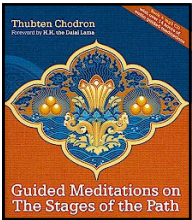




Lam Rim Chenmo

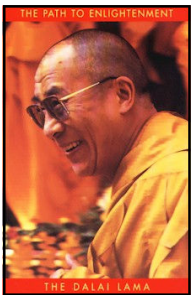
& The Lamp for the Path to Enlightenment

About one thousand years ago, the great Indian pandit and yogi, Atisha, was invited to Tibet to re-establish the Buddha dharma, which had been suppressed and corrupted for almost two centuries. One of Atisha's main accomplishments in Tibet was his writing of the seminal text, A Lamp for the Path to Enlightenment, in which he extracted the essence of all 84,000 teachings of the Buddha and organized them into a clear, step-like arrangement that makes it easy for any individual practitioner to understand and practice the Dharma. This genre of teachings is known as lam-rim, or steps of the path, and forms an essential part of every school of Tibetan Buddhism. The beauty of studying the lam-rim and memorizing as much as you can of the outline is that whenever you hear a teaching from anybody on anything, you know where it fits into the whole path. So, in that way, you can say that everything the Buddha taught is in the lam-rim. — www.FPMT.org



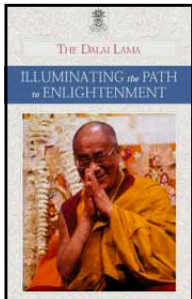
Guided Meditations on the Stages of the Path by Thubten Chodron

Snow Lion's bestselling author teaches practitioners to calm their minds, still mental chatter, and cultivate compassion in over fourteen hours of guided meditations. An outstanding and engaging introduction to the stages of the path, a step-by-step meditation program. The book includes a CD of the guided meditations.



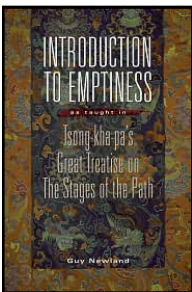
Path to Enlightenment by His Holiness the Dalai Lama

In this extensive lesson, His Holiness the Fourteenth Dalai Lama beautifully elucidates the meaning of the path to enlightenment. His discourse arises from the Third Dalai Lama's brilliant and powerful work, *Essence of Refined Gold*, a classic text that summarizes the meaning of all Buddha's teachings. The subject of *Essence* is the Lam Rim, a term that literally means "stages on the spiritual path." With this program, you can explore the depths of your consciousness and ultimately see the world and yourself in a totally new light.



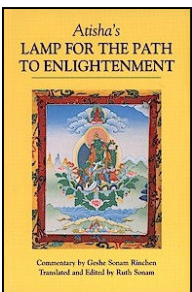
Illuminating the Path to Enlightenment by His Holiness the Dalai Lama

In this book, His Holiness the Dalai Lama gives a commentary to not only Atisha's revolutionary work but also to *Lines of Experience*, a short text written by Lama Tsong Khapa, who was perhaps the greatest of all Tibetan lam-rim authors. In bringing together Atisha, Lama Tsong Khapa and His Holiness the Dalai Lama, this book offers readers one of the clearest and most authoritative expositions of the Tibetan Buddhist path ever published, and it is recommended for those at the beginning of the path, the middle and the end.



Introduction to Emptiness: As Taught in Tsong-kha-pa's Great Treatise on the Stages of the Path by Guy Newland

Until recently, there have not been a large number of to help readers understand the central concept in Mahayana Buddhism--the idea that ultimate reality is emptiness. In clear language, *Introduction to Emptiness* explains that emptiness is not a mystical sort of nothingness, but a specific truth that can and must be understood through calm and careful reflection. Newland's contemporary examples and vivid anecdotes will be helpful to students trying to understand one of the great classic texts of the Tibetan tradition, Tsong-kha-pa's *Great Treatise*.



Atisha's Lamp For The Path To Enlightenment by Geshe Sonam Rinchen

Atisha's most celebrated text, entitled *Lamp for the Path to Enlightenment*, sets forth the entire Buddhist path within the framework of three levels of motivation on the part of the practitioner. Atisha's text thus became the source of the lamrim tradition, or graduated stages of the path to enlightenment, an approach to spiritual practice incorporated within all schools of Tibetan Buddhism. Geshe Sonam Rinchen draws out Atisha's meaning with warmth and wit, bringing the light of this age-old wisdom into the modern world.

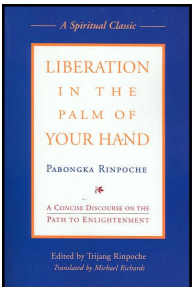
List Compiled by Dan Brooks, Kadampa Center Bookstore Coordinator—09/09

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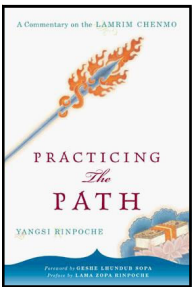
Lam Rim Chenmo

& The Lamp for the Path to Enlightenment



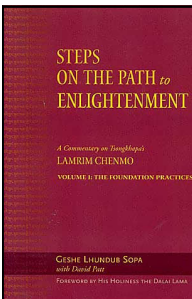
Liberation in the Palm of Your Hand: A Concise Discourse on the Path to Enlightenment by Pabongka Rinpoche

A seminal text for the Gelug lineage of Tibetan Buddhism, this book clearly and powerfully presents the stages of the path to enlightenment (lamrim). Based on a teaching given by Pabongka Rinpoche in 1921 that was recorded by Trijang Rinpoche, a tutor of the current Dalai Lama, *Liberation in the Palm of Your Hand* is an entertaining, colloquial-style text that uses teaching stories to make its points. A fundamental resource in classes at Buddhist centers, this timeless book appears here in a greatly improved translation.



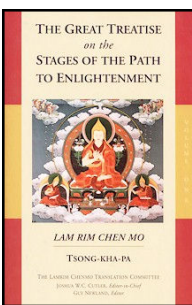
Practicing the Path: A Commentary on the Lamrim Chenmo by Yangsi Rinpoche

Practicing the Path is a complete commentary on the Lamrim Chenmo in a single volume. Yangsi Rinpoche, a thirty-something tulku who has spent the last several years in Madison, Wisconsin, gave these teachings to a group of Western students over a month-long period a few years ago in Dharamsala, India. While having the full training of a Tibetan scholar, Rinpoche uses Western metaphors and demonstrates an appreciation for the Western mind. The text is particularly well edited and is a pleasure to read, and will be an excellent resource for those studying and meditating on the lamrim, the steps on the path to enlightenment.



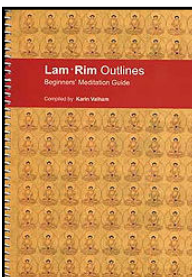
Steps on the Path to Enlightenment: A Commentary on the Lamrim Chenmo, the Foundational Practices, Vol. 1 by Geshe Lhundub Sopa

Geshe Lhundub Sopa's *Steps on the Path to Enlightenment* is a landmark commentary on what is perhaps the most elaborate and elegant Tibetan presentation of the Buddhist path, Tsongkhapa's monumental Lamrim Chenmo. Unrivaled in its comprehensiveness, this text will be ideal for those who want a detailed overview of Buddhist philosophy and will be especially invaluable for practitioners who want to enact the wisdom of the Buddha in their lives. The graduated series of teachings are meant to be studied, contemplated, and finally absorbed within meditation until the mind and heart are cleared of their obscurations and the practitioner perfects wisdom and compassion in the state of full enlightenment. **Volume Two** is on karma and **Volume Three** covers the Way of the Bodhisattva.



Great Treatise on the Stages of the Path to Enlightenment : The Lamrim Chenmo, Vol. 1 by Tsong-kha-pa

The Great Treatise on the Stages of the Path to Enlightenment (Lam rim chen mo) is one of the brightest jewels in the world's treasury of sacred literature. The author, Tsong-kha-pa, completed this masterpiece in 1402 and it soon became one of the most renowned works of spiritual practice and philosophy in the world of Tibetan Buddhism. **Volume One** covers all practices that are prerequisite for developing the spirit of enlightenment (bodhicitta). **Volume Two** explains how to train in the six perfections in order to develop the heart of compassion, indispensable for any student who wants to put the Dharma into practice. **Volume Three** contains a presentation of the two most important topics to be found in the Great Treatise: meditative serenity (shamatha) and supra-mundane insight into the nature of reality (vipasyana).



Lam-Rim Outlines: Extended Beginners' Meditation Guide by Karin Valham

Here the lamrim outlines have been clearly and succinctly prepared by Ani-la Karin Valham of Kopan Monastery in a manner that is very practical for one wishing to meditate on these outlines. Each subject is broken down into a meditation session with instructions on how to use them as such, intermixed with inspiring quotes of the great masters. An important study companion for anyone on the path and for those following the Discovering Buddhism program this will connect all the dots of how each module fits into the larger framework of the stages of the path to enlightenment.