

Buddhist Book Discussion Group
Amitabha Foundation
11 South Goodman St, Rochester, NY 14607

The Life of Milarepa

translated by Lobsang P. Lhalungpa

The Life of Milarepa tells the story of a young man troubled by his great evil deeds, who dedicated himself to attaining enlightenment and became one of the most revered masters of Tibetan Buddhism. More than a biography, this book provides a wealth of information about the Tibetan Buddhist path.

Weekly discussions are open to everyone, although we encourage participants to read the relevant sections of the book ahead of time. Drop in to listen, ask questions, and take part in a lively exploration of topics related to the nature of mind, altruism, happiness, and how to have a meaningful life.

Date	Chapter(s)	Pages
January		
8	Introduction	vii - xxxii
	Prologue	1 - 6
15	First Part	7 - 35
22	Second Part, First & Second Chapters	39 - 70
29	Second Part, Third - Sixth Chapters	71 - 107
February		
5	Second Part, Seventh Chapter	108 - 145
12	Second Part, Eighth & Ninth Chapters	146 - 170
19	Second Part, Ninth Chapter, cont'd	170 - 203
	Notes & Colophon	
26	Movie: Teaching on Milarepa, Pt 1	
March		
5	Movie: Teaching on Milarepa, Pt 2	