



This Precious Life: Tibetan Buddhist Teachings on the Path to Enlightenment

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Using the traditional Tibetan Buddhist framework of the Four Reminders—the preciousness of human birth, the truth of impermanence, the reality of suffering, and the inescapability of karma—Khandro Rinpoche explains why and how we could all better use this short life to pursue a spiritual path and make the world a better place. She says, "Think of all the time you've wasted hesitating or feeling distracted, or expending useless energy feeling jealous or angry, or being selfish. At the time of death, you'll look back and it will all seem like a dream." The book includes contemplative exercises that encourage us to appreciate the tremendous potential of the human body and mind. They focus on how we can learn to see this life as a gift—and how, by achieving peace in our own lives, we can bring a seed of happiness to other people. Although raised in Asia, Khandro Rinpoche is well-versed in Western culture, which allows her to translate Tibetan Buddhist wisdom to Westerners with remarkable authenticity and immediacy. She is also one the most highly trained living Tibetan masters and has been teaching in the United States and Europe for over fifteen years, during which time she has attracted thousands of students. She brings a unique feminine perspective to the wisdom tradition of Tibetan Buddhism.

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