



What is the Dharma?: The Essential Teachings of the Buddha

Sangharakshita

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What is the Dharma?: The Essential Teachings of the Buddha Sangharakshita

To walk in the footsteps of the Buddha we need a clear and thorough guide to the essential principles of Buddhism. Whether we have just begun our journey or are a practitioner with more experience, *What is the Dharma?* is an indispensable exploration of the Buddha's teachings as found in the main Buddhist traditions. Constantly returning to the question 'How can this help me?' Sangharakshita examines a variety of fundamental principles, including: karma and re-birth, nirvana and shunyata, conditioned co-production, impermanence, unsatisfactoriness and insubstantiality, ethics, meditation, and wisdom. The result is a refreshing, unsettling, and inspiring book that lays before us the essential Dharma, timeless and universal.

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