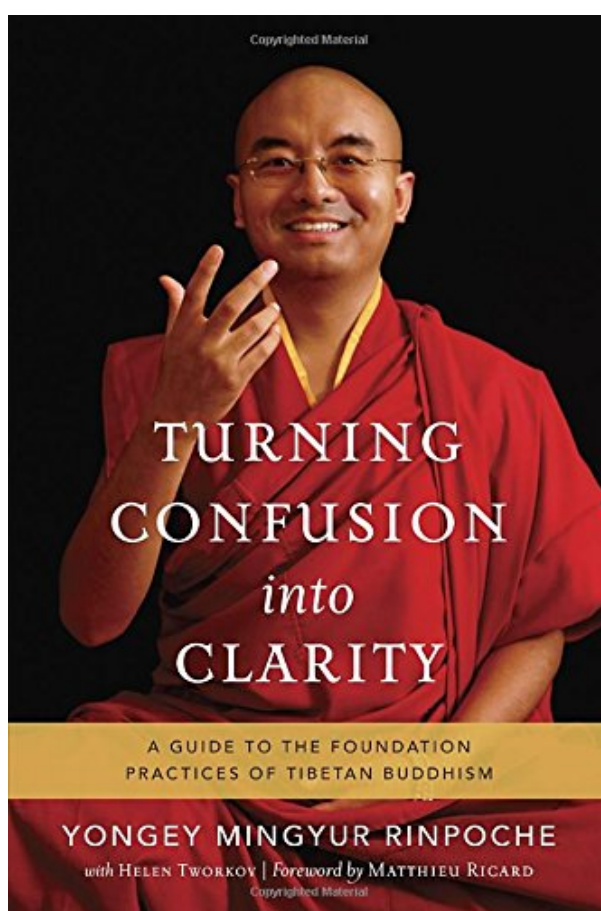
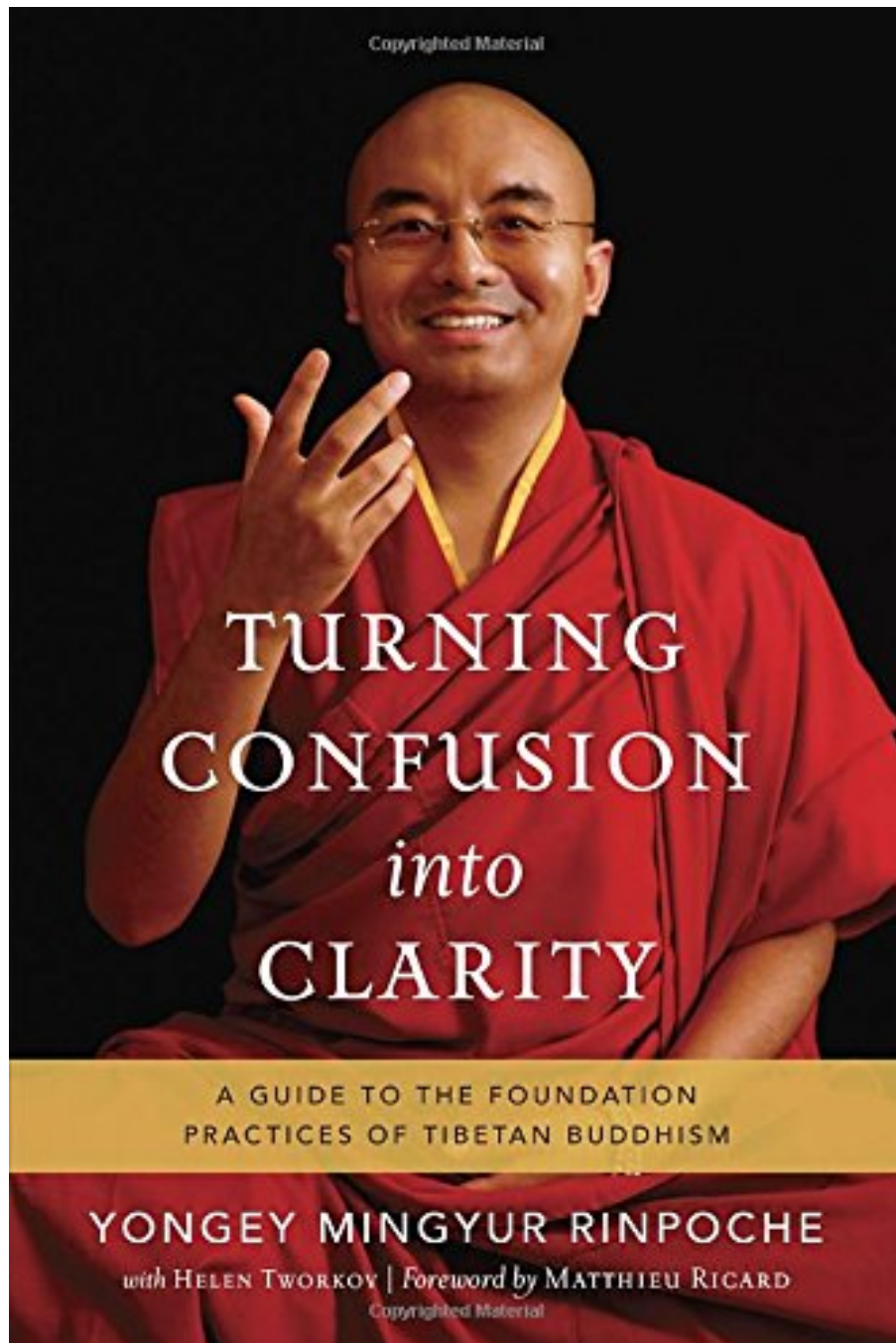


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Review

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“The foundational teachings of ngondro form the very basis of Vajrayana Buddhist studies and practice. Here is a masterful presentation of these timeless teachings by Yongey Mingyur Rinpoche, with his characteristic brilliance, mastery of the Buddhadharma, and superior understanding of the contemporary world. It is a must-read for all who aspire to undertake the quintessential practice of ngondro preliminaries.”—Mindrolling Jetsun Khandro Rinpoche

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Advice and encouragement from a leading spiritual teacher and popular author on how to approach the foundational practices of Tibetan Buddhism.

For anyone interested in Buddhist practice and philosophy, this book gives detailed instruction and friendly and inspiring advice for those embarking on the Tibetan Buddhist path in earnest. By offering guidance on how to approach the process and giving instruction for specific meditation and contemplation techniques, Yongey Mingyur Rinpoche provides gentle yet thorough commentary, companionship, and inspiration for committing to the Buddhist path.

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Great Guide Down the Path Toward Clarity

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Reading Yongey Mingyur Rinpoche's "Turning Confusion Into Clarity" is like being taken by the hand and gently led down a peaceful trail. A peaceful trail, of course, that leads you through the eight steps of the Tibetan Buddhist path to self-discovery and away from confusion and unhappiness. That doesn't sound too bad, does it?

Throughout the book, topics such as human existence, impermanence, karma, and suffering are discussed at length. The style is simple, yet the ideas complex. Readers are encouraged to look within themselves and ask what makes them happy, what makes them feel secure.

A standout section, in my opinion, is the discussion of "waking up". I love the idea that our own minds have both the power to confuse and the power to find clarity. When we wake up, we "discover the diamond that was in us all along". It's all about discovering our own awareness.

Though "Turning Confusion Into Clarity" is not a book for Tibetan Buddhism beginners, if you have a basic knowledge of the history and teachings, you will gain a great deal from reading this fantastic work. And if you are looking to go deeper into the history of Buddhism, I highly recommend Stephen Batchelor's *The Awakening of the West: The Encounter of Buddhism and Western Culture*.

20 of 20 people found the following review helpful.

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By cynthia h wilson

I have read many, many books on Tibetan Buddhism and this is hands down one of the best. The clarity of the writing is truly like having a personal guide to the very powerful, subtle and sublime practices that the book addresses. For anyone doing or contemplating doing the daunting practice of the ngondro preliminaries, this is THE go-to book. I've only had it a few months, and it is already dog-eared and underlined all over because so much of it is extremely useful. Thank you to Mingyur Rinpoche and all who brought this book to fruition. It is a jewel.

10 of 10 people found the following review helpful.

Bound of the a Classic!!

By Bill Hartman

This is probably the most clearly presented description of preliminary practice in Tibetan Buddhism I have ever read. I have read *Words of My Perfect Teacher* by Patrul Rinpoche which is probably the classic text on

this subject plus numerous other authors presentations. If you want to understand what Tibetan Buddhism is about and how it it is practiced, you must understand this subject and this author does a great job. His other two two are also as good but a little more in the self help area so this is a little different read but is just as vital.

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