



Atisha's Lamp For The Path To Enlightenment

Geshe Sonam Rinchen, Ruth Sonam

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Atisha, the eleventh-century Indian Buddhist scholar and saint, came to Tibet at the invitation of the king of Western Tibet, Lha Lama Yeshe Wo, and his nephew, Jangchub Wo. His coming initiated the period of the second transmission of Buddhism to Tibet, formative for the Sakya Kagyu and Gelug traditions of Tibetan Buddhism. Atisha's most celebrated text, *Lamp for the Path to Enlightenment*, sets forth the entire Buddhist path within the framework of three levels of motivation on the part of the practitioner. Atisha's text thus became the source of the lamrim tradition, or graduated stages of the path to enlightenment, an approach to spiritual practice incorporated within all schools of Tibetan Buddhism.

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