



Practicing the Path: A Commentary on the Lamrim Chenmo

Yangsi

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The *Lamrim Chenmo*, or *Great Treatise on the Steps of the Path*, by Je Tsongkhapa is a comprehensive overview of the process of individual enlightenment. Meditation on these steps has been a core practice of Tibetan Buddhists for centuries. The *Lamrim Chenmo* presents the Buddha's teachings along a continuum of three spiritual attitudes: the person who worries about rebirth, the person who wants to escape rebirth, and finally the person who strives for buddhahood in order to relieve the suffering of all beings--this is the supreme aspiration of the bodhisattva. Given over two months to a group of Western Students in Dharamsala, India, Yangsi Rinpoche's commentary revitalizes our understanding of Tsongkhapa's work, giving readers renewed inspiration.

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