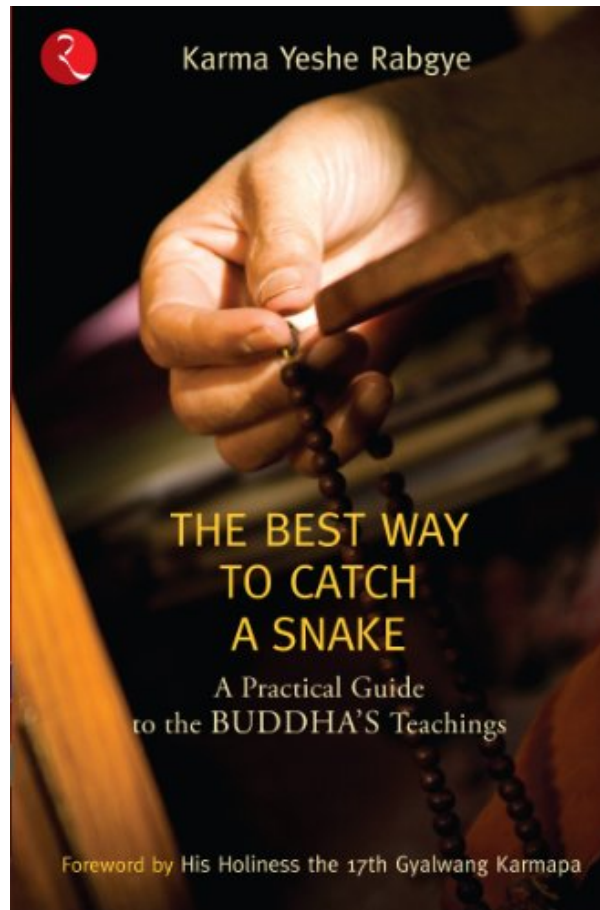
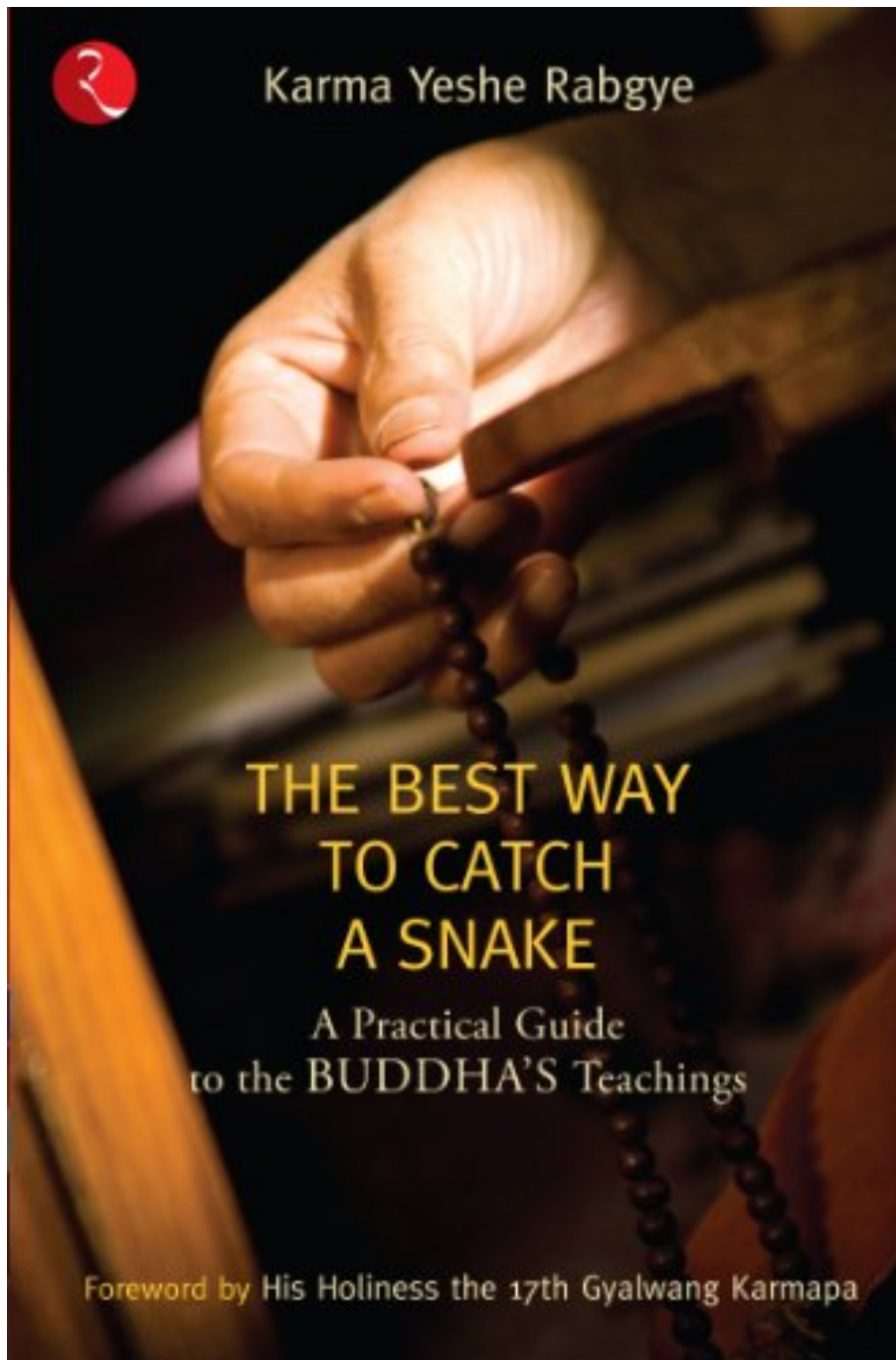


THE BEST WAY TO CATCH A SNAKE BY KARMA YESHE RABGYE



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About the Author

Karma Yeshe Rabgye is a monk in the Kagyu tradition of Tibetan Buddhism. Originally from England, he now lives in a monastery in northern India. He conducts English, basic Buddhism and meditation classes for monks of all ages. Yeshe has studied with HH the Fourteenth Dalai Lama, HH the Seventeenth Karmapa, and many other prominent Buddhist lamas. He also helped found the Sangye-Menla Patients Charitable Trust, a non-profit organisation and hostel in Chandigarh, in 2008.

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THE BEST WAY TO CATCH A SNAKE BY KARMA YESHE RABGYE PDF

Buddhism, with its stress on non-violence, the Middle Path and its promise of nirvana, finds many followers. However, being a Buddhist has now become merely a fashion statement for many, because their favourite celebrity propagates it. Simply wearing robes or carrying prayer beads does not make a person a Buddhist; Buddhism is something that is ingrained within, and has to become a part of everyday life. The Best Way to Catch a Snake is meant for all those who want to start their journey towards nirvana but don't know where to begin. It goes beyond the exotic rituals and practices that Buddhism is today seen as, and elucidates the Four Seals, the Four Noble Truths and the Four Thoughts of Buddhism in simple, jargon-free language. Written by a Buddhist monk, it combines examples from his own experience with simple exercises. An easily relatable and valuable source of Buddhist knowledge, this book is a must-read for anyone drawn to the teachings of Gautama Buddha.

- Sales Rank: #2787972 in Books
- Published on: 2012-03-29
- Original language: English
- Dimensions: 7.72" h x 5.12" w x .0" l, 1.10 pounds
- Binding: Paperback
- 240 pages

About the Author

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Most helpful customer reviews

11 of 11 people found the following review helpful.

The Best Way To Catch A Snake

By CMG

Lama Karma Yeshe Rabgye presents the ancient teachings of Buddhist traditions and wisdom in a simple and straight forward way. He manages to convey to the reader the most fundamental teachings of Buddhism throughout the book and he shares very easy methods to help the reader learn the importance of being responsible for his/her own thoughts and actions and through such mindfulness training, the reader comes to discover the kindness, compassion and peace that is inherent in all of us.

One does not need to be a Buddhist to benefit from reading this book. It is a source of inspiration and is truly a handbook for living consciously in our modern world.

2 of 2 people found the following review helpful.

Clear and concise --- a contemporary introduction to the Buddha's teachings

By Chris Mahoney

As a student and practitioner of Buddhism, I welcome Venerable Karma Yeshe Rabgye's clear and concise introduction to the central teachings of the Buddha.

His text covers the Four Seals, the Four Noble Truths, and the Four Preliminary Thoughts and includes appendices on the various schools of Buddhism and a short biography of the life of the Buddha.

Overall, Ven. Karma Yeshe Rabgye presents the subject matter in a way that allows a contemporary reader to relate the teachings to his/her life. At various points, the text invites the reader to think about different aspects of the material by posing questions that are intended for further reflection. Furthermore, Ven. Karma Yeshe Rabgye draws on a broad variety of scriptures that belong to various traditions of Buddhism to illustrate and support the claims he makes. Though he clearly identifies his own perspective (the Karma Kagyu tradition), he embraces the wisdom that is found in the writings of other schools of Buddhism as well. Contemporary references and a sense of humor make "The Best Way to Catch a Snake" pleasant to read and easy to follow.

The only suggestion I have is that, in the next edition, the list of sources that appear in the bibliography section be expanded to include all of the texts that are mentioned in the book. Doing so will allow the reader to follow up on the various canonical writings much more easily.

In summary, "The Best Way to Catch a Snake" is a clear and concise introduction to the principles of Buddhism that is intended for a general reader. I would certainly consider including it in an introductory course on Buddhism that is taught at the college or university level.

Christian M. Mahoney, M.A., Ph.D.

3 of 3 people found the following review helpful.

Crystal Clear!

By Ben Miller

What I loved about *The Best Way To Catch A Snake* is that it stripped back the ritualistic layers of Buddhism and presented its essential insights, of which almost anybody can see the obvious merit. This is not just for the sake of clarity; it is also in response to the lama's accurate observation that many Westerners are confused about what it really means to be a Buddhist. This is something Karma Yeshe Rabgye has special insight into since he was originally from the U.K. before studying in Tibet and India, where he now practices.

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Your impression of this book **The Best Way To Catch A Snake By Karma Yeshe Rabgye** will lead you to get exactly what you precisely need. As one of the impressive publications, this publication will certainly provide the visibility of this leded The Best Way To Catch A Snake By Karma Yeshe Rabgye to gather. Also it is juts soft documents; it can be your collective file in gadget as well as other gadget. The important is that use this soft file publication The Best Way To Catch A Snake By Karma Yeshe Rabgye to read as well as take the perks. It is what we imply as publication The Best Way To Catch A Snake By Karma Yeshe Rabgye will certainly improve your thoughts as well as mind. After that, reviewing publication will likewise improve your life top quality a lot better by taking good action in well balanced.

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