

## Introduction To Emptiness: As Taught In Tsong-Kha-Pa's Great Treatise On The Stages Of The Path

Guy Newland

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Readers are hard-pressed to find books that can help them understand the central concept in Mahayana Buddhism—the idea that ultimate reality is emptiness. In clear language, *Introduction to Emptiness* explains that emptiness is not a mystical sort of nothingness, but a specific truth that can and must be understood through calm and careful reflection. Newland's contemporary examples and vivid anecdotes will help readers understand this core concept as presented in one of the great classic texts of the Tibetan tradition, Tsongkha-pa's Great Treatise on the Stages of the Path to Enlightenment. This new edition includes quintessential points for each chapter.



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