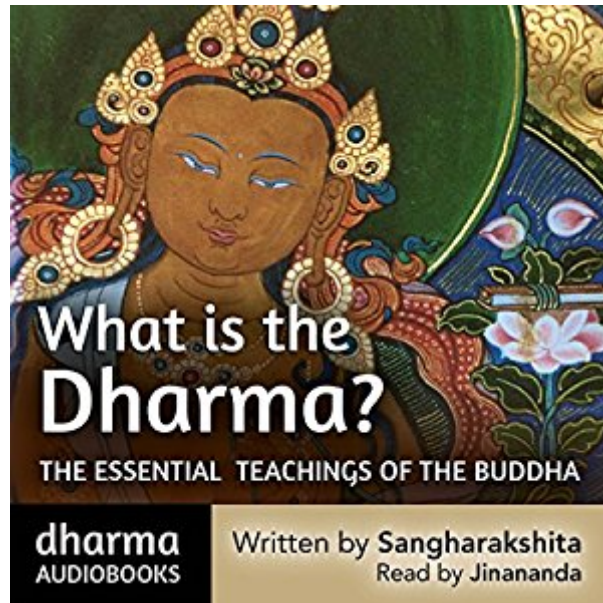


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What Is The Dharma?: The Essential Teachings Of The Buddha



Synopsis

What is the Dharma? To walk in the footsteps of the Buddha, we need a clear and thorough guide to the essential principles of Buddhism. Whether we have just begun our journey or are a practitioner with more experience, *What is the Dharma?* is an indispensable exploration of the Buddha's teachings as found in the main Buddhist traditions. Constantly returning to the question "how can this help me?", Sangharakshita examines a variety of fundamental principles, including karma and rebirth, nirvana and shunyata, conditioned coproduction, impermanence, unsatisfactoriness, insubstantiality, ethics, meditation and wisdom. The result is an informative, refreshing and inspiring book that lays before us the essential Dharma, timeless and universal, in a clear and practical manner. Ugyen Sangharakshita, the English-born Buddhist teacher, is one of the most influential and respected figures in Western Buddhism. Ordained initially into the Theravadin tradition, he broadened his scope to involve all the Buddhist traditions. After 20 years in India, he returned to the West and founded the Western Buddhist Order, later renamed the Triratna Buddhist Order. With centres all over the world, it has played a major role in adapting the Buddhist traditions to the contemporary world, making Dharma practice its central pillar.

Book Information

Audible Audio Edition

Listening Length: 11 hours and 36 minutes

Program Type: Audiobook

Version: Unabridged

Publisher: Dharma Audiobooks

Audible.com Release Date: October 15, 2015

Whispersync for Voice: Ready

Language: English

ASIN: B016N7PMS8

Best Sellers Rank: #138 in Books > Politics & Social Sciences > Philosophy > Eastern >

Buddhism > History #191 in Books > History > World > Religious > Buddhism #311 in Books >

Audible Audiobooks > Religion & Spirituality > Buddhism & Eastern Religions

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