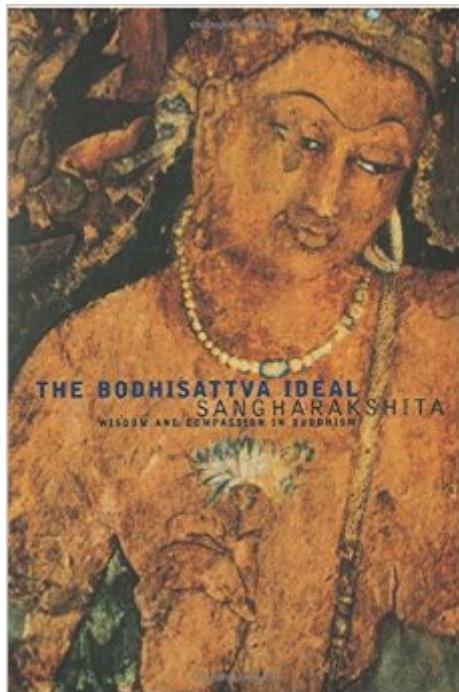


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# The Bodhisattva Ideal : Wisdom And Compassion In Buddhism



## **Synopsis**

How can we be happy and at the same time responsive to the suffering of others? It can be done: this is the message of the Bodhisattva ideal. The image of the Bodhisattva, one who wishes to gain Enlightenment for the sake of all beings, lies at the heart of much of Indian, Tibetan and Chinese Buddhism. For one wishing to follow this path, the development of inner calm and positivity that leads to true wisdom is balanced by a genuine and active concern for others which flowers into great compassion. Sustained by a deep understanding gained through meditation and reflection, the Bodhisattva is able to work tirelessly for the benefit of all. Sangharakshita places the ideal of the Bodhisattva within the context of the entire Buddhist tradition. Unfolding this vision of our potential, he demonstrates how we ourselves can move towards this ideal.

## **Book Information**

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## **Customer Reviews**

This book, structured around the six paramitas (or perfections) that are a part of the path leading to becoming a Bodhisattva, is one to go back to again and again. By looking at generosity (or altruism), ethics (or individualism), energy, patience, meditation and wisdom on both the ideal level as well as through practical examples, we can understand the theory and practice of living a life of wisdom and compassion - and actually try to apply it to our own life. Although I've only had this book a year or so, I keep re-reading different sections, chewing them over, thinking how I might change to meet this challenge or just simply incorporate this attitude into my life. A good one!

Somewhat academic but grounded in solid dharma. A book for more advanced practitioners. Would recommend for those who are more interested in serious study.

Great book

gave this as a gift: he loved it!

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