



# The Essence of the Heart Sutra: The Dalai Lama's Heart of Wisdom Teachings

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In *Essence of the Heart Sutra*, the Dalai Lama masterfully unpacks the Heart Sutra so that any reader can benefit from its teachings - teachings meant to help us release ourselves from suffering and live with true compassion. Comprised of his "Heart of Wisdom" talks, originally delivered to thousands of listeners in 2001, the book offers the Dalai Lama's commentary as well as his easy-to-follow overview of Buddhist philosophy that places the sutra within its historical and philosophical context. With additional contributions by scholar and translator Thupten Jinpa, *Essence of the Heart Sutra* is the authoritative presentation of a text seminal to the world's religious heritage.

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