



What Makes You Not a Buddhist

By Dzongsar Jamyang Khyentse

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So you think you're a Buddhist? Think again. Tibetan Buddhist master Dzongsar Jamyang Khyentse, one of the most creative and innovative lamas teaching today, throws down the gauntlet to the Buddhist world, challenging common misconceptions, stereotypes, and fantasies. With wit and irony, Khyentse urges readers to move beyond the superficial trappings of Buddhism—beyond the romance with beads, incense, or exotic robes—straight to the heart of what the Buddha taught.

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Editorial Review

From Publishers Weekly

Here at last is a crisp new voice in Tibetan Buddhism. Khyentse, a lama from an influential family and Buddhist lineage in Bhutan, is also a filmmaker, responsible for the sleeper hit *The Cup*, about a group of Tibetan monks obsessed with soccer. The monk brings the same multicultural fluency to his first book. He can make references to Viagra and Camilla Parker-Bowles as easily as he can tell stories of the Buddha's life. With confidence tempered by wit, he cuts to the core of Buddhism: four "seals"—truths—that make up a Buddhist "right view" of the world and existence. This book is not, repeat not, about meditation. Instead, it looks at everyday life through a Buddhist lens, understanding happiness and suffering from that perspective. Enlightenment ends suffering but also trumps happiness. Khyentse writes persuasively about the importance of understanding emptiness: disappointment lessens, expectations soften, and change is not a shock. There is much food for thought in this short book for Buddhist students and for anyone interested in the ongoing adaptation of traditional Eastern wisdom into postmodern Western settings. "You can change the cup," Khyentse writes, "but the tea remains pure." (*Jan. 9*)

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Review

"Here at last is a crisp new voice in Tibetan Buddhism. . . . There is much food for thought in this short book for Buddhist students and for anyone interested in the ongoing adaptation of traditional Eastern wisdom into postmodern Western settings."—*Publishers Weekly*

"A pleasant refresher or an excellent introduction to Buddhism, even for those who choose not to be Buddhists."—*New Age Retailer*

About the Author

Dzongsar Jamyang Khyentse (Khyentse Norbu) is a Tibetan Buddhist lama who travels and teaches internationally and is also an award-winning filmmaker. He is the abbot of several monasteries in Asia and the spiritual director of meditation centers in Vancouver, San Francisco, Sydney, Hong Kong, and Taipei. He is also head of a Buddhist organization called Siddhartha's Intent.

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Melvin Loch:

Here thing why that What Makes You Not a Buddhist are different and reliable to be yours. First of all reading through a book is good but it really depends in the content than it which is the content is as delicious as food or not. What Makes You Not a Buddhist giving you information deeper including different ways, you can find any reserve out there but there is no reserve that similar with What Makes You Not a Buddhist. It gives you thrill examining journey, its open up your personal eyes about the thing in which happened in the world which is possibly can be happened around you. You can bring everywhere like in recreation area, café, or even in your technique home by train. If you are having difficulties in bringing the paper book maybe the form of What Makes You Not a Buddhist in e-book can be your substitute.

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