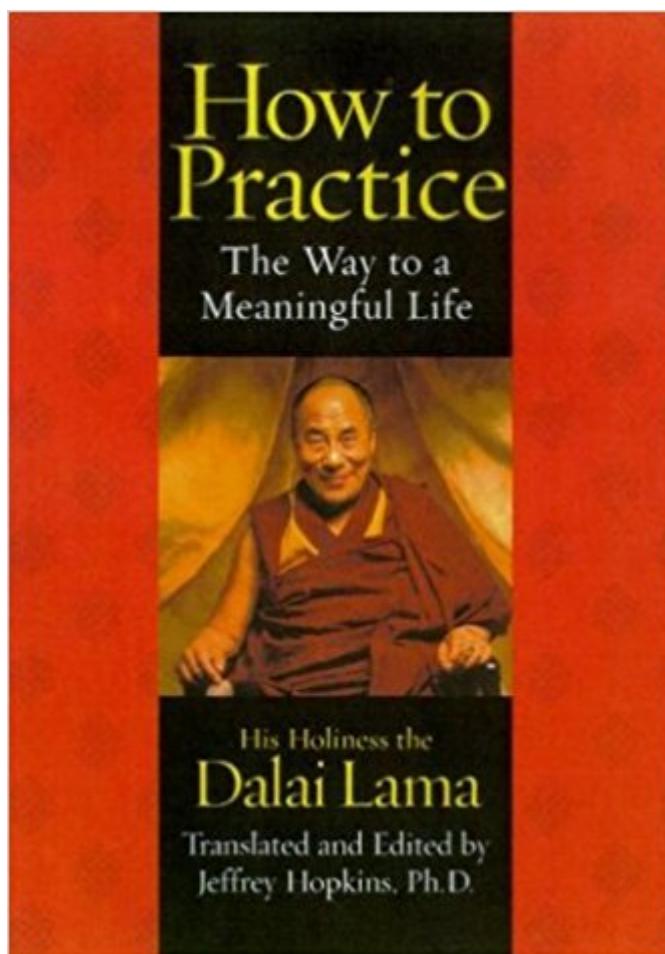


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# How To Practice: The Way To A Meaningful Life



## **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**

As a primer on living the good life, few books compete with *How to Practice*, another profound offering from the exiled Tibetan Buddhist leader His Holiness the Dalai Lama. Westerners may be confused by the book's title, assuming that it focuses solely on Buddhist meditation and prayer techniques. Though it does address meditation and prayer, at its core this is a book that demonstrates how day-to-day living can be a spiritual practice. There are two ways to create

happiness: The first is external. By obtaining better clothes, better shelter, and better friends we can find a certain measure of happiness and satisfaction. The second is through mental development, which yields inner happiness. However, these two approaches are not equally viable. External happiness cannot last long without its counterpart.... However, if you have peace of mind you can find happiness even under the most difficult circumstances. As he has in previous books (An Open Heart, The Art of Happiness), the Dalai Lama reminds us that developing peace of mind means paying attention to our daily attitudes and choices as well as taking the time to meditate and be prayerful. The six-part book covers Buddhist meditation techniques and visualization exercises as well as daily thoughts and actions that foster morality and wisdom. --Gail Hudson --This text refers to an out of print or unavailable edition of this title.

The Dalai Lama, a formidable teacher, presents a way that is the middle way, but not necessarily the easy way. Because the spiritual leader of Tibetan Buddhism has a natural gift as well as the translating and publishing resources that makes his teachings accessible, it is easy to forget the rigor and depth of those teachings. Too, Buddhism so often appears in the West as a system of daily behavior and practice that it is also easy to overlook the compelling intellectual challenge it presents to the Western understanding of reality. His Holiness starts on familiar Buddhist ground (morality of action, suffering, compassion) and chapter by chapter adds doctrine and complexity until teachings from the heights of imaginative Tantra and Tibetan deity yoga are being explicated. For the uninitiated the climb is steep, and those seeking general ethical guidance would do better with an easier text (His Holiness has written those, too). For the serious, however, the Dalai Lama offers elegant clarity about the paradoxes at the heart of Buddhism including the central Heart Sutra itself, the teaching of form-is-emptiness and about the intellectual intricacy of Buddhist teachings. Tibetan Buddhism is considered the esoteric wing of Buddhism; this slice shows some layers of its complexity while whetting the spiritual appetite for more understanding, or what Buddhists would call the intention for enlightenment. Copyright 2001 Cahners Business Information, Inc. --This text refers to an out of print or unavailable edition of this title.

With a background in World Religion, an avid meditator, and hobby philosopher, this book actually answered some profound issues I had and did so with concise clarity. My brother for almost a decade has been stuck in the "Everything passes and is therefore meaningless" nihilistic state that has now turned into clinical depression. He wasn't the first to point this out to me and for years I have struggled with questions about death and purpose. His Holiness Dalai Lama has elegantly

answered the question Nihilism proposes, by stating that only co-dependent entities can perform any function. In this, he uses "function" rather than "purpose" although the two are effectively exchangeable. Please read the book to further understand what I mean. This book has affected me deeply primarily because I did not expect to get this type of information from this book. The subtitle, although cheesy at the onset of reading "How to live a meaningful life", is precisely accurate and the book successfully performs its described function. I know how to live a meaningful life now. And no, existence is not meaningless, purposeless, or useless. It is precisely meaningful, purposeful, and useful, and now I know why thanks to this book. If all human minds were seeds of flowers, the Dalai Lama is the Sun.

It would be easy to remove oneself to a monastery and live a meaningful life without the trappings of the modern world, or at least it seems so. Most of us cannot do that. We have to live in this world of unending troubles and obstacles that beset us daily. By offering his timeless wisdom, His Holiness the Dalai Lama points a way to navigate the tribulations that mark our passages. Easy to read and digest.

Wonderful book for both the beginning and ongoing Buddhist, and of course any others who want to live a more peaceful and clearer life. The Dalai Lama makes the messages so much more accessible for us all. This is a book to be read in small sections, contemplated, and savored. Then to read again and again.

This book makes easier to understand the concepts of Buddhism and how to apply them in our daily life, either you are a Buddhist or not. At the end of chapter, it presents a very objective list of "To Do" attitudes that can help you to improve your practice as you move forward with the reading. It can be a bit hard to understand certain concepts since they are very subjective and based on cultural aspects of Tibetan's life. I did not rate it as a 5 stars because there were several grammatical errors as well as format mistakes that take away the quality of the online version. However, it seems that a new online version is available, and it is probably corrected.

While this book does contain a good intro to some basic Buddhist concepts, the latter part of the book tries to cover concepts that seem a bit too vast to try and squeeze into a few small chapters. The historical narratives that occasionally pop up are interesting, but do not appear that often. I honestly feel beginners would be better off trying other Buddhist intro books instead of this one, but

for more moderate Buddhists this novel would be a good place to reexamine the practice and to get an intro to a few more complicated subjects. I rate this book a three out of five stars.

This was recommended by a friend so I caved in and read it. I was so happy that I did. The Dalai Lama is a very practical man. I enjoyed reading about the principles of Buddhism, especially the law of non-violence of doing no harm to others. Although, I must say, I don't think I could be vegan or strictly vegetarian. I also enjoyed reading his take on taking care of the poor - very practical man indeed.

makes you think about things and how to make a difference... Enjoy reading books by His Holiness the Dalai Lama

As always, His Holiness the Dalai Lama instructs and delights. His suggestion for how to have a meaningful life are attainable. I especially chuckled when he admitted to peaking into medicine cabinets at the homes of the rich, merely to see if they were taking drugs to help them cope with this life, to help them find happiness. It appears most, if not all, of them were. The exercises are thought provoking and not impossible to do in our busy lives. Although, I think once completing them, our lives might not be quite so busy anymore.

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