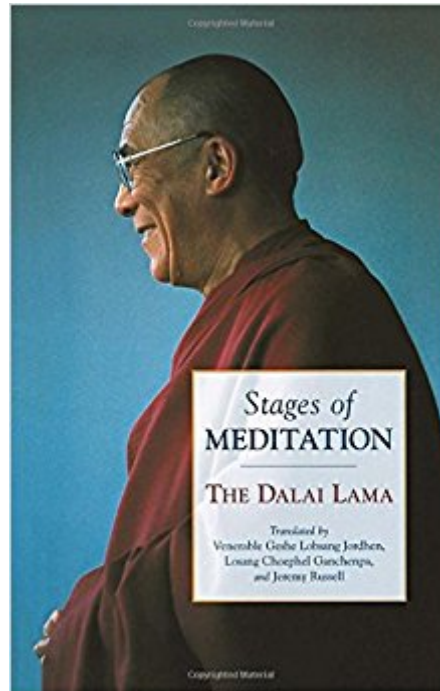




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# Stages Of Meditation



## Synopsis

The Dalai Lama explains the principles of meditation in a practice-oriented format especially suited to Westerners. Based upon the middle section of the Bhavanakrama by Kamalashila, a translation of which is included, this is the most extensive commentary given by the Dalai Lama on this concise but important meditation handbook. It is a favorite text of the Dalai Lama, and he often takes the opportunity to give teachings on it to audiences throughout the world. In his words, "This text can be like a key that opens the door to all other major Buddhist scriptures." Topics include the nature of mind, how to develop compassion and loving-kindness, calm abiding wisdom, and how to establish a union of calm abiding and special insight.

## Book Information

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## Customer Reviews

Stages of Meditation is a commentary by the Dalai Lama on a rare text by ninth-century Indian Buddhist scholar Kamalashila, written in Tibet to correct some Chinese misinterpretations of Buddhism that were influential at the time. Kamalashila's short work is not widely known today, but according to the Dalai Lama, it is a most important text, and worthy of study by those new to Buddhism, because "on the basis of this knowledge you will be able to understand other treatises without great difficulty. This text can be like a key that opens the door to all other major Buddhist scriptures." Throughout the book, the Dalai Lama emphasizes the importance of logical analysis of scriptures, even if they are in the Buddha's own words; some teachings, he stresses, "should not be taken literally, but need interpretation." And this is what he does in this clear and readable

commentary, originally given in 1989 and now translated and published for the first time. Its 10 short chapters are on such familiar Buddhist themes as Training the Mind, Compassion, Identifying the Nature of Suffering, and The Practice of Calm Abiding. "Through meditation," says the Dalai Lama, "we can train our minds in such a way that negative qualities are abandoned and positive qualities are generated and enhanced." Those who practice meditation, whether Buddhist or not, will find this a thoughtful and practical guide, written with the Dalai Lama's characteristic warmth and gentleness. --David V Barrett, .co.uk --This text refers to the Hardcover edition.

"A feast of a book and as comprehensive and readable an introduction to the nature and scope of Buddhism's living wisdom as can be found." — •Bloomsbury Review "With characteristic warmth and lucidity, the Dalai Lama's reflections bring alive this classic synopsis of Mahayana Buddhism in a way that will inspire and inform anyone who seeks to practice the Dharma today." — •Stephen Batchelor, author of Verses from the Center "Stages of Meditation is a wise, wonderful, and profound book." — •Ken Wilber, author of Integral Psychology: Consciousness Spirit Psychology Therapy "For the budding practitioner there are few teachings more essential or indispensable than Kamalashila's Stages of Meditation." — •ForeWord "A rigorous treatment of a single pithy source text, this faithful rendering from Tibetan was more than ten years in the making." — •Shambhala Sun "A must read for followers of the Dalai Lama and an unquestionably worthy addition to Buddhist studies reading lists and reference collections." — •Midwest Book Review "As always the Dalai Lama's warmth and his ability to adjust the level of his commentary to his audience are in evidence." — •Journal of Asian Studies "As usual he challenges the listener or reader with his deceptive simplicity and unassuming brilliance." — •Frederick M. Smith, University of Iowa for Religious Studies Review

I just finished reading; Stages of Meditation. It is a commentary by the Dalai Lama on a rare text by ninth-century Indian Buddhist scholar Kamalashila, written in Tibet to correct some Chinese misinterpretations of Buddhism that were influential at the time. Kamalashila's short work is not widely known today, but according to the Dalai Lama, it is a most important text, and worthy of study by those new to Buddhism, because "on the basis of this knowledge you will be able to understand other treatises without great difficulty. This text can be like a key that opens the door to all other major Buddhist scriptures."

Having read this book I must admit that I don't have a clue to what any of it means. Sadly, without

an actual teacher most of this is over my head. Still, anything that the Dalai Lama has provided for us is worth the effort.

I learned a few bits from this book, but it's not a super easy read. I think a lot of it gets lost in the translation and some of it might be lost by the direct extraction of sutras and other Buddhist religious texts. One should be more familiar with those to gain more from this book. I'll definitely need to read it again to capture the more nuanced topics.

This book gives translation of master Kamalashila's Gom Rim (Stages of Meditation), and contains H.H. the Dalai Lama XIV's precious personal advice. What a treasure. And it's great for beginners and advanced meditators. If you want to LEARN to meditate, you'll need an instructor, but anyone can read this book and get some meditation!

Useful specifics about method and subtle distinctions of meditation in Tibetan tradition--and how it all relates to ethics. One thing I note is how the use of a common vocabulary of philosophical terminology in English does not necessarily reduce or equate one tradition--Tibetan or western--to the other. The teacher is trying to teach, and so uses the words we understand.

A very elucidating commentary on Kamala's Stages of Meditation II. Really helped me on concentration and *śūnyatā* wisdom.

How cool is this guy!? Bodhisattva, won't you take me by the hand.

This is a very good resource for those interested in the topic. It's a bit technical, so don't expect to sit down and zip through it. I think it is one that I'll refer back to time after time. I tend to prefer 'crashing into a subject' and consume the contents all at once, so for me the writing style is not the type I'm used to. But I will treasure this book and take the time to absorb it and refer back to it as often as needed.

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