



Lighting The Way

Dalai Lama

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This concise and extremely accessible presentation of the path of Tibetan Buddhism by the world's best-known Buddhist teacher shows how to apply Buddhist principles in our lives. *Lighting the Way* contains three fundamental Buddhist teachings given by the Dalai Lama to Western students. His Holiness often refers to this short work as one of his main sources of inspiration for the practice of compassion. The Dalai Lama's commentary on Atisha's "Lamp for the Path to Enlightenment" discusses in a lucid and inspiring manner one of the most important texts for serious practitioners of Buddhism.

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Allison Walters:

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