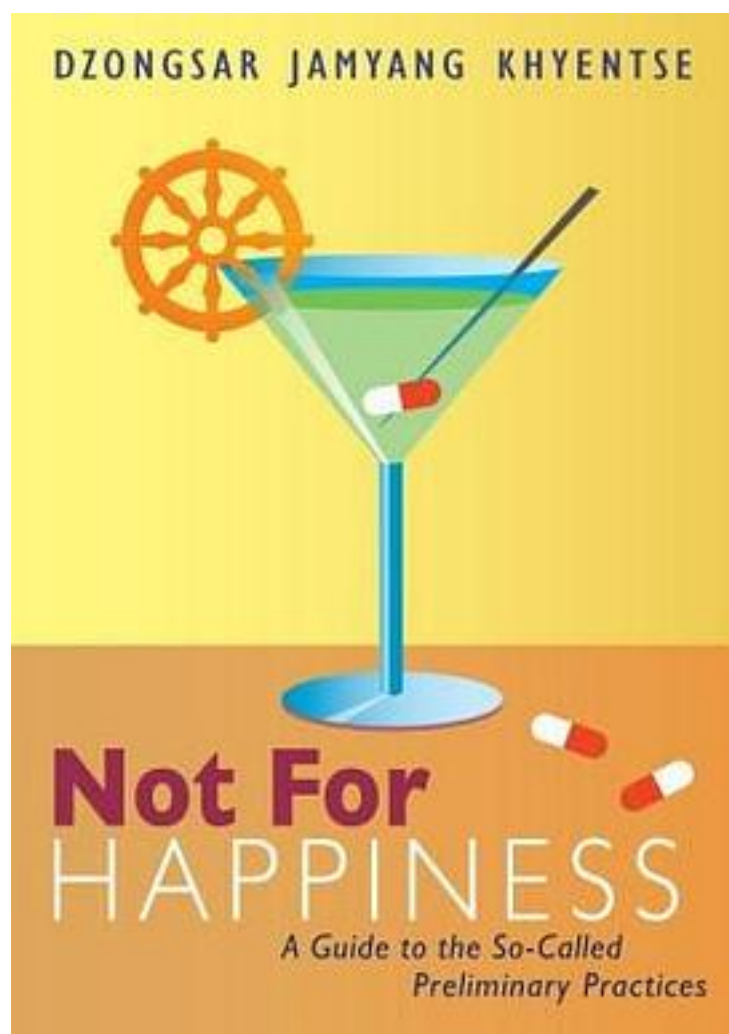


Not for Happiness



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著者:Dzongsar Jamyang Khyentse

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Do you practise meditation because you want to feel good? Or to help you relax and be

“happy” ? Then frankly, according to Dzongsar Jamyang Khyentse, you are far better off having a full-body massage than trying to practise the Dharma.

Genuine spiritual practice, not least the Ngöndro preliminaries, will not bring the kind of comfort and ease most worldly people crave. Quite the opposite, in fact. But if your ultimate goal is enlightenment, Ngöndro practice is a must, and *Not for Happiness* your perfect guide, as it contains everything an aspiring practitioner needs to get started, including advice about:

developing “renunciation mind”

discipline, meditation and wisdom

using your imagination in visualization practice

why you need a guru

Students’ Reactions to *Not for Happiness*:

“Having a map of the path that shows where each practice is headed helps me to see what each stage is preparing me for. Even the chapters that at first didn’t seem relevant to my current practice contained such great gems of teaching that they turned out to be extremely relevant and very helpful.” —Catherine Fordham

“To me, this book is like the world’s best kind of GPS! I feel that by following its guidance, even though I am not a skilful driver, I will have the confidence to drive through my Ngöndro practice—and may even end up feeling quite good about it!” —Helena Wang

作者介绍:

Dzongsar Jamyang Khyentse (Khyentse Norbu) is a Tibetan Buddhist lama who travels and teaches internationally and is also an award-winning filmmaker. He is the abbot of several monasteries in Asia and the spiritual director of meditation centers in Vancouver, San Francisco, Sydney, Hong Kong, and Taipei. He is also head of a Buddhist organization called Siddhartha’s Intent.

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标签

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佛学

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评论

本书针对金刚乘修行者，非修行者建议回避

《不是为了快乐》的英文版～扉页上写着“Plagiarized by Dzongsar Jamyang Khyentse”，plagiarize这个字用得真是发人深省。

虽然内容和大圆满前行非常类似，但强烈推荐所有修加行的当代人儿看，这里的窍诀让我茅塞顿开。另外宗萨仁波切一如既往地搞笑，让我如饥似渴地看完了。

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书评

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