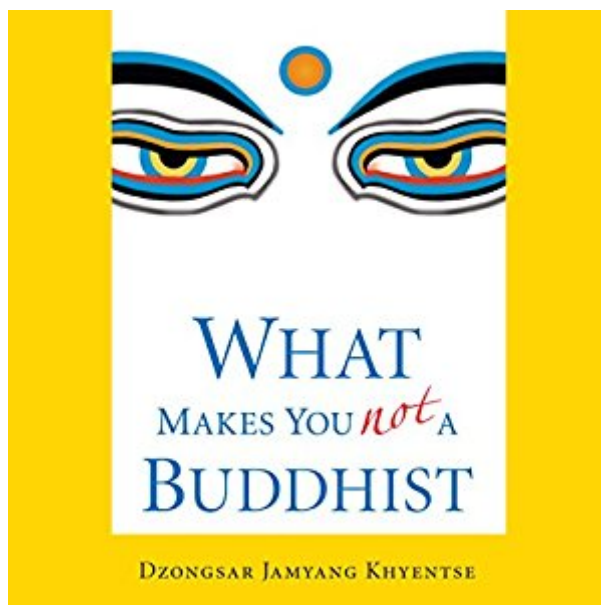


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# What Makes You Not A Buddhist



## Synopsis

So you think you're a Buddhist? Think again. Tibetan Buddhist master Dzongsar Jamyang Khyentse, one of the most creative and innovative lamas teaching today, throws down the gauntlet to the Buddhist world, challenging common misconceptions, stereotypes, and fantasies. With wit and irony, Khyentse urges listeners to move beyond the superficial trappings of Buddhism - beyond the romance with beads, incense, or exotic robes - straight to the heart of what the Buddha taught.

## Book Information

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## Customer Reviews

I'm not sure the Title of this book represents the content very well, because the author doesn't disclose the connection till the end of the book. That being said, the title did catch my attention and influenced my decision to purchase this book in a positive way, but I do believe the title is misleading. I looked at few reviews of this book, and I understand why some of the readers felt the concepts were too simplistic, but in some sense that is the beauty of the work. I've been studying Buddhism for years and part of my practice is to keep reading Buddhist literature to gain a different perspective on how others perceive the practice. Let's face it; being able to understand and implement the concept of impermanence and emptiness is no small task, so any insights and clarity that helps us embrace these truths is welcome in my mind no matter how simplistic it seems to be. I would recommend this book and give it a rating of 3.5 to 4 stars.

I have read several books by the Dalai Lama that were geared at Westerners and were very high level reading. I was looking to get a bit of a deeper understanding about Buddhism and this book was exactly what I was looking for. I feel much better prepared to explain why I think I am a Buddhist now if it ever comes up. And I also feel better prepared to examine my every day experiences through a new way of thinking given the 4 seals that Buddhism is based upon. 1) All compound things are impermanent. 2) All things have no inherent existence. 3) All emotions are pain. 4) Nirvana is beyond concepts. I think this is what the author would have wanted me to take away from the read because it is repeated throughout the book with some wonderful stories to help deliver these points.

Extremely useful book for understanding the fundamentals of Buddhism. I'm not really sure I understood the title of the book though, except insofar as understanding that if you really have a deep comprehension of the four seals of Buddhism, it's probably likely that you won't lean Buddhist...? At least for most people. But I think Khyentse does a great job explaining why these seals are...well, pretty indisputable. So for me, it left me feeling that my choice to practice Buddhism is a choice I really don't have much choice about. His language is real and very down to earth, even funny at times. Highly recommend this book for people looking to gain a deeper understanding of Buddhism.

13-Sep-2012 I was a-trollin' for yet another book on Buddhism and came across [What Makes You Not a Buddhist](#). Believing I know a little about the subject, I said to myself "Yo-ho! Contrast!" and promptly got a copy for my Kindle. Yabba dabba doo. This is a very well-written book. Because much of Buddhism can be apprehended only by quiet contemplation - I practice Soto Zen, myself - the author, Dzongsar Jamyang Khyentse, has bitten off a pretty huge chaw. He has done a masterful job of presenting key themes in a very accessible way - possibly about as good as can be attained in text. One thing I really love about the book is how it is directed toward Americans and, to a lesser extent, Europeans. Buddhism is mostly alien to most Westerners; it evolved from Indian, Tibetan, Chinese, and Japanese cultures. Buddhism is inclusive - one can be a Buddhist and a practicing Christian - but does not proselytize. Dzongsar smoothly renders Buddhist concepts accessible and understandable through explanations and contrasts in short, non-preaching examples. The examples are made familiar by using well-known names and events from the 2000-2011 time period, an approach adding depth and humor. To some, "What Makes You Not a

Buddhist" may become dated in perhaps 10 years or so, but the message will remain clear. One Noa Jones is mentioned in the credits as having contributed to the readability by bringing a "new to Buddhism" perspective to the writing/editing process (it isn't clear which). She is to be congratulated - her contributions essentially turned an interesting book into a very fluid reading experience. I give "What Makes You Not a Buddhist" my highest recommendation.[Disclaimer: anyone seriously interested in Buddhism (particularly Zen) needs to find a teacher if possible. This book is a great introduction, but real clarity evolves when guided.]

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