



Atisha's Lamp for the Path to Enlightenment

By Geshe Sonam Rinchen

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Atisha, the eleventh-century Indian Buddhist scholar and saint, came to Tibet at the invitation of the king of Western Tibet, Lha Lama Yeshe Wo, and his nephew, Jangchub Wo. His coming initiated the period of the second transmission of Buddhism to Tibet, formative for the Sakya Kagyu and Gelug traditions of Tibetan Buddhism. Atisha's most celebrated text, *Lamp for the Path to Enlightenment*, sets forth the entire Buddhist path within the framework of three levels of motivation on the part of the practitioner. Atisha's text thus became the source of the lamrim tradition, or graduated stages of the path to enlightenment, an approach to spiritual practice incorporated within all schools of Tibetan Buddhism.

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Editorial Review

Review

"Geshe Sonam Rinchen's lucid and engaging commentary draws out Atisha's meaning for today's practitioners with warmth and wit, bringing the light of this age-old wisdom into the modern world."—*Indian International Journal of Buddhist Studies*

Review

"...well-written and edited...a useful starting point for understanding the Gelugpa presentation of Tibetan Buddhism, and is suitable for public, undergraduate and graduate collections."

Language Notes

Text: English, Tibetan (translation)

Original Language: Tibetan

Users Review

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