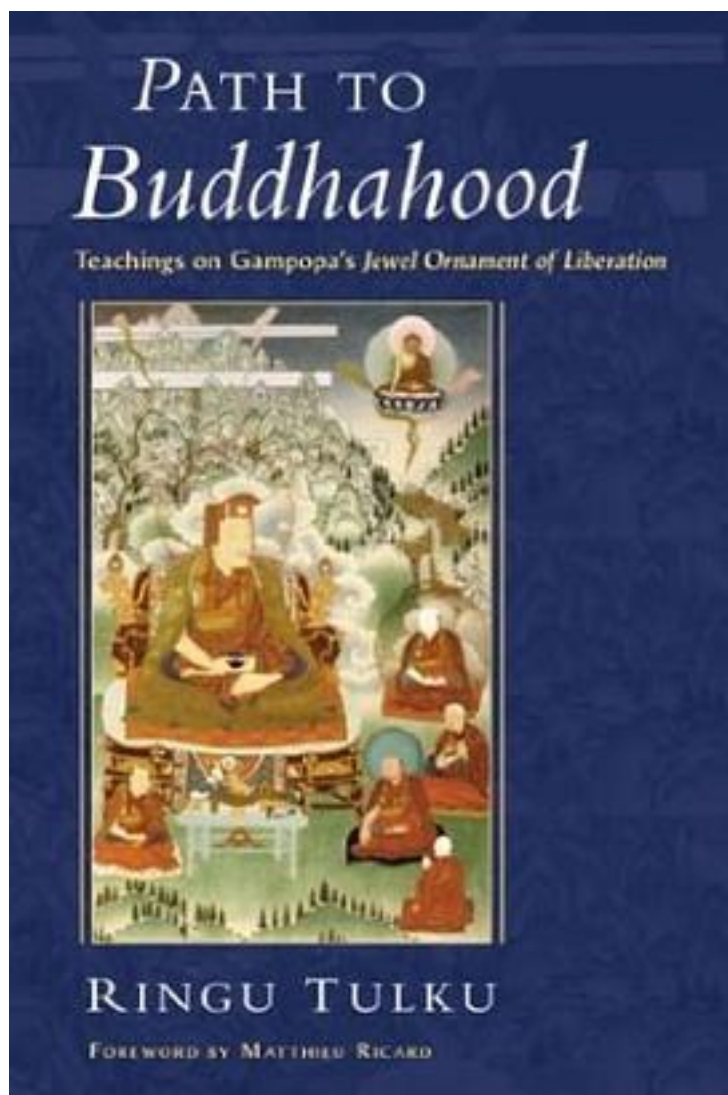


Path to Buddhahood



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The Jewel Ornament of Liberation is regarded by all Tibetan Buddhist schools as one of the most inspiring and comprehensive works of the tradition. Written by Gampopa (born 1079 CE), the main spiritual son of the great hermit Milarepa, this important text lays out the stages of the Buddhist path and explains how an enlightened attitude is strengthened by practicing the six perfections of generosity, discipline, patience, exertion, meditation, and knowledge.

For the first time, this sometimes difficult text is made accessible to Western readers in a clear and engaging commentary. Tibetan teacher Ringu Tulku explores this classic work of Buddhist practice and philosophy with the playful and fresh style that has made him so popular among students of Buddhism. Using folksy examples and anecdotes, he brings this text to life, discussing topics such as:

- seeing through the illusions that cause us to suffer
- advice on acting with kindness, generosity, and patience
- instructions on how to put others first
- guidance for attaining peace and lasting compassion

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