

In the Lap of the Buddha; 1994; 304 pages; Shambhala Publications, 1994; 9780834828759; Gavin Harrison

The book perfectly explains the situations and the events of Buddha's life in storytelling way. Buddha's precious discourses are taken from original Pali texts and well translated to English. A must read for anyone interested in Buddha's teachings. I know of no other book that has such a detailed analysis of the various versions of the major events of the Buddha's life. 437 views. Juliane Röll. "I read many books by people transformed by suffering. In the Lap of the Buddha rises above other books with its wisdom and beauty. Let it guide you and teach you to live." Dr. Bernie S. Siegel, author of Love, Medicine, and Miracles. "With penetrating mindfulness, Gavin Harrison uncovers the roots of suffering and the path to wholeness. This wonderfully wise and warm book brings the timeless teachings of the Buddha to life, reminding us that every challenge, every trial, is grist for the mill of awakening to the compassionate heart of our own true nature. The authenticity and deep humanity of Gavin Harrison shine out from every page of this book. It is truly a jewel." Joan Borysenko, author of Minding the Body, Mending the Mind. About the Author. Are western takes on Buddhism - or at least books on Buddhism by western authors - a good way to start? Or should one jump right into books like the Tibetan Book of the Dead? What are some books generally regarded as good for a general introduction on Buddhism? learning-materials reference-request. Bhikkhu Bodhi is another modern author who has some good resources; his introductions to the nikayas, e.g. in The Middle Length Discourses of the Buddha, are well-done. He also has an audio series on-line about the same that seems well-received. I guess I'd be careful about modern sources either from the West or East as an introduction, since without a solid background, it will be easy to become swayed by skewed teachings. In this book a teacher of insight meditation offers personal testament, healing words, and wise instruction to help meet the suffering that comes with catastrophic life events. Speaking openly about his own struggles with memories of childhood sexual abuse and with the HIV diagnosis he received in 1989, Gavin Harrison reveals how compassion offers refuge and help for all who suffer from similar crises of body, heart, and spirit. Among the topics covered are: Dealing with fear, anger, and self-hatred Working with difficult relationships Confronting physical pain and the fear of death Tr