



Indestructible Truth: The Living Spirituality of Tibetan Buddhism

Reginald A. Ray

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*Indestructible
Truth*

is one of the most thorough introductions to the Tibetan Buddhist world view ever published; at the same time it is also one of the most accessible. The author presents complex and sophisticated teachings and practices in nontechnical language, using engaging stories and personal anecdotes to illustrate his points.

*Indestructible
Truth*

presents Tibetan Buddhism in its traditional form but also shows how the Tibetan traditions are applicable to the problems and challenges of modern life in the West.

In
*Indestructible
Truth,*

Tibetan Buddhism is introduced not as an exotic religion, but rather as an expression of human spirituality that is having a profound impact on the modern world. In addition, it presents the point of view of meditation and the practice of the spiritual life, paying special attention to contemplative practice and meditation as taught in the Kagyu and Nyingma schools.

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