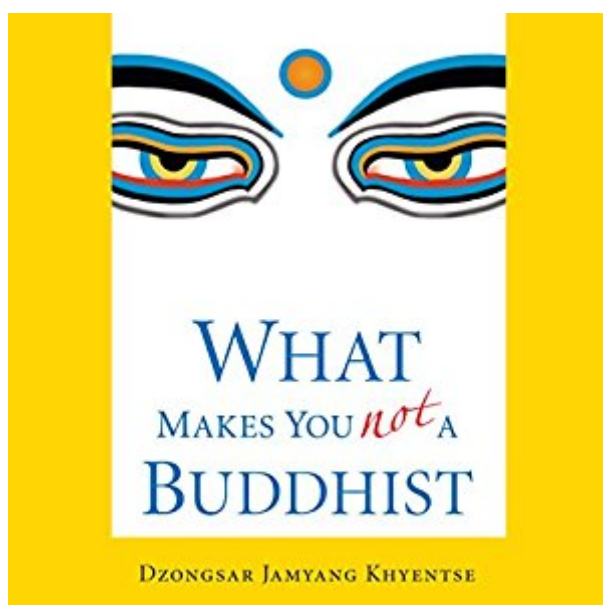


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# What Makes You Not A Buddhist



## Synopsis

So you think you're a Buddhist? Think again. Tibetan Buddhist master Dzongsar Jamyang Khyentse, one of the most creative and innovative lamas teaching today, throws down the gauntlet to the Buddhist world, challenging common misconceptions, stereotypes, and fantasies. With wit and irony, Khyentse urges listeners to move beyond the superficial trappings of Buddhism - beyond the romance with beads, incense, or exotic robes - straight to the heart of what the Buddha taught.

## Book Information

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## Customer Reviews

What Makes You Not A Buddhist is structured around four main chapters, each of which explore the four main truths of Buddhism (Chapter 1: Fabrication and Impermanence, Chapter 2: Emotion and Pain, Chapter 3: Everything Is Emptiness, Chapter 4: Nirvana Is beyond Concepts). Sandwiched in-between these are an interesting and insightful introduction and conclusion (for a change). In each of these chapters, the Buddha's teaching about the nature of impermanence (annica) is set out and explored, as well as how this affects our understanding of everything else. One of the nice things about this book is that unlike many other books on Buddhism I have read, although the story of Siddhartha's quest for Enlightenment is once again included, it is done so within the context of a wider discussion of the Buddha's teaching. One learns about Siddhartha's family, his desire to find truth, and his becoming the Buddha at the same time one learns about what it is to be and become

a Buddhist... and the really nice thing about this is that it is done in an interesting and engaging manner, not in a dry text-book fashion as so many other books on Buddhism I have read have tended to do. This really is a brilliant short little introduction to 'Buddhism'. The range of ways the truth of impermanence is discussed in the book is impressive.

In a nutshell, this book is 125 pages of putting together people, things and our world in the right perspective, making sense of our chaotic world and how to conquer the biggest problem of our life - ourselves, and the way we run our lives. It is 125 pages of unpatented, non-copyrighted profound but yet simple fundamental wisdom as taught by the historical Buddha. The message is delivered through a hard hitting conversation with the author, wittily written in the language of our time. I have got a dozen comments to share on what this book is NOT :1. NO teaching of new meditation technique2. NO new mantra to learn3. NOT a nice soft and motherly conversation with the author4. NOT propagation & hard selling of religious hocus pocus5. NOT boring stuff written to replace your sleeping pills6. NOT not another profound and hard to understand Zen story7. NOT another story about the Life of the Buddha or a parody8. NO you do not need to be a Buddhist to read this book or benefit from reading it (IMHO non-Buddhists get the best value)9. NO you do not need to read another Buddhist book to understand or benefit from this work10.NO you do not need to agree or disagree with the author.11.NO you would not fall asleep reading the 125 pages of gripping truth.12.NO it is not written to "convert" you or anyone into becoming a Buddhist. And half a dozen more comments to share on what this book IS about :i. It is about simple but RAW HARD truth about life according to the FOUR DHARMA SEALS or FOUR DHARMA IMPRINTSii. It is about HARD truth of life that may hurt us & the truth always hurts.

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