



# Tibetan Buddhism: An Introduction

*Sangharakshita*

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Tibetan Buddhism is becoming increasingly common and fashionable in Western media but this familiarity can cause its teachings and message to be misunderstood. Sangharakshita is ideally suited as our guide through the vast realm of Tibetan Buddhism, having spent many years in contact with Tibetan lamas of all schools, from whom he received several initiations. This down-to-earth account of the origin and history of Buddhism in Tibet explains the essentials of the tradition and can act as the starting point for our own noble journey.

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