



Advice from a Yogi: An Explanation of a Tibetan Classic on What Is Most Important

Padampa Sangye, Khenchen Thrangu

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This new translation of Padampa Sangye's One Hundred Verses, beautifully rendered into English, provides timely guidance for people trying to practice the Buddhist path in the workaday world.

The urgency of spiritual practice has seldom been as simply and powerfully conveyed as it is in Padampa Sangye's One Hundred Verses. This Tibetan Buddhist classic is an antidote to the tendency we all have to waste our precious human lives. Khenchen Thrangu's lively commentary on the text brings to light its subtleties and amplifies its applicability to our daily struggles, showing how an understanding of its teaching on impermanence is the key to working with common difficulties such as loneliness, craving, betrayal, competitive colleagues, or squabbling families. It speaks to us today as profoundly as it did to the people of Dingri, Tibet, to whom it was first addressed a millennium ago.

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