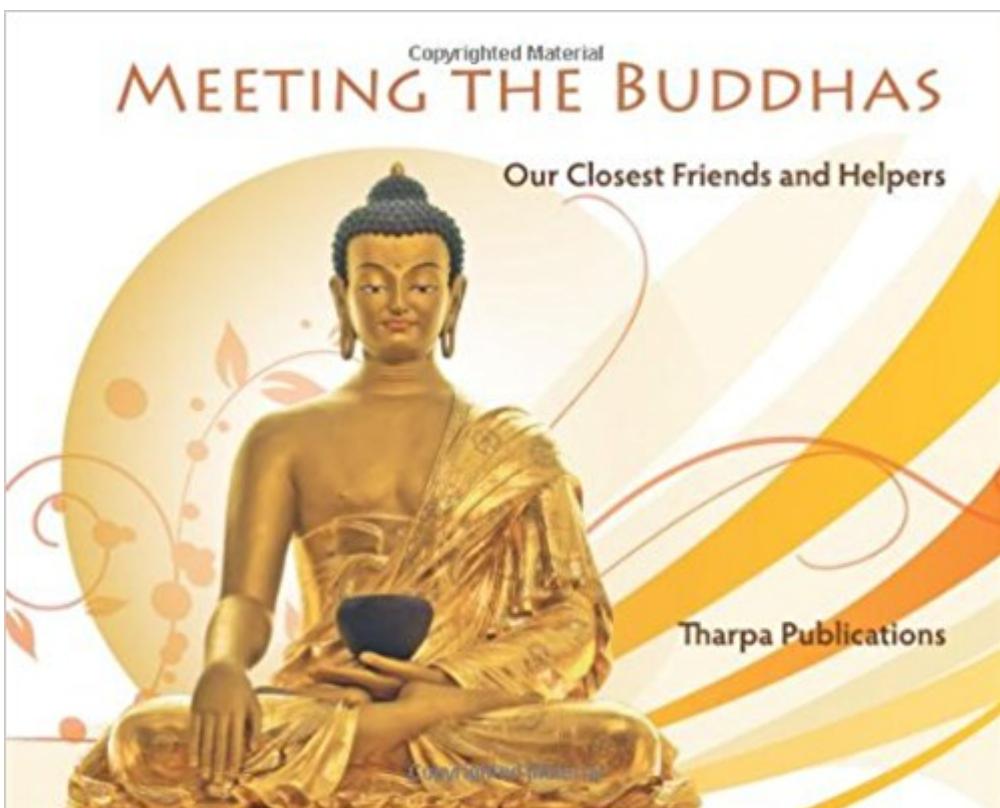


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# Meeting The Buddhas: Our Closest Friends And Helpers



## **Synopsis**

In simple language and exquisite photographs and paintings, 15 Buddhas are introduced to anyone seeking to learn more about the tenets and practices of the Buddhist tradition. Each page introduces one of the Buddhas to the reader and reveals a different aspect of enlightenment, teaching people of all ages how they can become more kind, wise and gentle. Photographs of statues and paintings of each Buddha highlight the exquisite art that is an intrinsic part of the Kadampa Buddhist tradition. Prayers, stories, mantras, and accessible explanations make every part of the spiritual path fun and approachable. An image-seeking game adds an element of play, and a glossary and resources for additional information make this reference a valuable introduction to one of the world's major religions.

## **Book Information**

Board book: 40 pages

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Age Range: 9 and up

Grade Level: 4 and up

## **Customer Reviews**

Tharpa Publications is a non-profit organization dedicated to world peace. Tharpa's books and audio on meditation, Buddhism, and self-help have sold over 800,000 copies. From accessible titles for beginners to advanced volumes for serious meditators, all our books are acclaimed for their clarity and practical application. And as a collection, our titles reveal the entire Buddhist path to liberation and enlightenment.

This is my first day with this slim volume, and already it has brought me so much peace and

happiness. It is beautifully presented. The explanations are clear, the pictures are clear and colorful. This book was written for children. It's great for me. I am a serious New Kadampa student. Lam Rim is complicated and very precious to those who hold it dear. This book is so uncomplicated - it's like a balm for my mind and heart. I find it fascinating to read the reviews and learn that non-Buddhists and people of all ages like it. It is unfortunate that one reviewer slammed the book because of the Shugden controversy. This book is from Tharpa Publications, its connection to NKT and Geshe Kelsang Gyatso is very open. There is nothing insidious about it. HH Dalai Lama practiced Shugden worship himself for half of his life.

Even an adult needs to read this book.

Wonderful book. Beautiful color pictures, explanations of each Buddha easy to read.

stunning artwork with short and educational explanations of the Buddhas..would recommend as a gift to a new comer to the faith and a child...much better prices than from publisher for any books by Gyatsu can be found on

This delightful book of brightly coloured pages is filled with images of Buddhas such as Buddha Shakyamuni, Green Tara, Avalokiteshvara and Manjushri and information about each one. We meet the Buddhas by seeing their images (both statues and paintings) and reading a little bit about their special qualities, especially how they try to help all living beings, and are then inspired to follow their example of helping others. I have found this book a treasure trove of faith-inspiring images and information. At first I thought it was just a children's book, but upon seeing the beauty and simplicity of the presentation it awakened a feeling of deep faith in enlightened beings that has really helped my spiritual practice. I would think that anyone of any age would be inspired and moved by the content which shows the result of following the path to enlightenment. The book's simplicity is its strength and it never fails to inspire when I pick it up and dip into it - it's a clear reminder of why someone would want to follow the Buddhist path. Highly recommended for Buddhists of all ages.

Whenever my grandchildren visit or I visit them, I always take them to a local Buddhist center. They love the Buddhas on the shrines, making offerings, and 'meditating', which for them means getting to sit on comfy cushions. But they would always ask who the different Buddhas were and my explanations didn't seem particularly interesting to them. Then I discovered this book. Now they

know which Buddha is which, what each one can help them with in their prayers, and their trips to the Buddhist Centers are like meeting old friends. The colors are great, the pictures vivid, and I have to admit, it's a great book for me too!

This beautiful book appeals to adults as well as children, practicing Buddhists and non-Buddhists alike. How do I know? This book has been my "go-to" gift for many people for almost a year now. I gave it to my 30-year-old niece, who is not a Buddhist, but who is interested in world religions. I gave it to a little boy for his second birthday. He loves the pictures. I gave it to my neighbor's daughter as an 8th grade graduation gift. She has been drawing the Buddhas ever since. Meeting the Buddhas is carefully produced, and can be perused again and again. (What is Medicine Buddha's mantra? How does Manjushri help us? Are there any female Buddhas?) It makes the unfamiliar (many deities) familiar, because we can "get to know" them, one by one. I love this book.

I love this book! I first bought it for my eight year old as a way of introducing him to some of the Buddhas I had been learning about, we both enjoy the beautiful pictures and the lovely descriptions of each one. Now I'm recommending it to friends (with and without children) who are interested in knowing more about Buddhism. Images of Buddha seem to pop up everywhere these days and it is nice to be able to recommend a book that lets people connect to Buddha in a more personal way.

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