



THE DALAI LAMA

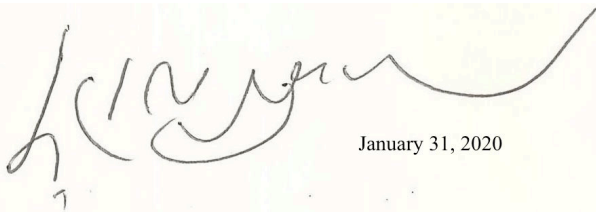
I am pleased to see that BodhiHeart Sangha in Seattle, Washington has published this collection of Buddhist texts to recite and reflect on, which Tenzin Jesse has translated into clear, accessible English.

When the great Bodhisattva Abbot, Shantarakshita, established Buddhism in Tibet in the 8th century, he encouraged King Trisong Deutsen to instigate a project to translate Buddhist literature primarily from Sanskrit into Tibetan, which he did. As a consequence, Tibetans have not only been able to study and reflect on the teachings of the Buddha and his followers in their own language, but were able to enrich that language and refine the accuracy of its expression.

Mere recitation of prayers and scripture by itself, whether in Sanskrit, Tibetan or English, is of limited benefit. Far more important is for those reading or reciting such texts to be able to reflect on and penetrate the meaning they convey. Translating them into English makes it so much easier for interested English readers to do that.

Several texts included here are part of my own daily practice. I am pleased too to see that there are also substantial extracts from Shantideva's 'Guide to the Bodhisattva's Way of Life' and Nagarjuna's 'Fundamental Wisdom', both key works from the Nalanda Tradition.

I offer my congratulations to Tenzin Jesse and to everyone else belonging to the BodhiHeart Sangha who contributed to the compilation of this useful work. May its benefits spread far and wide.



January 31, 2020