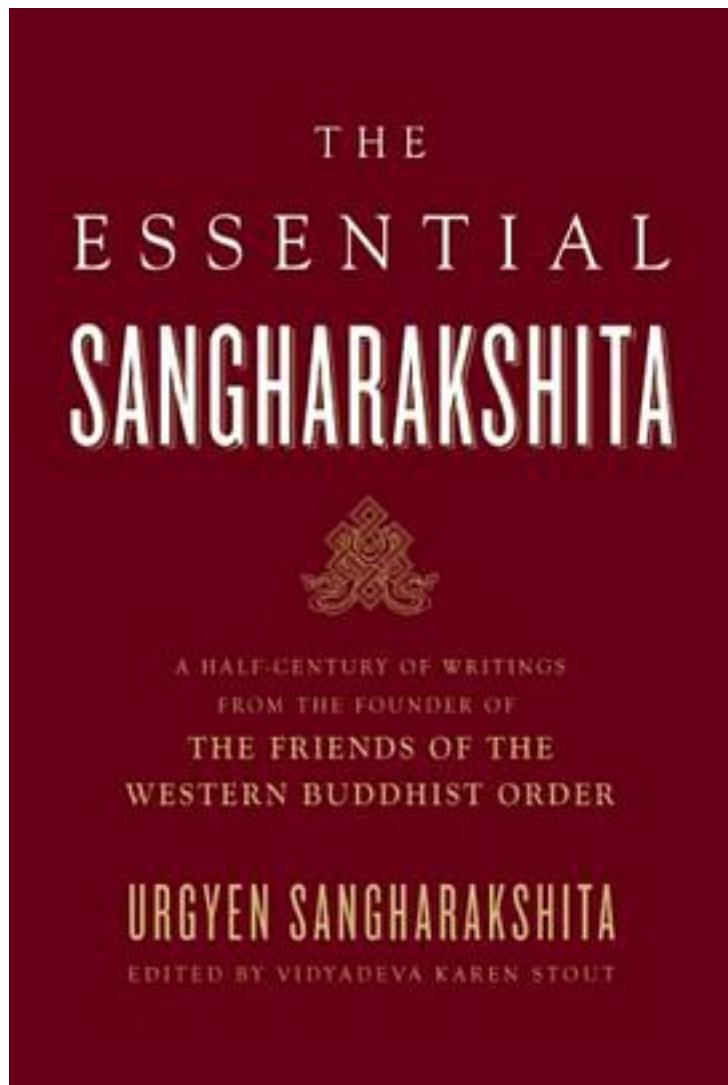


# The Essential Sangharakshita



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著者:Urgyen Sangharakshita

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Urgyen Sangharakshita is unique in his experience with Buddhist traditions and his distillation of their core practices. Born Dennis Lingwood in South London, he is neither of the East nor of the West — rather, he springs from both, providing readers with the best of both traditions. Profoundly knowledgeable, articulate, and well-read, he uses his knowledge of every field of human experience to stir followers to a deeper understanding of timeless truths. Equally at home with science, philosophy, myth, and poetry, he uses every inner avenue to communicate the dharma. He engages both intellect and heart countless times in a single chapter, attacking delusions on all fronts, sometimes methodically, sometimes lyrically, drawing perfect examples from sources as diverse as Orwell, Aeschylus, and Jane Austen. These thoughtful, wide-ranging essays are a sparkling distillation of his 50 years of study, practice, and personal experience with Buddhism.

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