



Songs of Spiritual Experience: Tibetan Buddhist Poems of Insight and Awakening

From Shambhala

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Songs of Spiritual Experience: Tibetan Buddhist Poems of Insight and Awakening From Shambhala

A remarkable collection of Tibetan religious verse--of interest to students of any spiritual tradition.

The first major anthology of Tibetan spiritual poetry available in the West, *Songs of Spiritual Experience* offers original translations of fifty-two poems from all the traditions and schools of Tibetan Buddhism, spanning the eleventh to the twentieth centuries. These poems communicate spiritual insight with grace and precision, addressing the themes of impermanence, solitude, guru devotion, emptiness, mystic consciousness, and the path of awakening. Also included here is a thorough introduction exploring the characteristics of Tibetan verse and its role in Buddhism and a glossary containing notes on the poems.

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Editorial Review

From Library Journal

The West has shown an almost inexhaustible interest in the spiritual teachings of the Buddhist East, and Tibet in particular has evoked a special fascination. It is not difficult now to read in English the major and minor Buddhist scriptures of Tibetan Buddhism, but until now there has not been a collection of related poetry in a Western language. This anthology from Jinpa (the Dalai Lama's principal translator) and Elsner's anthology makes a strong case for the spiritual importance of this poetic tradition, and their translations are, by and large, readable and somewhat less forbidding than some of the long prose instructions characteristic of Buddhist scripture. Poetry makes the insights more accessible: "When I first began meditating,/ I felt a surge of bliss,/ like a couple in love gazing on each other." A fine volume; recommended for collections where there is interest in Buddhism.

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About the Author

THUPDEN JINPA is the principal English translator for the Dalai Lama. He holds a PhD in religious studies from Cambridge University, as well as a Lharam degree, the Tibetan equivalent to a doctorate in divinity. He is president of the Institute of Tibetan Classics, an organization dedicated to translating key classical Tibetan texts into contemporary languages. JA? ELSNER is a senior research fellow at Corpus Christi College, Oxford University. He has published widely on the topics of art and religion.

Users Review

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Greg Wilson:

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Aida Zambrana:

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