



# Entering the Stream: An Introduction to the Buddha and His Teachings

*From Shambhala*

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## **Entering the Stream: An Introduction to the Buddha and His Teachings**

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The grandeur, simplicity, and freshness of the 2,500-year-old tradition of Buddhism are reflected in this collection of writings intended as a primer for newcomers to the subject as well as a reference for those familiar with Buddhism. The selections include: The story of the Buddha's life. A concise historical background. Key writings of Theravada, Mahayana, Zen, and Tibetan Buddhism. Meditation instructions. A Buddhist explanation of reincarnation. Simple explanations of terms. A pictorial survey of Buddhist art and architecture.

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### Editorial Review

From Library Journal

A good introduction to basic Buddhist concepts with a short life of the Buddha. The organization is logical, with representative texts and commentaries from modern teachers such as Pema Chodron, Chogyam Trungpa, and Thich Nhat Hahn. (LJ 1/94)  
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From [Booklist](#)

In the introduction, Bernardo Bertolucci notes he couldn't say all the important things about Buddhism that he wanted to in his film *Little Buddha*; however, this thoughtful selection of Buddhist writings perhaps does. A folk-style account of the man called Buddha Shakyamuni leads into selections from the major branches of Buddhist belief and practice; all share a similar understanding of the world, and each extends the means by which a practitioner works toward enlightenment and nirvana. The selections are generally brief, informal pieces, some by teachers who focus on making Buddhist ideas accessible to westerners. Some heady concepts here, some practical thinking. In all, a fine introduction to the power of Buddhist thought. *Virginia Dwyer*

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