Awakening With Sanskrit Introduction To The Sacred

The Battle for Sanskrit

Shri Guru Gita

An Introduction to Buddhism

Sanskrit for Yogis: Introduction to Nada

The Bodhicaryāvatāra

The Emptiness of Emptiness

A guide to the key spiritual concepts behind yoga and other branches of Eastern wisdom.

Zen Koans, Paradoxical Awakening

The days when those in the West looked towards the Eastern religious traditions for enlightenment are coming to an end. Western spirituality has come into its own, drawing on the rich philosophies of Zen, Hinduism, Advaita, Vedanta, Kashmiri Shaivism, Judaism and Christianity. In this book, Western spiritual teachers and seekers at the front of this movement explore this phenomenon and share their experience, warmth and wisdom. The book includes writing by: Adyashanti; Peter Fenner; Gangaji; Douglas Harding; Catherine Ingram; Kenny Johnson; Francis Lucille; Satyam Nadeen; Mira Pagal; Robert Rabbin; Byron Katie Rolle; Isaac Shapiro; Lama Surya Das; Christopher Titmus; and Eckhart Tolle.
The Penguin Dictionary of First Names Step into a Burmese temple built between the late seventeenth and early nineteenth centuries and you are surrounded by a riot of color and imagery. The majority of the highly detailed wall paintings displays Buddhist biographical narratives, inspiring the devotees to follow the Buddha's teachings. Alexandra Green goes one step further to consider the temples and their contents as a whole, arguing that the wall paintings represent the relationship between the architecture and the main Buddha statues in the temples. This forges a unified space for the devotees to interact with the Buddha and his community, with the aim of transforming the devotees' current and future lives. These temples were a cohesively articulated and represent Buddhist world to which the devotees belonged.

Green's visits to more than 160 sites with identifiable subject matter form the basis of this richly illustrated volume, which draws upon art historical, anthropological, and religious studies methodologies to analyze the wall paintings and elucidate the contemporary religious, political, and social concepts that drove the creation of this lively art form. "Buddhist Visual Cultures, Rhetoric, and Narrative in late Burmese Wall Paintings is truly a tour de force that allows us to see Burmese temple paintings of the Life of the Buddha and similar themes as an open-ended genre that, like literary discourse, participates in wider social, intellectual, and religious contexts." —Juliane Schober, Arizona State University "Alexandra Green introduces this relatively unknown material and subjects it to sophisticated analysis. This study is major step towards creating a template that could be used for analyzing other traditions of Buddhist painting." —Janice Leoshko, University of Texas at Austin

A-U-M Since the Buddha did not fully explain the theory of persons that underlies his teaching, in later centuries a number of different interpretations were developed. This book presents the interpretation by the celebrated Indian Buddhist philosopher, Candrakīrti (ca. 570–650 C.E.). Candrakīrti's fullest statement of the theory is included in his Autocommentary on the Introduction to the Middle Way (Madhyamakāvatāraḥ), among the central treatises that present the Prāsvāgika account of the Madhyamaka (Middle Way) philosophy. In this book, Candrakīrti's most complete statement of his theory of persons is translated and provided with an introduction and commentary that present a careful philosophical analysis of Candrakīrti's account of the selflessness of persons. This analysis is both philologically precise and analytically sophisticated. The book is of interest to scholars of Buddhism generally and especially to scholars of Indian Buddhist philosophy.

Pruning the Bodhi Tree Awakening: An Introduction to the History of Eastern Thought engages students with lively anecdotes, essential primary and secondary sources, an accessible writing style, and a clear historical approach. The text focuses primarily on India, China, and Japan, while showing the relationships that exist between Eastern and Western traditions. Patrick Bresnan consistently links the past to the present, so students may see that Eastern traditions, however ancient their origins, are living traditions and relevant to modern times. Among the new features are two new chapters, on the development of Buddhist thought in the Mahayana and Zen traditions, with special emphasis in Chapter 5 (Ashtanga Yoga), Chapter 10 (Basic Teaching of Shakyamuni Buddha), Chapter 12 (Mahayana Buddhism: Madhyamaka section) and Chapter 18 (Chan Buddhism: regarding the relationship of Chan Buddhism to Zen Buddhism). In addition, all references and source material have been brought up to date. The companion website includes two new videos and many new photos, produced by the author. New to this Sixth Edition: • A new introduction that provides a helpful overview of the text and the development of the chapters of the book; • An improved explanation of the nature of Vedanta philosophy, and a more logical organization of the Key Elements of the Upanishads in Chapter 3; • An extensive rewrite of Chapter 5, which deals with the subject of Ashtanga Yoga as expressed in the Yoga Sutras of Patanjali; • A greatly improved presentation of Buddha's "Four Noble Truths" in Chapter 10; • A total recasting of the teaching of Nagarjuna in the Madhyamaka section of Chapter 12; • A clearer and easier to understand presentation of the teaching of the Dao De Jing in Chapter 14; • A major revision of Chapter 18 so as to clearly distinguish Chinese Chan from Japanese Zen; • Greater emphasis throughout, where pertinent, on the role of meditation practice in all Eastern traditions; • Revised and updated Questions for Discussion at the end of each chapter; • New photos and two newly produced videos prepared by the author for the book's companion website: http://patrickbresnan.com/.

The Awakening of the Soul The daily recitation of the Shri Guru Gita is one of the practices of the Hard Light Center of Awakening for one simple reason as Mark Griffin says: "I am teaching you this about the Guru because I believe it's your best chance for Awakening in this lifetime". The Guru Gita is the core section of 352 sutras in the latter portion of the ancient Indian text known as the Skanda Purana. Gita means song, and indeed these sutras are a song in praise of the Guru, and in recognition of the power of contemplating the Guru's nature, especially through the vehicle of the repetition of these verses. Mark Griffin has selected 108 of these verses for the use of serious seekers - those who are sincerely interested in spiritual training. This fresh, original translation from the Sanskrit is specifically designed for the contemporary seeker. It's important to note that the recitation is in English, as Mark feels that the meaning of these sutras is most important. These 108 verses focus on the universal nature of the Guru. When the word Guru is used here, it is known to be more than an individual person. Rather, it is a universal principle, a catalyst for enlightenment like no other. It is referred to in the text as the Guru Tattva; tattva translating as principle. This 5.5" x 8.5" perfect-bound book is 174 pages, and contains the English verses in large print, so it is easy to read and recite. It also includes the Sanskrit Devanagari text, the Sanskrit transliteration, a guide how to pronounce the Sanskrit transliteration, Mark's full introduction and a in-depth 30 page glossary.

Living by Vow A yogic approach to learning the proper pronunciation of the Sanskrit alphabet. This course allows you to directly experience the enlivening and enlightening effect of Sanskrit as the Language of Yoga. This is a first level Sanskrit course that teaches you to pronounce and recite the Sanskrit alphabet to increase mental alertness, sensitize emotional awareness and enable effortless silent meditation. This book is one component of a multi-media combination that includes audio instructions by MP3 files that are downloaded or purchased on an accompanying CD.

Sacred Sanskrit Words What is Buddhism? According to Hakamaya Noriaki and Matsumoto Shiro, the answer lies in neither Ch'an nor Zen; in neither the Kyoto school of
philosophy nor the non-duality taught in the Vimalakirti Sutra. Hakamaya contends that "critical Buddhism," a critique of critical Buddhism. This volume introduces and analyzes the ideas of "critical Buddhism" in relation to the targets of its critique and situates those ideas in the context of current discussions of postmodern academic scholarship. Texts for the disinterested scholar and committed religious practitioner, and the place of social activism within the academy. Essays critical of the received traditions of Buddhist thought, rarely never before translated, are presented and countered by the work of respected scholars, both Japanese and Western, who take contrary positions.

Feeling the Shakti of Sanskrit: With more than 5,000 entries totaling over a million words, this is the most comprehensive and authoritative dictionary of Buddhism ever produced in English. It is also the first to cover terms from all of the canonical Buddhist languages and traditions: Sanskrit, Pali, Tibetan, Chinese, Japanese, and Korean. Unlike reference works that focus on a single Buddhist language or school, The Princeton Dictionary of Buddhism bridges the major Buddhist traditions to provide encyclopedic coverage of the most important terms, concepts, texts, authors, deities, schools, monasteries, and geographical sites from across the history of Buddhism. The main entries offer both a brief definition and a substantial short essay on the broader meaning and significance of the term covered. Extensive cross-references allow readers to find related terms and concepts. An appendix of Buddhist lists (for example, the four noble truths and the thirty-two marks of the Buddha), a timeline, six maps, and two diagrams are also included. Written and edited by two of today's most eminent scholars of Buddhism, and more than a decade in the making, this landmark work is an essential reference for every student, scholar, or practitioner of Buddhism and for anyone else interested in Asian religion, history, or philosophy. The most comprehensive dictionary of Buddhism ever produced in English More than 5,000 entries totaling over a million words The first dictionary to cover terms from all of the canonical Buddhist languages and traditions--Sanskrit, Pali, Tibetan, Chinese, Japanese, and Korean Detailed entries on the most important terms, concepts, texts, authors, deities, schools, monasteries, and geographical sites in the history of Buddhism Cross-references and appendices that allow readers to find related terms and look up equivalent terms in multiple Buddhist languages Includes a list of Buddhist lists, a timeline, and maps Also contains selected terms and names in Thai, Burmese, Vietnamese, Lao, Khmer, Sinhalese, Newar, and Mongolian.

The Princeton Dictionary of Buddhism Gaudapada was one of the world's greatest philosophers in seventh-century India. He invokes the mystical symbol 'AUM' (pronounced as 'ohm') pointing to the three states of consciousness (waking, dreaming and deep sleep) and the nature of reality itself. In the text on which this book is based, he writes that the waker, dreamer and deep-sleeper are like the roles that an actor plays at various times. All three states are the result of ignorance and error. Who we really are is the fourth aspect -- the actor himself. If you see or feel a 'thing', then that 'thing' is not 'real.' So the waking world is no more real than the dream. 'You' have never been born. Nothing has ever been created. Causality is a myth. Discover your true nature to be Existence-Consciousness, without limitations, undivided and infinite, prior to time and space. Incredible? Read and be convinced by the irrefutable logic of Gaudapada.

Happiness Beyond Thought: The vast majority of books on Buddhism describe the Buddha using the word enlightened, rather than awakened. This bias has resulted in Buddhism becoming generally perceived as the eponymous religion of enlightenment. Beyond Enlightenment is a sophisticated study of some of the underlying assumptions involved in the study of Buddhism (especially, but not exclusively, in the West). It investigates the tendency of most scholars to ground their study of Buddhism in these particular assumptions about the Buddha’s enlightenment and a particular understanding of religion, which is traced back through Western orientalists to the Enlightenment and the Protestant Reformation. Placing a distinct emphasis on Indian Buddhism, Richard Cohen adeptly creates a work that will appeal to those with an interest in Buddhism and India and also scholars of religion and history.

This Being, That Becomes: Towards a Theory of Mime is a genuinely unique book about non-verbal communication and performance. Combining a broad global history of the evolution of human communication with an introduction to the general practice of mime, Alexander Iliev traces a lineage from Marceau and Barrault to his own distinguished practice as performer and teacher. The book moves from a fascinating description of the first principles of gestural language to a stunning sequence of specific exercises in practical training. Written in a sometimes poetic, always accessible and often humorous style, Towards a Theory of Mime conveys complex ideas in a strikingly accessible way. Alexander Iliev has over forty years experience practising and teaching both theatre and anthropology around the world. He is currently Associate Professor at the National Academy in Sofia.

Golden Garlands of Eloquence: Vol. 3 Faces of Compassion introduces us to enlightened beings, the bodhisattvas of Buddhist lore. They’re not otherworldly gods with superhuman qualities but shining examples of our own highest potential. Archetypes of wisdom and compassion, the bodhisattvas of Buddhism are powerful and compelling images of awakening. Scholar and Zen teacher Taigen Dan Leighton engagingly explores the imagery and lore of the seven most important of these archetypal figures, bringing them alive as psychological and spiritual wellsprings. Emphasizing the universality of spiritual ideas, Leighton finds aspects of bodhisattvas expressed in a variety of familiar modern personages—from Muhammad Ali to Mahatma Gandhi, from Bob Dylan to Henry Thoreau, and from Gertrude Stein to Mother Teresa. This edition contains a revised and expanded introduction that frames the book as a exciting and broad-scoped view of Mahayana Buddhism. It’s updated throughout to make it of more use to scholars and a perfect companion to survey courses of world religions or a 200-level course on Buddhism.

Faces of Compassion: A study and a translation of The Entry into the Middle Way, a philosophical and religious text composed in India during the first half of the 7th C. by a Buddhist monk. Huntington explores what meaning the treatise might have for people today. Annotation copyrighted by Book News, Inc., Portland, OR.
The Tibetan Book of the Dead There is a new awakening in India that is challenging the ongoing westernization of the discourse about India. The Battle for Sanskrit seeks to alert traditional scholars of Sanskrit and sanskriti - Indian civilization - concerning an important school of thought that has its base in the US and that has started to dominate the discourse about the cultural, social and political implications of Sanskrit studies. From their analysis of Sanskrit texts, the scholars of this field are intervening in modern Indian society with the explicitly stated purpose of removing ‘poisons’ allegedly built into these texts. They hold that many Sanskrit texts are socially oppressive and serve as political weapons in the hands of the ruling elite; that the sacred aspects need to be refuted; and that Sanskrit has long been dead. The traditional Indian experts would outright reject or at least question these positions. The start of Rajiv Malhotra’s feytry exploration of where the new thrust in Western Indology goes wrong, and his defence of what he considers the traditional, Indian approach, began with a project related to the Sringeri Sharada Peetham in Karnataka, one of the most sacred institutions for Hindus. There was, as he saw it, a serious risk of distortion of the teachings of the peetam, and of sanatana dharma more broadly. Whichever side of the fence one may be on. The Battle for Sanskrit offers a spirited debate marshalling new insights and research. It is a valuable addition to an important subject, and in a larger context, on two ways of looking. Is each view exclusive of the other, or can there be a bridge between them? Readers can judge for themselves.

Introduction to the Philosophy of Tanabe Extensively revised and updated, this book provides a comprehensive overview of the development of Buddhism in Asia and the West.

The Awakening of Faith in the Mahayana Doctrine This being, that becomes; from the arising of this, that arises. This succinct formula, recorded in texts and carved in inscriptions throughout the Buddhist world, is said to summarise the whole of the Dharma, the teaching of the Buddha. But how can such a simple summary be the conceptual formulation that characterises the experience of a Buddha, an ‘Awakened One’, a state beyond all words and concepts? Dhivan Thomas Jones tells us how, and takes us into the heart of the Buddha's insight that everything arises in dependence on conditions. With the aid of lucid reflections and exercises he prompts us to explore how conditionality works in our own lives, and provides a sure guide to the most essential teaching of Buddhism.

Buddhism Goes to the Movies

The Religious Philosophy of Liang Shumling

Awakening With Sanskrit The Tibetan Book of the Dead: Awakening Upon Dying, with introductory commentary by Dzogchen Buddhist master Chögyal Namkhai Norbu, is a new translation of the ancient text also known as The Great Liberation through Hearing in the Intermediate State. Both a practical guide and intriguing historical, cultural, and spiritual document, this new version incorporates recent discoveries that have allowed for a better translation of previously ambiguous passages.

Revealing a set of instructions designed to facilitate the inner liberation of the dead or dying person, the book provides a guide to navigating the bardo—the interval between death and rebirth. Originally composed by Padmasambhava, an important Indian master of the eighth century, the Tibetan Book of the Dead was concealed in Tibet until it was discovered in the fourteenth century by Karma Lingpa, a famous Tibetan tertön (discoverer of ancient texts). Describing in detail the characteristics and fantastic visions of each stage beyond death, the book includes invitations to be read aloud to the dying person, to help his or her successful journey toward the stage of liberation. Chögyal Namkhai Norbu’s introduction clarifies the texts from the Dzogchen point of view and provides a scholarly summary of the ancient material based on his own writings and teachings, material from several Namkhai Norbu’s most recent written works and oral teachings had been added, including an essay on the four intermediate states after death entitled Birth, Life, and Death. A full-color 16-page insert of traditional Tibetan art highlights Tibet’s unique aesthetic wisdom. From the Trade Paperback edition.

Introduction to World Religions An introduction to the rich world of Sanskrit scriptures. This book has been created by Campfire, with the hope that through the reading and recitation of the shlokas, children will become aware of the rich traditions of the Hindu religion and gain respect for this unique, age old, enlightening culture. Listen and Learn to Recite: Visit http://bit.do/sanskritshlokas

Awakening Playfulness has the power to reconnect us with our sense of self, and help us achieve growth and self-fulfilment. The author of this wide-ranging book explores the universal significance of play in the pursuit of happiness and authenticity. Providing a brief overview of the role of play in social, spiritual and intellectual endeavours throughout history, she discusses the harmful consequences of taking things too seriously, and reveals playfulness as a necessity for both the psyche and soul. Informed by the Core Process psychotherapy model, Buddhist philosophy and personal testimonies, the book illustrates how the lighter side of life enables us to re-examine the makeup of our identity and recover from negative experiences. Much more than an insight into the therapeutic properties of play, it is an eloquent ode to the importance of simply "en-joying" ourselves.

Enlightenment and Ritual Sanskrit is not an old, dead classical language that only accomplished academics can decipher. Instead, it's a living technology of sacred sound for awakening higher states of consciousness, understanding the subtle laws of creation, and attaining advanced states of meditation leading to enlightenment. This ground-breaking book by Sanskrit scholar and yogini, Katy Poole, PhD, introduces you to the ancient language of yoga and its role in the development of human potential. You'll discover the secret relationship between sound and creation, validated by modern science. You’ll learn about how the precise pronunciation of the Sanskrit alphabet cultivates the nervous system in preparation for profound meditation. And you’ll gain insight into Sanskrit's role in the yoga traditions and why it's
An Introduction to Mental Development Praise for Happiness Beyond Thought “Husband, father, scientist, military officer, and senior executive in industry and academia, Gary Weber has led a full and successful worldly life. Throughout all of this, Gary has relentlessly pursued a path of practice and inquiry in order to understand life and achieve enlightenment. It is rare to find one who has reached this goal, and rarer still to find such a one who has been so immersed in worldly life. With this book, Gary has successfully integrated his profound realization with traditional non-dualistic teachings, as well as insights from Zen Buddhism and modern brain research, into a practical path that uses Yoga’s time-tested practices of asana, pranayama, chanting and meditation to illumine a path to enlightenment for the modern reader.” -Gary Kraftsow, author of Yoga for Wellness and Yoga for Transformation “Gary Weber offers a treasure chest of practices for the serious practitioner seeking liberation. On your own journey towards awakening, savor these simple, easy to follow practices culled from Weber’s study with his primary teacher Ramana Maharshi, his on-going exploration of Zen meditation practice, and the life-enhancing results of his experiments on the laboratory floor of his yoga mat.” -Amy Weintraub, author of Yoga for Depression


The Heart Sutra What comes to mind when you hear the word “koan”? You probably know koans as paradoxes, and you may believe that they are therefore illogical or intellectually inscrutable—and therefore not useful to the average person. Zen Koans: Paradoxical Awakenings is the tool you need to correct your perceptions of koans and become aware of the benefits of koan practice. Embracing the paradox of the koan can give deeper meaning to life, as well as leading to the Buddhist awakening to your real, non-dual nature. With an experienced Zen teacher as your guide, you can enter more deeply into the three essentials of Zen: great faith, great doubt, and great determination.

No Self, No Problem This is the Volume 1 Guidebook of a 2 Volume Set Volume 2 is the accompanying Workbook for this program of the same name. The complete companion course of audio instruction for this two book set is available at the website: SanskritForYogis.com. This is the most comprehensive of our series of instructional courses from Shruti Institute for Vedic Arts designed to teach you the sacred language of Sanskrit. The course offers simple yet effective methods to experience this ancient language of Yoga, combining traditional ways of teaching Sanskrit complemented by modern technology. This Sanskrit for Yogis-Guidebook provides important, essential information every Yogi should know concerning the historical background and spiritual foundations of Yoga. It explains why adding the spiritual technology of Sanskrit practice is so valuable to personal growth and using the language can open the gates leading to the bliss of chanting Sanskrit to all sincere Yogis and spiritual aspirants.”

Playful Awakening Written in India in the early 8th century AD, Santideva’s work became one of the most popular accounts of the Buddhist spiritual path. This is a new translation from the original language, with detailed annotations explaining allusions and technical references.

Awakening Why do we struggle to find life beyond the rituals of existence? We know something is missing from life, but can’t quite find the answer. Imagine searching for some understanding, some answer to the confusion of life, then suddenly seeing the single truth. Others seem to find enlightenment and fulfill that yearning, yet the answer alludes the average person. What is the root of this truth veiled in a mystery? All of my books are designed to aid you in your search for the answers to the riddle of life, giving the easy pointers to enlightenment and awakening. From the simple root of truth, the ultimate realization of truth appears. When the student is ready, the master appears. You are both, which is why you struggle to find life beyond practice. Within each of my books, I give differing perspectives to the same root truth: One Mind, One Heart, One Unity. Enlightenment is something you must realize, but clues to the process of realization are around you every day. This is a two-book set, featuring one book showing what Enlightenment is from its foundational principles, then a second book revealing the esoteric meaning of all ritual. By simply showing you the way to see, this book complements your path to enlightenment and higher nature. If you have ever wondered what meditation reveals to the mind, wonder no more. While its true I cannot lead you to realization, finding the way there is a journey we are all on. With some help, you can find your one true identity, your one true nature and your universal unity with all beings. This book is an introduction to this. Once you have been introduced, see my other two books in sequence. Bow with Unity reveals a deeper understanding to the two books here. Thus Faith the Flame to the Spark then expands these concepts into a textbook format of symbolism and higher learning. Setting you free by truth is the easy part. Setting truth free within yourself is the work you must do alone. Good luck, and I know you will love these two
books.

The Awakening West We can realize the highest truth in each moment when we learn to see through the illusion of the self. Anam Thubten, in remarkably easy-to-understand language, provides teachings for doing exactly that, based on the wisdom of the Buddhist traditions. He illuminates the path of going beyond the misconceptions of the ego to experience the reality of our true nature, which is already enlightened. He communicates with clarity, humor, and refreshing honesty, lighting the way to a life full of love, compassion, and true satisfaction.

Shlokas Ideal for readers with little or no previous knowledge of the subject, this book provides an exceptionally complete overview of the historical development of the major Eastern traditions of religious and philosophical thought (in India, China, and Japan.). The book uses an engaging style that is filled with anecdotes, analogies, definitions, comparisons, and supporting quotes from primary and secondary sources. It guides learners in recognizing the interrelationships that exist among the various systems, appreciating the relevance of these traditions to the concerns of modern times, and understanding the major issues of interpretation regarding these systems. The traditions of Hinduism and Buddhism are broad umbrellas that include a number of specific schools, each of which is treated individually. Other schools—such as Confucianism, Daoism, and Shinto—are brought into the story at the appropriate place. Owing to the current high degree of interest in the subject, the historical development of Zen Buddhism receives a bit more attention than the other traditions. For anyone new to the study, and excited by the idea, of Eastern thought.

The Refutation of the Self in Indian Buddhism An illuminating in-depth study of one of the most well-known and recited of all the Buddhist texts by a renowned modern translator The Prajna Paramita Hridaya Sutra is among the best known of all the Buddhist scriptures. Chanted daily by many Zen practitioners, it is also studied extensively in the Tibetan tradition, and it has been regarded with interest more recently in the West in various fields of study—from philosophy to quantum physics. In just a few lines, it expresses the truth of impermanence and the release of suffering that results from the understanding of that truth with a breathtaking economy of language. Kazuaki Tanahashi’s guide to the Heart Sutra is the result of a life spent working with it and living it. He outlines the history and meaning of the text and then analyzes it line by line in its various forms (Sanskrit, Chinese, Japanese, Korean, Tibetan, Mongolian, and various key English translations), providing a deeper understanding of the history and etymology of the elusive words than is generally available to the non-specialist—yet with a clear emphasis on the relevance of the text to practice. This book includes a fresh and meticulous new translation of the text by the author and Roshi Joan Halifax.

Beyond Enlightenment The teachings of the Buddha contain clear and plain instructions for a mental development whose goal is the recognition of reality as it is. Of course reality is obvious and nothing is hidden, but an untrained mind will wander aimlessly and get caught up in all kinds of cravings, aversions, and imaginations. When reality and imagination collide, the result is suffering. Buddhist mental development trains the mind in such a way that it can perceive reality clearly, thereby liberating it from its mental fetters. This book introduces the reader to the basics of Buddhist with emphasis on fundamental concepts, Pali terminology, and meditation practice. Mental development is based on experiential knowledge, which can only be gained in meditation. This book provides enough background and instructions for beginning meditation practice and guiding the practitioner until mental development matures. The text is a technical manual rather than an inspirational book. It is intended for people who already have decided to walk the path of the dharma and look for concrete instructions. It may also be interesting to those who merely want to acquire a quick overview over Buddhist practice.

Buddhist Visual Cultures, Rhetoric, and Narrative in Late Burmese Wall Paintings Golden Garland of Eloquence (Legs bshad gser phreng) is the famous Perfection of Wisdom (prajnaparamita) commentary written by the influential Tibetan writer Tsong kha pa (1356-1419). It is Tsong kha pa’s first major work, written before his better known works on Madhyamaka. It is greatly respected and much studied by all schools of Buddhism in Tibet. The Golden Garland supplements the two main Indian Perfection of Wisdom commentaries, Arya Vimuktisena’s Vrta and Haribhadra’s Aloka, on which it is based. It explains the Perfection of Wisdom Sutras and earlier commentaries in detail, glossing difficult words and going into detailed explanations of difficult points. It introduces the reader to some twenty works by the most important Indian Perfection of Wisdom writers, and to the earlier Tibetan traditions of Ngok and Dolpopa, and the traditions of Buton and Nyaon. This translation makes available, for the first time in English, an example of the rich Tibetan Perfection of Wisdom commentarial tradition and will be of interest to both scholars and informed general readers alike. This is the third of four volumes.