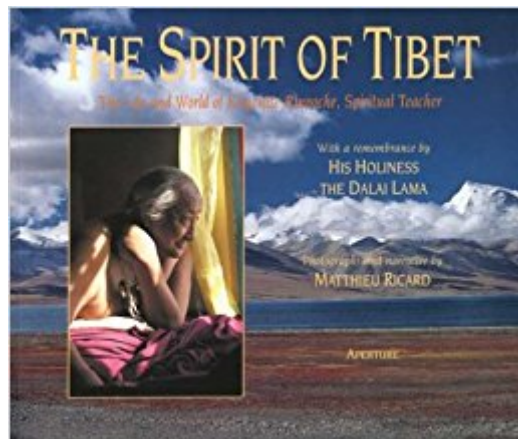




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The Spirit Of Tibet: The Life And World Of Khyentse Rinpoche, Spiritual Teacher



Synopsis

Best-selling author of *The Monk and the Philosopher* engages readers with his eighteen-year pilgrimage in *The Spirit of Tibet*. Poet, scholar, philosopher, and master of Vajrayana (Tibetan) Buddhism, Dilgo Khyentse Rinpoche led a life of profound dedication to spiritual enlightenment and teaching. During the final fourteen years of his life his personal assistant was Matthieu Ricard. Together they traveled throughout Tibet, Bhutan, India, and Nepal, returning to the places of Khyentse Rinpoche's youth: his birthplace in Eastern Tibet; the monastery of Shechen which he had entered at the age of eleven; and the retreats where he spent years in meditation and study. At every stop on his journey, Khyentse Rinpoche was welcomed with elaborate ceremonies and outpourings of devotion. Ricard's deeply personal photographs of this journey are enhanced by a biographical narrative that is interspersed with extensive passages from the writings and teachings of Khyentse Rinpoche. Together, these images and texts form an inspiring portrait of one of the great spiritual leaders and teachers of our time. Many masters of Tibetan Buddhism studied with Khyentse Rinpoche, including His Holiness the Dalai Lama, who regarded him as his principal instructor in the Nyingma tradition of Tibetan Buddhism. *The Spirit of Tibet* brings us the color and pageantry of the spiritual life and cultures of Tibet, Nepal, India, and Bhutan-- the countries where Khyentse Rinpoche taught and traveled. The story imparts a rare view of a spiritual leader's journey to enlightenment, against a backdrop of a land whose traditions are both ancient and remarkably relevant to our times. "Khyentse Rinpoche was a model for all other holders of the teachings. We should not only admire his inconceivable knowledge, wisdom, and accomplishment, but, more importantly, we should follow his example and emulate those qualities ourselves. The Buddha's teachings are of enormous value for everyone, not only to dedicated practitioners but to lay people, too, and we must try our best to practice and implement them, and to emulate the great teachers who have followed him."--His Holiness the Dalai Lama, from his Remembrance

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Customer Reviews

"Matthieu's spiritual life and his camera are one, from which spring these images, fleeting and eternal."--Henri Cartier-Bresson

Matthieu Ricard has been a Buddhist monk for eighteen years. He has translated and edited numerous books on Tibetan Buddhism and is highly praised for his scholarship and knowledge of Tibetan religion and culture. Born in France in 1946, Ricard studied biology at Paris Science University and wrote, *Les Migrations animales*, a widely read book on animal migration. His multiple talents also led him to expertise in astronomy, music, sports, scientific journalism, and photography. His photographs were first published in *RÃ©alitÃ©s*. While doing postgraduate research in cell genetics at the Institut Pasteur under Nobel Laureate FranÃ§ois Jacob, Ricard traveled to India for the first time in 1967 to pursue his interest in Tibetan Buddhism, studying first with Kangyur Rinpoche and later with Dilgo Khyentse Rinpoche. Ricard has lived in the Himalayan region since 1972; he currently resides at Shechen Monastery in Nepal.

Matthieu Ricard, a French scientist who left a lucrative and prestigious research job in Paris to explore the Tibetan Buddhist tradition and ended up becoming a monk and spending most of his life there, provides us with a remarkable book of photographs and memorable quotes chronicling the life of his teacher, Dilgo Khyentse Rinpoche, to whom he dedicates this worthy tribute. Although little known outside of the world of Tibetan Buddhism, Khyentse Rinpoche (1910-1991) has been called "one of the twentieth century's greatest spiritual figures and a teacher of many of the Tibetan masters of today, including HH the Dalai Lama" (Snow Lion Press). Indeed, this book features a good-length preface by the Dalai Lama, in which His Holiness names Khyentse Rinpoche as one of his teachers (gurus), especially in the Dzogchen teachings and "rigpa" (the awareness of mind). Just reading a few of the excellent quotes provided in this volume from this remarkable teacher will convince all but the most hard-hearted of skeptics that this was a truly great spiritual master who embodied the teachings of Buddhism in a remarkable way. Even for the non-practitioners, the book is filled with so many stunning photographs of Tibet, Bhutan, the rituals, the people, and of course,

the master himself, that it would bless and honor any coffee table in any home. Indeed, I cannot but feel that any home would benefit from having a copy of this book. For those who follow the path, it is, of course, much more than that. I was amazed when I saw this book -- it is lovely in every sense. I hope you will also enjoy it as much as I have. May all beings enjoy peace and happiness!

A stunning integration of photography, biography, history, and spiritual teachings, this book touches readers on many levels. The images, from the expansive landscapes of Tibet, to the intimate features of Tibetan faces, are inspiring and telling. The biography, of one of the great spiritual teachers of the past century, is fascinating. (What actually transforms in a human being who spends decades in solitary meditation?) The history of what happened when China invaded Tibet and proceeded to decimate its culture is necessary, dramatic, harrowing. The spiritual teachings are sublime, yet accessible to those of all faiths. A rare book: beautiful, compelling, liberating....

I loved exploring the life of Dilgo Khyentse Rinpoche, from his birth to death through very profound and moving pictures (as well as passages from his compiled writings). Here is someone whose warmth and compassion can be felt by looking at mere photographs. One of my favorite pictures is near the beginning, when there are a lot of people carrying Dilgo Khyentse up a mountain on a wooden throne. Apparently the people did not feel exhausted when doing this and it was a great blessing to participate in. I am very grateful to Matthieu Ricard for taking so many pictures of this person.

Thanks! I suspected my copy entitled "The Journey to Enlightenment" and this book "The Spirit of Tibet" were the same book. Your post verified that. This is one of my favorite books. I have read and re-read the poetry many times--especially when I need encouragement on the path. The author has a cryptic manner of pinpointing the path for the first seeker to the guru. Khyentse Rinpoche was an extraordinary teacher and this telling of his story is absolutely breathtaking--in the pictures as well as the poetry.

Do not purchase the two books about Khyentse Rinpoche (listed above at a special price if both are bought together). They are the same book. One is hard cover, and the other paperback. The titles are slightly different, but the books are the same. It is a wonderful book, but you probably don't need two of them!

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