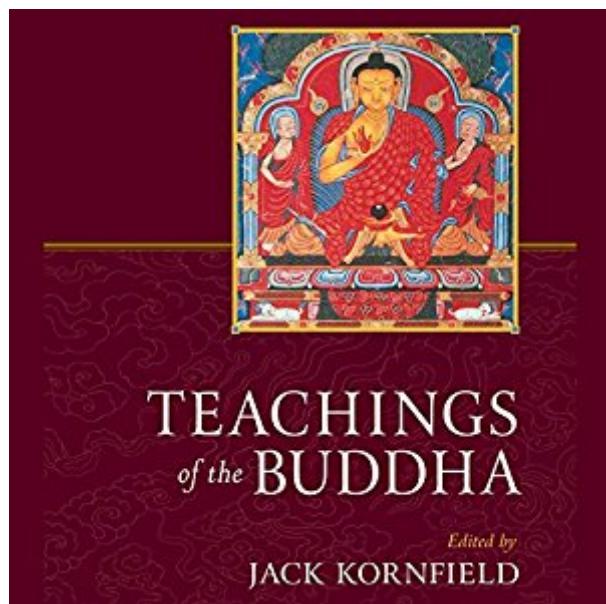


The book was found

# Teachings Of The Buddha: Revised And Expanded



## **Synopsis**

This treasury of essential Buddhist writings draws from the most popular Indian, Tibetan, Chinese, and Japanese sources. Among the selections are some of the earliest recorded sayings of the Buddha on the practice of freedom, passages from later Indian scriptures on the perfection of wisdom, verses from Tibetan masters on the enlightened mind, and songs in praise of meditation by Zen teachers. The audiobook also includes traditional instruction on how to practice sitting meditation, cultivate calm awareness, and live with compassion. Jack Kornfield, one of the most respected American Buddhist teachers, has compiled these teachings to impart the essence and inspiration of Buddhism to listeners of all spiritual traditions. A Dedication and Editor's Preface are included, narrated by Jack Kornfield.

## **Book Information**

Audible Audio Edition

Listening Length: 3 hours and 37 minutes

Program Type: Audiobook

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ASIN: B00QRHEOX4

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## **Customer Reviews**

This is the best concise compendium of original Buddhist teachings available in (smooth) English, in my opinion. The selection is excellent and covers the full range of Buddhist traditions. The titles are generally thematic, leaving the designation of the actual sutra to a small note at the end of each selection. It is the perfect and most natural choice for those who are looking for a small bedside edition of concise Buddhist teachings rather than a complete translation of the entire Majjhima Nikaya, or some such (for that check out Wisdom Book's excellent Middle Length Discourses of the Buddha, for example). In short, I can't recommend this book highly enough!

Outstanding! This is what comes to mind when reviewing Jack Kornfield's compilation of the sayings accredited to the Buddha Shakyamuni retrieved from various sources. What I would recommend to the person buying this book is perhaps to read an excerpt before sitting down to meditate, or in the morning before heading off to work or school. It truly is much like a daily devotional, to be savored and "picked apart." I love these types of works where the "author" really just plays role of "editor." In this particular case Jack is more of a compiler, retrieving these sayings from a large variety of sources. I appreciate how he simply presents us with the material, but does not do our homework for us. I am always reminded by a man who asked a shaman to interpret a dream he had, while the shaman replies, "Sure, that's great. You should hire me to interpret all of your metaphors for you, I could be your wife, too. In the night you can just roll over and ask me what it all meant. I can spoonfeed you breakfast, lunch, and dinner, as well." The man who asked for the interpretation then laughs, realizing the shaman's wonderful teaching. We must find our own commentary for our Buddhist practice to grow any, much like Basho's famous "Ancient Pond" poem. I hope you enjoy this book:)

Jack Kornfield did a great job in putting this together. The book gives concise Buddhist teachings a smooth English read. I travel a lot on my job and take this on my travels for short mind breaks. This is a great take-anywhere book. I highly recommend it.

The teachings of the Buddha and of various Chinese, Japanese and Indian Bodhisattvas are offered in this wonderful book. Each teaching is to be savored, Kornfield instructs us, so that the words may sink in and that we may connect with the teaching. I am new to Buddhism and was curious to read what he actually said. This is a wonderful book in that regard, and it gives one a great deal to reflect on. I recommend it. (If you're new to Buddhism, like me, there are several wonderful YouTube videos of talks by Thich Nhat Hanh, the Dalai Lama, Pema Chodron, Jack Kornfield, Susan Piver, and many others, that will be helpful in giving you a good grounding in Buddhism. There are also magazine publications such as Lion's Roar and Buddhadharma - all of which are wonderful resources for learning about Buddhism.) All of my exploration prior to purchasing this book is helping me to get even more out of each teaching, but the book also stands on its own. You don't have to be Buddhist to get a lot out of it, either.

There's not much to say, only that it is very "enlightening" (pun intended). A great beginner's guide, a short yet compelling compendium, and a joyful read. Excellent book.

I LOVE the Shambhala Pocket Classics series. I have probably a dozen of their titles and have replaced this one several times after losing it or giving it to a friend. The book is diverse and has nuggets of wisdom from the many branches of Buddhism and all of them are fairly short. The vignette style of the teachings makes this a great book to carry and read on a break and then just spend a few minutes contemplating the passage.

This was a required text for my college Business Ethics course. I found this book to be enlightening. We read these teachings and small quotes aloud and talked about personal experiences. I thoroughly enjoyed the class and this book certainly enhanced aspects of the course. Great read. Thank you

This is a great book. I have enjoyed many of the books in this series. They are motivational and thought provoking - this one is no different. It is small enough to carry anywhere. Gives you something to read wherever.

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