



What is the Dharma?: The Essential Teachings of the Buddha

Sangharakshita

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What is the Dharma?: The Essential Teachings of the Buddha Sangharakshita

To walk in the footsteps of the Buddha we need a clear and thorough guide to the essential principles of Buddhism. Whether we have just begun our journey or are a practitioner with more experience, What is the Dharma? is an indispensable exploration of the Buddha's teachings as found in the main Buddhist traditions. Constantly returning to the question 'How can this help me?' Sangharakshita examines a variety of fundamental principles, including: karma and re-birth, nirvana and shunyata, conditioned co-production, impermanence, unsatisfactoriness and insubstantiality, ethics, meditation, and wisdom. The result is a refreshing, unsettling, and inspiring book that lays before us the essential Dharma, timeless and universal.

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