



Contemplating Reality: A Practitioner's Guide to the View in Indo-Tibetan Buddhism

Andy Karr

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This book is for intermediate and advanced Buddhist practitioners who wish to deepen their understanding by joining practice with study of traditional ideas. It introduces the reader to contemplations that investigate a series of views of reality as they evolved in the Buddhist tradition. These views are explained in plain English, with contemporary metaphors and examples to bring out their meaning for modern Buddhists. Quotations from both historical and living meditation masters and scholars are presented as examples of key principles. Topics include

- Egolessness
- Appearances and reality
- Methods of investigation
- Enlightenment
- Tenets of different schools through the centuries
- The root of compassion
- The origin of thoughts

Guided exercises encourage the reader to trust in experiential understanding through deep contemplation of complex concepts. The book is structured as a guide for the reader's journey.

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Jose Weitzman:

Spent a free time to be fun activity to do! A lot of people spent their sparetime with their family, or their own friends. Usually they undertaking activity like watching television, about to beach, or picnic within the park. They actually doing same task every week. Do you feel it? Do you wish to something different to fill your own free time/ holiday? Could possibly be reading a book could be option to fill your totally free time/ holiday. The first thing you will ask may be what kinds of book that you should read. If you want to try out look for book, may be the guide untitled Contemplating Reality: A Practitioner's Guide to the View in Indo-Tibetan Buddhism can be great book to read. May be it is usually best activity to you.

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