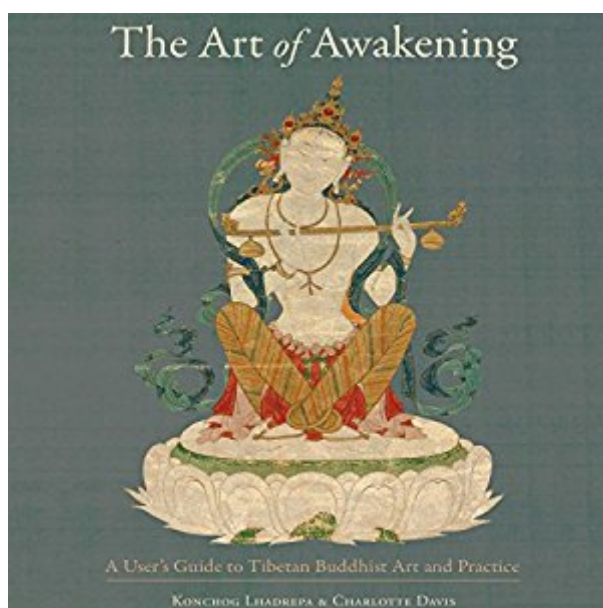


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# The Art Of Awakening: A User's Guide To Tibetan Buddhist Art And Practice



## Synopsis

A presentation on the Tibetan Buddhist path to enlightenment, through the lens of an artist's eye and experience. The sacred arts play an essential, intrinsic role in Tibetan Buddhist practice. Here, one of the great practitioners and master artists of our time presents a guide to the Tibetan Buddhist path, from preliminary practices through enlightenment, from the artist's perspective. With profound wisdom, he shows how visual representations of the sacred in paintings, sculptures, mandalas, and stupas can be an essential support to practice throughout the path. This work, based on the author's landmark Tibetan text, *The Path to Liberation*, includes basic Buddhist teachings and practices, clearly pointing out the relevance of these for both the sacred artist and the practitioner, along with an overview of the history and iconography of Buddhist art.

## Book Information

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## Customer Reviews

This book is a dream for anyone interested in dharma art. It is packed with valuable information about the symbolism in Buddhist art as well as the way to practice while creating it. It also provides an interesting section about the attitude the artist, purchaser of the art and commissioner of the art should have toward the art and artist. As a budding dharma artist, I learned so much reading it, and have shared (and will continue to share in bits) information in it with a dharma coloring group I meet with about once a month. Vajrayana students will find the information in it very valuable as well. I am grateful to the author for the translations of parts of the Tsering Art School Manual (written in Tibetan) offered here, and to the artist for providing this information to students. It is absolutely

lovely.

This book will be a classic of Tibetan Buddhist literature. It is the first work that I have found that clearly integrates Buddhist insight and its relationship with artistic expression.

This book is the first book explaining thangka painting in a usable meaningful way. There are lots of useful tips and explanations of methods and reasons for them. A must for a thangka painter!

great

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