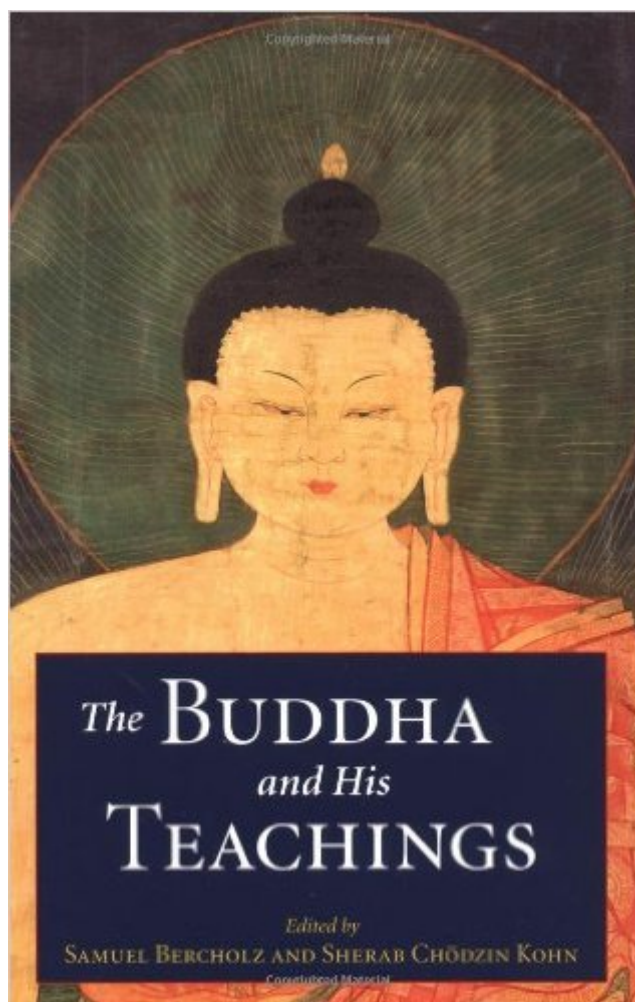


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# The Buddha And His Teachings



## Synopsis

Originally published as *Entering the Stream*, this book offers a simple and inspiring answer to the question "What is the Buddha's teaching?" primarily in the words of the Buddha and other masters. This anthology draws on traditional Indian, Chinese, Japanese, and Tibetan sources as well as teachings by contemporary Buddhist masters. Among the contributors, both classical and modern, are: Ajahn Chah, Pema Chödrön, The Second Dalai Lama, Dogen, S.N. Goenka, Dainin Katagiri, Hakuyu Taizan Maezumi, Milerepa, Padmasambhava, Reginald Ray, Shunryu Suzuki, Nyanaponika Thera, Thich Nhat Hanh, Chögyam Trungpa, and Burton Watson.

## Book Information

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## Customer Reviews

This is one of the best introductions to Buddhism available. The book begins with the life of the Buddha and then gives his basic teachings. The following chapters give an overview of the various schools and philosophies from a practice point of view. The chapters are written by great masters and practitioners of the various sects. If you could only have one text on Buddhism, this would be your best choice. For more reviews see the entry for the previous edition entitled *ENTERING THE STREAM: An Introduction to the Buddha and His Teachings*.

Let me start off by saying this was a good book. The real pluses of this book is that many monks and nuns, as well as past masters and teachers interpret the Buddhas teachings. Many schools and sects are covered including Mahayana Vajrayana and Theraveda as well as Zen and others.

What I didn't like about it was that there wasn't much directly from the 1st Buddha Shakyamuni. There were some brief texts early on where the origin was but I would've liked more. Aside from that I loved the teachings of Zen and the study of recollection (mindfulness). Overall it's a great book but if you're looking for a book on "the Buddha's teachings" you should probably find one that is all about the original Buddha and what he taught. Still deserves 5 stars.

This has to be the best book on religion I have ever read. From the beginning, it grabbed me and didn't let go. The authors of the chapters in the book are masters of teaching Buddhism to Westerners, and it is quite obvious. Read this book with an open mind, and enlighten yourself.

This is an excellent anthology of some of the best Buddhist writings from all the different Buddhist schools. I've been a practicing Buddhist for over 30 years and a Buddhist nun for over 20 years. I highly recommend this text to anyone interested in Buddhist concepts and practices. It is a straightforward, unbiased anthology, taking no position as to which school is "better" than the others. I appreciate this very much, having seen more than one text claim to objectively survey the various schools, all the while touting their own school as "the best." This text dispenses with that nonsense, going to the heart of each tradition from the point of view of that particular tradition.

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