



The Door to Satisfaction: The Heart Advice of a Tibetan Buddhist Master

By Lama Zopa Rinpoche

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In *Door to Satisfaction* Lama Zopa Rinpoche reveals a text he discovered in a cave in the Himalayas that captures the essential point of Buddhist training. Rinpoche says, "Only when I read this text did I come to know what the practice of Dharma really means."

Without proper motivation, it does not matter what we do. Whether reciting prayers, meditating, or enduring great hardships, if our actions are devoid of good intention they will not become Dharma practice. Proper motivation transcends our ordinary, ephemeral desires and ultimately seeks the happiness of all living beings. "In your life," says Rinpoche, "there is nothing to do other than to work for others, to cherish others. There is nothing more important in your life than this."

This powerful, simple message applies to Buddhists and non-Buddhists alike--we all have the power to unlock our greatest potential. Open this book and open the door to a timeless path leading to wisdom and joy.

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Review

"Rinpoche presents basic but profound Buddhist precepts in an unusually accessible way." (*New Age Retailer*)

"A wise and inspiring teacher." (*Utne Reader*)

"His is truly a path with heart." (*NAPRA ReVIEW*)

From the Back Cover

In this book, Lama Thubten Zopa Rinpoche reveals the essential meaning of an ancient text he discovered in his retreat cave high above the Himalayas. The message is simple and applies to Buddhists and non-Buddhists alike - you can stop all problems forever and gain perfect peace of mind by practicing the thought training methods explained herein.

If you are ill or incapacitated, you need this book. If you are tired, lonely, or depressed, you need this book. If you are dissatisfied or disillusioned with life and relationships, you need this book. Even if you are happy and everything is going well, you still need this book.

Lama Zopa, whose own life story is related here, is a renowned Buddhist monk and spiritual guide of thousands of people worldwide. At the beginning of this teaching, he startled his audience when he declared, 'Only when I read this text did I come to know what the practice of Buddhism really means!'

Open this book and open the door to a timeless path leading to wisdom and joy.

About the Author

Lama Thubten Zopa Rinpoche is the Spiritual Director of the Foundation for the Preservation of the Mahayana Tradition (FPMT), a worldwide network of Buddhist centers, monasteries, and affiliated projects, including Wisdom Publications. Rinpoche was born in 1946 in the village of Thami in the Solo Khumbu region of Nepal near Mount Everest. His books include *Transforming Problems into Happiness*, *How to Be Happy*, and *Ultimate Healing*. He lives in Aptos, California.

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