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On the Path to Enlightenment: Heart Advice from the Great Tibetan Masters

Matthieu Ricard

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Dilgo Khyentse Rinpoche inspired Matthieu Ricard to create this anthology by telling him that “when we come to appreciate the depth of the view of the eight great traditions [of Tibetan Buddhism] and also see that they all lead to the same goal without contradicting each other, we think, ‘Only ignorance can lead us to adopt a sectarian view.’” Ricard has selected and translated some of the most profound and inspiring teachings from across these traditions.

The selected teachings are taken from the sources of the traditions, including the Buddha himself, Nagarjuna, Guru Rinpoche, Atisha, Shantideva, and Asanga; from great masters of the past, including Thogme Zangpo, the Fifth Dalai Lama, Milarepa, Longchenpa, and Sakya Pandita; and from contemporary masters, including the Fourteenth Dalai Lama and Mingyur Rinpoche. They address such topics as the nature of the mind; the foundations of taking refuge, generating altruistic compassion, acquiring merit, and following a teacher; view, meditation, and action; and how to remove obstacles and make progress on the path.

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