgende Rezension hilfreich. A very precious tool for realizing ultimate reality. Von Birgit Schweiberer This book by His Holiness the XIVth Dalai Lama and Jeffrey Hopkins reveals, in a straightforward and accessible manner, how to understand and meditate on ultimate reality, the emptiness of inherent existence, according to the presentation of the Madhyamika Prasangika system of thought. It largely follows the presentation of instructions as outlined in the Middle Length Lam Rim by Je Tzong Khapa, which is considered by many to provide one of the clearest elucidations of emptiness in the literature of the Gelugpa school. Besides that His Holiness provides stepwise meditation advice at the end of each of the chapters, easy to put into practice and highly effective in deepening an understanding of the topic. A treasure for those wishing for a classical and yet concise and practical presentation of emptiness according to the Madhyamika system.

Kurzbeschreibung Like the two wings of a bird, love and insight work cooperatively to bring about enlightenment, says a fundamental Buddhist teaching. 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. Step-by-step exercises help readers shatter their false assumptions and ideas and see the world as it actually exists. 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. But getting past one's misconceptions is only a prelude to right action, and the book's final section describes how to harness the power of meditative concentration to the service of love, and vice versa, so that 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 to achieving self-awareness that can be read and enjoyed by spiritual seekers of all faiths. **Pressestimmen** "A symbol of serenity, a spiritual leader second only to the Pope" (Independent) **Werbetext** Full of insights and very practical, this important book by the Dalai Lama shows that self-knowledge is the key to personal development and creating positive relationships