



Teachings of the Buddha

Jack Kornfield (Editor)

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This treasury of essential Buddhist writings draws from the most popular Indian, Tibetan, Chinese, and Japanese sources. Among the selections are some of the earliest recorded sayings of the Buddha on the practice of freedom, passages from later Indian scriptures on the perfection of wisdom, verses from Tibetan masters on the enlightened mind, and songs in praise of meditation by Zen teachers. The book also includes traditional instruction on how to practice sitting meditation, cultivate calm awareness, and live with compassion. Jack Kornfield, one of the most respected American Buddhist teachers, has compiled these teachings to impart the essence and inspiration of Buddhism to readers of all spiritual traditions.

Teachings of the Buddha Details

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Jim Thompson says

Not my first time through this book. Or my second. Couldn't say how many times I've read it, really. Sometimes some of it, sometimes all of it.

I've got a few books I use sort of like "devotionals." This is one of them. "Zen Flesh, Zen Bones" is another. "Dhammapada" is another. I get to the end of one, put it on the shelf, take the next down. Cycles around again eventually.

This one is good. I practice more in the Zen tradition, so the Zen-friendly stuff in here appeals to me more than, say, the Tibetan stuff. The book is a mix, some of it I find very helpful, some of it makes me roll my eyes a little. But on the whole it's a worthwhile book, packed with lots of little bits and pieces.

Brian B Baker says

I read this book fast, not because it was boring but because it's not the type of book you read, it's one that you keep on the shelf and when the moment is right you read it again, and refer to it later for inspiration in life.

I recommend this book to anyone who wants to learn about the Buddha's teachings. This is a book everyone should have, regardless of beliefs.

Mark says

An excellent, small paperback, easy to take with you.

-Just as at the ocean's innermost depth no wave is born,
but all is still,
so let the practitioner's mind be still.

Be motionless, and nowhere should you swell.

Relleasy Harrison says

i gave this book to my beloved brother Trav. He is a Buddhist and he enjoyed it. the books talks a lot about patience and controlling your anger.

Dean says

Excellent selection of verses and short passages from the suttas and other Buddhist scriptures, anecdotes etc. Reading this over several times, would give one a nice feeling for what Buddhism is essentially aimed at, and the means for approaching the goals laid out in the path. The audiobook is also nice to meditate on, or contemplate.

Sophorn says

There is no fire like greed. No crime like hatred.

No sorrow like separation.

No sickness like hunger of heart, And no joy like the joy of freedom. Health and contentment, and trust are your greatest possessions, and freedom your greatest joy. Look within, Be still. Free from fear and attachment, know the sweet joy of living in the way.

Chad Kohalyk says

Short book filled with a variety of famous passages from the various canon. Even I recognized some, with my slight reading in this area. It is full of nuggets and interesting perspectives.

The narrator was good, and it is an enjoyable listen. I will come back to it when I need a reminder, or to mine it for other learnings.

Wanderley Guimarães says

(Escutei a versão audiobook desse livro)

Uma coleção de citações e histórias interessantes que podem servir como lições para aplicar na vida. Quantas vezes não me peguei pensando que eu era o único que estava sofrendo, que eu era o único com dificuldades e por aí vai. E para refletir sobre alguns destes "meus" sentimentos escutei a historia da mãe que perdeu o filho e seguindo o conselho do mestre bateu em todas as portas da cidade, escutando as angústias e sofrimentos que cada um tinha para compartilhar. Já escutei muitas vezes sobre pratica compaixão os outros, mas praticar compaixão com vocês mesmo é importante.

Eu não sou budista mas li esse livro motivado pela curiosidade do que representa a meditação além da visão científica que venho estudando. E isso não me fez aproveitar menos os ensinamentos.

Bruno Martinez-Leo says

Great book for introduction to understanding Buddhism. Really enjoyed reading and re-reading several of its pages. It's not a book you just read but truly meditate, re-read and think over again. I do really recommend it.

Brianna Bowman says

I was wanting to have a book with original texts, rather than an interpretation of buddhism from a practitioner, regardless of whether they are well-respected. Of course this book is still a compilation of specially selected texts, and so one could assume that some messages may be missing some context, but I think if you are interested in buddhism, then this edition is a very palatable introduction.

Mandy says

This is just a little book, but it's probably my favorite of the Buddha's teachings. I don't know if it's Kornfield's translations (which are beautiful) or the selections, but this is the book that sits on my nightstand, or next to my computer, or on my desk to work. It is the source I go to when I need a prayer, or a lesson, or something to share with a friend. Really a beautiful little book.

Chase says

A very readable interpretation of Buddhist teachings from various sects and teachers of Buddhism from all over the world. Simply splendid.

Andrew Vidal says

I thought this was a decent collection of the Buddha's teachings from such various sources as the Dhammapada, the Nikayas, the Sutras, as well as snippets from Tibetan and Zen texts. Due to its broad scope, I wouldn't recommend this to someone looking for in-depth instruction on the teachings, but as something to keep on the coffee table and flip through whenever one could use a reminder of the benefits attained from living a life mindfulness and contemplation.

Lon says

A collection of sayings, parables, teachings, exhortations attributed to the Buddha. Some cryptic, some inscrutable, but Kornfield has obviously mined the scriptural canon well; each page either shines outrightly, or hints of some pearl to be sought with deeper digging.

A few favorites:

As in the ocean's midmost depth no wave is born, but all is still, so let the practitioners be still, be motionless, and nowhere should they swell.

See yourself in others.
Then whom can you hurt?
What harm can you do?

For your brother is like you.
He wants to be happy.
Never harm him
And when you leave this life
You too will find happiness.

In this world
Hate never yet dispelled hate.
Only love dispels hate.
This is the law,
Ancient and inexhaustible.
You too shall pass away.
Knowing this, how can you quarrel?

Thus shall ye think of all this fleeting world:
A star at dawn, a bubble in a stream;
A flash of lightning in a summer cloud,
A flickering lamp, a phantom, and a dream.

Enlightenment is like the moon reflected on the water. The moon does not get wet, or is the water broken. Although its light is wide and great, the moon is reflected even in a puddle an inch wide. The whole moon and the entire sky are reflected in dewdrops on the grass, or even in one drop of water.

Ricardo Oliveira says

Audible version, good narrator but texts are disconnected and in plain parable - better as reference book than an audiobook.
