



How to Practice Dharma: Teachings on the Eight Worldly Dharmas

Lama Zopa Rinpoche, Gordon McDougall (editor)

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Buddhism is a house full of treasures - practices for gaining the happiness of future lives, the bliss of liberation and the supreme happiness of enlightenment - but knowing the difference between Dharma and non-Dharma practices is the key that opens the door to all those treasures. No matter how much we know about emptiness, the chakras or controlling our vital energy through kundalini yoga, it's all pointless without this crucial understanding of how to practice Dharma, how to correct our actions.

"There are vast numbers of people who delude themselves and waste their entire life studying the most esoteric aspects of Buddhism but never understand the most fundamental point, the distinction between Dharma and non-Dharma. Even if we understand nothing else, if, by recognizing the eight worldly dharmas, we can clearly differentiate between what is Dharma and what is not Dharma, we're very fortunate. This is the essential point." - Lama Zopa Rinpoche.

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