



How To Practice: The Way to a Meaningful Life

By The Dalai Lama His Holiness, Jeffrey Hopkins Ph.D.

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As human beings, we possess one common desire: the need for happiness and a meaningful life. According to His Holiness the Dalai Lama, the ability to find true fulfillment lies within each of us. Now, the spiritual and temporal leader of Tibet, Nobel Prize winner, and bestselling author helps readers begin the path to enlightenment in a very special book -- an easy-access reference for daily practice as well as stunning illumination of the timeless wisdom of His Holiness. *How to Practice* will guide you toward opening your heart, refraining from doing harm, maintaining mental tranquility, and more. Divided into a series of distinct steps that will lead spiritual seekers of all faiths toward enlightenment, this accessible book is a constant and daily companion in the quest to practice morality, meditation, and wisdom. The Dalai Lama shows us how to overcome our everyday obstacles, from feelings of anger and mistrust to jealousy, insecurity, and counterproductive thinking. Imbued with His Holiness' vivacious spirit and sense of playfulness, *How to Practice* offers the Dalai Lama's own sage and very practical insight into the human psyche and what binds us all together.

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Editorial Review

Amazon.com Review

As a primer on living the good life, few books compete with *How to Practice*, another profound offering from the exiled Tibetan Buddhist leader His Holiness the Dalai Lama. Westerners may be confused by the book's title, assuming that it focuses solely on Buddhist meditation and prayer techniques. Though it does address meditation and prayer, at its core this is a book that demonstrates how day-to-day living can be a spiritual practice. There are two ways to create happiness:

The first is external. By obtaining better clothes, better shelter, and better friends we can find a certain measure of happiness and satisfaction. The second is through mental development, which yields inner happiness. However, these two approaches are not equally viable. External happiness cannot last long without its counterpart.... However, if you have peace of mind you can find happiness even under the most difficult circumstances.

As he has in previous books (*An Open Heart*, *The Art of Happiness*), the Dalai Lama reminds us that developing peace of mind means paying attention to our daily attitudes and choices as well as taking the time to meditate and be prayerful. The six-part book covers Buddhist meditation techniques and visualization exercises as well as daily thoughts and actions that foster morality and wisdom. --Gail Hudson

From Publishers Weekly

The Dalai Lama, a formidable teacher, presents a way that is the middle way, but not necessarily the easy way. Because the spiritual leader of Tibetan Buddhism has a natural gift as well as the translating and publishing resources that makes his teachings accessible, it is easy to forget the rigor and depth of those teachings. Too, Buddhism so often appears in the West as a system of daily behavior and practice that it is also easy to overlook the compelling intellectual challenge it presents to the Western understanding of reality. His Holiness starts on familiar Buddhist ground (morality of action, suffering, compassion) and chapter by chapter adds doctrine and complexity until teachings from the heights of imaginative Tantra and Tibetan deity yoga are being explicated. For the uninitiated the climb is steep, and those seeking general ethical guidance would do better with an easier text (His Holiness has written those, too). For the serious, however, the Dalai Lama offers elegant clarity about the paradoxes at the heart of Buddhism including the central Heart Sutra itself, the teaching of form-is-emptiness and about the intellectual intricacy of Buddhist teachings. Tibetan Buddhism is considered the esoteric wing of Buddhism; this slice shows some layers of its complexity while whetting the spiritual appetite for more understanding, or what Buddhists would call the intention for enlightenment.

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From Library Journal

How to be wise and good and to sustain oneself through meditation.

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Users Review

From reader reviews:

Robert Hyde:

Do you have favorite book? When you have, what is your favorite's book? Publication is very important thing for us to know everything in the world. Each reserve has different aim or even goal; it means that reserve has different type. Some people truly feel enjoy to spend their time for you to read a book. They are really reading whatever they take because their hobby is actually reading a book. Consider the person who don't like reading a book? Sometime, individual feel need book after they found difficult problem or perhaps exercise. Well, probably you will want this How To Practice: The Way to a Meaningful Life.

Robert Burke:

The book How To Practice: The Way to a Meaningful Life give you a sense of feeling enjoy for your spare time. You should use to make your capable far more increase. Book can for being your best friend when you getting stress or having big problem along with your subject. If you can make studying a book How To Practice: The Way to a Meaningful Life for being your habit, you can get far more advantages, like add your current capable, increase your knowledge about a number of or all subjects. You are able to know everything if you like open up and read a book How To Practice: The Way to a Meaningful Life. Kinds of book are several. It means that, science publication or encyclopedia or other individuals. So , how do you think about this reserve?

Danny Miller:

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