

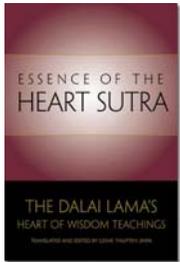
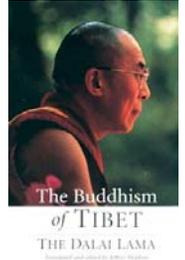


Emptiness Explained or Dependent-Arising Demystified



The Buddhism of Tibet by His Holiness the XIV Dalai Lama

Unlike most books by the Dalai Lama which are edited compilations of talks that he has given, this book consists of two texts that he himself wrote and two that he chose--all especially aimed at helping Western readers become better grounded in Buddhism. He wrote *The Buddhism of Tibet* and *The Key to the Middle Way* sections to explain the principle topics and central practices of Buddhism, particularly helpful in understanding emptiness.



Essence of the Heart Sutra by His Holiness the XIV Dalai Lama

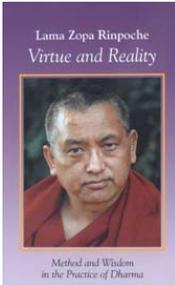
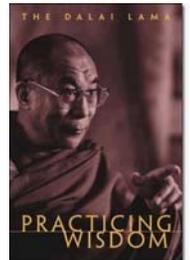
This is the best available resource for studying and understanding one of Buddhism's seminal and best-known texts, the Heart Sutra. This volume comprises the Dalai Lama's famous Heart of Wisdom teachings of 2001, including an overview of Buddhism, background material, as well as commentary on the text. *The Heart Sutra* is a presentation of profound wisdom on the nature of emptiness and selflessness, but these terms can be easily misunderstood. The Dalai Lama identifies misconceptions and shows how an understanding of emptiness leads not to nihilism, but to a view of reality and to a deep and compassionate understanding.

The Meaning of Life: Buddhist Perspectives on Cause and Effect by His Holiness the XIV Dalai Lama

Here the Dalai Lama examines these questions from the Buddhist perspective, skillfully guiding us to a clearer understanding that can liberate us from the prison of selfishness and suffering. The Dalai Lama bases his explanations on the Buddha's teachings of dependent arising, showing how every aspect of our suffering-unhappiness, pain, even old age and death-is ultimately rooted in our misunderstanding of our true nature.

Practicing Wisdom by His Holiness the XIV Dalai Lama

Shantideva says at the beginning of the final chapter of his *Guide to the Bodhisattva Way of Life*: "All branches of the Buddha's teachings are taught for the sake of wisdom. If you wish to bring an end to suffering, you must develop wisdom." In Practicing Wisdom, the Dalai Lama reaffirms his reputation as a great scholar, communicator, and embodiment of the Buddha's Way by illuminating Shantideva's verses and leading the reader through the stages of insight up to the highest view of emptiness.



Virtue and Reality by Lama Zopa Rinpoche

From the *Lama Yeshe Wisdom Archive* (available by donation): This book contains methods for transforming everyday actions into the cause of enlightenment, anger into patience, and the ordinary view of phenomena as inherently existent into the wisdom realizing emptiness. It would be hard to find a simpler, clearer, more practical explanation of the two fundamental paths of compassion and wisdom than the one Lama Zopa offers us here.

A few other books on the subject of Emptiness / Dependent Arising:

Echoes From An Empty Sky: The Origin of the Buddhist Doctrine of the Two Truths by John B. Buescher

The Moon Of Wisdom: Chapter Six of Chandrakirti's Entering the Middle Way with Commentary from the Eighth Karmapa Mikyo Dorje by Chandrakirti and the Eighth Karmapa Mikyo Dorje

Mediation on Emptiness by Jeffrey Hopkins

Appearance and Reality by Guy Newland

Peacock In the Poison Grove by Geshe Lhundub Sopa