



The Jewel Tree of Tibet: The Enlightenment Engine of Tibetan Buddhism

By Robert Thurman

Download now

Read Online ➔

The Jewel Tree of Tibet: The Enlightenment Engine of Tibetan Buddhism

By Robert Thurman

Few teachers in the West possess both the spiritual training and the scholarship to lead us along the path to enlightenment. Robert Thurman is one such teacher. Now, in his first experiential course on the essentials of Tibetan Buddhism, adapted and expanded from a popular retreat he led, Thurman -- the first Westerner ordained by His Holiness the Dalai Lama himself -- shares the centuries-old wisdom of a highly valued method used by the great Tibetan masters. Using a revered, once-secret text of a seventeenth-century Tibetan master, along with a thorough explanation for contemporary Westerners, *The Jewel Tree of Tibet* immerses you fully in the mysteries of Tibetan spiritual wisdom. A retreat in book form as well as a spiritual and philosophical teaching, it offers a practical system of understanding yourself and the world, of developing your learning and thought processes, and of gaining deep, transforming insight.

Tibetans think of their cherished tradition of Buddhism as a "wish-fulfilling jewel tree" for its power to generate bliss and enlightenment within all who absorb its teachings. Happiness, in fact, is the true goal of Tibetan spirituality, and the wish-fulfilling jewel tree will put you on the road to that reachable goal. This beautiful jewel-tree imagery, which acts like a mandala or a yoga pose to focus your attention on truths larger than yourself, will help you break through worn-out ideas and habits, strengthen positive abilities, develop more energy and creativity, and change your life -- and future -- for the better. As Thurman writes, "Readers learn to cultivate the sensitivity and appreciation to love more fully, feel compassion more intensely, and become a fountain of cheerfulness for all they meet and know."

Because the path to enlightenment requires more than sitting in meditation, *The Jewel Tree of Tibet* offers a rich, intellectually riveting course with many specific spiritual practices, including: eleven steps to create the spirit of enlightenment, here and now; the truths and stories of the ancient Indian and Tibetan sages; and guided meditations to experience the blessings of the wish-fulfilling jewel tree. You can do these practices with others or on your own, while living your daily life. And as you travel this road to deeper self-realization, self-understanding, and infectious happiness, you will also learn how the principles of Tibetan Tantra can open the doors to "infinite compassion and continuity," and how to discover

states of consciousness that transcend even death.

One of the most explicit teachings of the steps to the path of enlightenment available, explained by a skilled Western teacher, *The Jewel Tree of Tibet* will enable you to honor the full subtlety and hidden depths of the Tibetan Buddhist path and realize at last its deeper mysteries and rewards -- for yourself and others.

 [Download The Jewel Tree of Tibet: The Enlightenment Engine ...pdf](#)

 [Read Online The Jewel Tree of Tibet: The Enlightenment Engin ...pdf](#)

The Jewel Tree of Tibet: The Enlightenment Engine of Tibetan Buddhism

By Robert Thurman

The Jewel Tree of Tibet: The Enlightenment Engine of Tibetan Buddhism By Robert Thurman

Few teachers in the West possess both the spiritual training and the scholarship to lead us along the path to enlightenment. Robert Thurman is one such teacher. Now, in his first experiential course on the essentials of Tibetan Buddhism, adapted and expanded from a popular retreat he led, Thurman -- the first Westerner ordained by His Holiness the Dalai Lama himself -- shares the centuries-old wisdom of a highly valued method used by the great Tibetan masters. Using a revered, once-secret text of a seventeenth-century Tibetan master, along with a thorough explanation for contemporary Westerners, *The Jewel Tree of Tibet* immerses you fully in the mysteries of Tibetan spiritual wisdom. A retreat in book form as well as a spiritual and philosophical teaching, it offers a practical system of understanding yourself and the world, of developing your learning and thought processes, and of gaining deep, transforming insight.

Tibetans think of their cherished tradition of Buddhism as a "wish-fulfilling jewel tree" for its power to generate bliss and enlightenment within all who absorb its teachings. Happiness, in fact, is the true goal of Tibetan spirituality, and the wish-fulfilling jewel tree will put you on the road to that reachable goal. This beautiful jewel-tree imagery, which acts like a mandala or a yoga pose to focus your attention on truths larger than yourself, will help you break through worn-out ideas and habits, strengthen positive abilities, develop more energy and creativity, and change your life -- and future -- for the better. As Thurman writes, "Readers learn to cultivate the sensitivity and appreciation to love more fully, feel compassion more intensely, and become a fountain of cheerfulness for all they meet and know."

Because the path to enlightenment requires more than sitting in meditation, *The Jewel Tree of Tibet* offers a rich, intellectually riveting course with many specific spiritual practices, including: eleven steps to create the spirit of enlightenment, here and now; the truths and stories of the ancient Indian and Tibetan sages; and guided meditations to experience the blessings of the wish-fulfilling jewel tree. You can do these practices with others or on your own, while living your daily life. And as you travel this road to deeper self-realization, self-understanding, and infectious happiness, you will also learn how the principles of Tibetan Tantra can open the doors to "infinite compassion and continuity," and how to discover states of consciousness that transcend even death.

One of the most explicit teachings of the steps to the path of enlightenment available, explained by a skilled Western teacher, *The Jewel Tree of Tibet* will enable you to honor the full subtlety and hidden depths of the Tibetan Buddhist path and realize at last its deeper mysteries and rewards -- for yourself and others.

The Jewel Tree of Tibet: The Enlightenment Engine of Tibetan Buddhism By Robert Thurman Bibliography

- Sales Rank: #414220 in eBooks
- Published on: 2005-02-10
- Released on: 2005-02-01
- Format: Kindle eBook

 [**Download** The Jewel Tree of Tibet: The Enlightenment Engine ...pdf](#)

 [**Read Online** The Jewel Tree of Tibet: The Enlightenment Engin ...pdf](#)

Download and Read Free Online The Jewel Tree of Tibet: The Enlightenment Engine of Tibetan Buddhism By Robert Thurman

Editorial Review

Amazon.com Review

Robert Thurman is probably best known for his translation of the sacred text *The Tibetan Book of the Dead*, although he has published many works of both translation and exploration of Tibetan Buddhism. *The Jewel Tree of Tibet* is a significant addition to Thurman's contribution to this field of spiritual scholarship. His deep knowledge and devotion are in evidence on every page. His style is straightforward and inviting. He also provides a short introduction to the history of Buddhism which is as clear and straightforward as possible for what can be an exceptionally complex and entangled topic.

In short, Thurman writes for real people with an interest in (perhaps longing for) a deeper understanding of themselves and their place in the world. In addition to a clear and inviting style and providing the reader with an accessible understanding of important spiritual matters, this book is exceptionally openhanded and openhearted. While Thurman wants us to share the dharma of the Jewel Tree he also wants the reader to know that they are already on their path- no matter what their faith or non-faith, political beliefs, no matter what manner of thinking may appear to divide, separate, or individualize us: Thurman presents a view of the self in which we can see that it is possible to overcome these limitations and alienations and to see ourselves as inhabiting common ground with the suffering, the joy, and the seeking of others. His bias is ecumenical in the best and most generous sense of the word.

This is an excellent book for the person just awakening to their spiritual path and for the seeker of many years.--*Julian Riepe*

From Publishers Weekly

Based on Thurman's six-lesson retreat on Tibetan Buddhism, this accessible book guides readers through the process of enlightenment. Throughout, Thurman (*Inner Revolutions*) draws from the Fourth Panchen Lama's text *Mentor Devotion* to ground his teachings, a surprising choice given that it's an advanced dharma that he concedes is "semiesoteric." Thurman successfully spins the text's interpretation so that it becomes more transparent to a Western audience. He describes Buddhist karma, for example, as "Darwinian evolution with an individual twist," and also cautions readers not to adopt some blissed-out, mind-emptying idea of Buddhism just because they imagine that it's Eastern and therefore superior. "When we seek to enter the path of enlightenment, we have to engage with society." On the other hand, he notes, we also need to embrace ascetics like monks and nuns, and invest generously in their work toward liberation. The book has some truly beautiful moments, as when Thurman encourages readers to meditate on the loving-kindness of their mothers (even the bad mothers, he says, made sacrifices to keep their children alive and fed), or when he offers 11 steps to compassion, love and happiness. Although there are a few hiccups - moments when it becomes obvious that the "root text" of *Mentor Devotion* is a tricky one indeed - this is a fine tool on the road to enlightenment.

Copyright © Reed Business Information, a division of Reed Elsevier Inc. All rights reserved.

From [Booklist](#)

Thurman has been a key figure in bringing Buddhist thought to Western culture as a translator of Tibetan texts, a writer, and a teacher. In his newest treatise, he adapts his popular audio "retreat" series, *Sounds True* (2001), to book form. Here, Thurman presents the Tibetan jewel tree as a powerful image that can help individuals see the infinity of life and the interconnectedness of all things. Seeking enlightenment is the process of inward revolution, which should, eventually, make us realize that we must share our discoveries,

and work toward the happiness of all beings. Clearly, this is Thurman's own life mission, which he accomplishes by making his books accessible to Buddhists and non-Buddhists alike through clarity of expression and economy of ideas. Although more useful as a counterpart to the audiotapes than on its own, *The Jewel Tree of Tibet* offers readers a great deal of material that they can incorporate into their daily lives, include in meditative practice, or simply think deeply about, which has its own rewards. *Janet St. John*
Copyright © American Library Association. All rights reserved

Users Review

From reader reviews:

Tiffany Hassell:

This *The Jewel Tree of Tibet: The Enlightenment Engine of Tibetan Buddhism* are generally reliable for you who want to be a successful person, why. The main reason of this *The Jewel Tree of Tibet: The Enlightenment Engine of Tibetan Buddhism* can be one of the great books you must have is definitely giving you more than just simple reading food but feed a person with information that maybe will shock your earlier knowledge. This book will be handy, you can bring it just about everywhere and whenever your conditions both in e-book and printed ones. Beside that this *The Jewel Tree of Tibet: The Enlightenment Engine of Tibetan Buddhism* forcing you to have an enormous of experience such as rich vocabulary, giving you tryout of critical thinking that we realize it useful in your day task. So , let's have it and enjoy reading.

Bryan Rodriguez:

Reading a book being new life style in this year; every people loves to study a book. When you study a book you can get a lots of benefit. When you read ebooks, you can improve your knowledge, due to the fact book has a lot of information onto it. The information that you will get depend on what types of book that you have read. If you wish to get information about your review, you can read education books, but if you want to entertain yourself look for a fiction books, these us novel, comics, as well as soon. The *The Jewel Tree of Tibet: The Enlightenment Engine of Tibetan Buddhism* will give you new experience in looking at a book.

Cedric Barnett:

In this era which is the greater man or who has ability in doing something more are more special than other. Do you want to become considered one of it? It is just simple method to have that. What you are related is just spending your time not much but quite enough to have a look at some books. One of several books in the top list in your reading list is actually *The Jewel Tree of Tibet: The Enlightenment Engine of Tibetan Buddhism*. This book that is certainly qualified as *The Hungry Slopes* can get you closer in turning out to be precious person. By looking way up and review this reserve you can get many advantages.

David Gonzales:

Book is one of source of understanding. We can add our expertise from it. Not only for students but native or citizen will need book to know the update information of year to help year. As we know those textbooks have many advantages. Beside many of us add our knowledge, may also bring us to around the world.

Through the book The Jewel Tree of Tibet: The Enlightenment Engine of Tibetan Buddhism we can take more advantage. Don't you to be creative people? To get creative person must choose to read a book. Just simply choose the best book that suited with your aim. Don't possibly be doubt to change your life with this book The Jewel Tree of Tibet: The Enlightenment Engine of Tibetan Buddhism. You can more desirable than now.

Download and Read Online The Jewel Tree of Tibet: The Enlightenment Engine of Tibetan Buddhism By Robert Thurman #A45DWBVSK7Q

Read The Jewel Tree of Tibet: The Enlightenment Engine of Tibetan Buddhism By Robert Thurman for online ebook

The Jewel Tree of Tibet: The Enlightenment Engine of Tibetan Buddhism By Robert Thurman Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read The Jewel Tree of Tibet: The Enlightenment Engine of Tibetan Buddhism By Robert Thurman books to read online.

Online The Jewel Tree of Tibet: The Enlightenment Engine of Tibetan Buddhism By Robert Thurman ebook PDF download

The Jewel Tree of Tibet: The Enlightenment Engine of Tibetan Buddhism By Robert Thurman Doc

The Jewel Tree of Tibet: The Enlightenment Engine of Tibetan Buddhism By Robert Thurman Mobipocket

The Jewel Tree of Tibet: The Enlightenment Engine of Tibetan Buddhism By Robert Thurman EPub

A45DWBVS7Q: The Jewel Tree of Tibet: The Enlightenment Engine of Tibetan Buddhism By Robert Thurman