



The Future Of Buddhism

Sogyal Rinpoche

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In this fascinating collection of articles, Sogyal Rinpoche, author of *The Tibetan Book of Living and Dying*, draws on his experience of twenty-five years of teaching in the West. In *The Future of Buddhism*, he reflects on some of the vital issues facing Buddhism in the modern world, issues such as adaptation, training, integration and the support of the sangha. He highlights the role of mind in health in *The Spiritual Heart of Tibetan Medicine*, delving into the practices of 'lojong' - training the mind - and meditation, and the ultimate healing that comes through recognizing the nature of mind. Finally, Rinpoche gives advice on how to survive the spiritual path in *View and Wrong View and Misunderstandings*. For when we follow a spiritual path, it is more important than ever to see through the mind and its delusions, and to know just how misunderstandings can come to dominate our lives.

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