



On the Path to Enlightenment: Heart Advice from the Great Tibetan Masters

By Matthieu Ricard

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Dilgo Khyentse Rinpoche inspired Matthieu Ricard to create this anthology by telling him that “when we come to appreciate the depth of the view of the eight great traditions [of Tibetan Buddhism] and also see that they all lead to the same goal without contradicting each other, we think, ‘Only ignorance can lead us to adopt a sectarian view.’” Ricard has selected and translated some of the most profound and inspiring teachings from across these traditions.

The selected teachings are taken from the sources of the traditions, including the Buddha himself, Nagarjuna, Guru Rinpoche, Atisha, Shantideva, and Asanga; from great masters of the past, including Thogme Zangpo, the Fifth Dalai Lama, Milarepa, Longchenpa, and Sakya Pandita; and from contemporary masters, including the Fourteenth Dalai Lama and Mingyur Rinpoche. They address such topics as the nature of the mind; the foundations of taking refuge, generating altruistic compassion, acquiring merit, and following a teacher; view, meditation, and action; and how to remove obstacles and make progress on the path.

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Editorial Review

About the Author

Matthieu Ricard is a former scientist who gave up that life to become a Tibetan Buddhist monk. He is the Dalai Lama's interpreter in French, has translated numerous Buddhist texts, and is the author of *The Quantum and the Lotus*, *Journey to Enlightenment*, and, with Jean-François Revel, *The Monk and the Philosopher*.

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