



Your Source for Inner Peace

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THARPA BOOKS TRANSFORM LIVES

The Tharpa Book that Changed My Life...



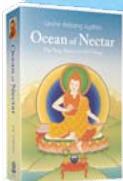
“

We have many questions about life. This book showed me that all the answers are inside my mind, I just need to find them.

Fernanda, Brazil



“ I am just more relaxed than I used to be and I feel more confident about things.



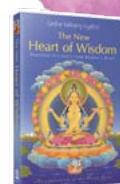
Granville, UK

“ Since I started studying this book everything has changed. My whole outlook on life.



Tom, UK

“ My day at work feels lighter and there's so much more space in my mind.



Israel, Australia

“ Now I can understand my negative states of mind as they arise and through this alone they lose their power.



Fontaine,
Hong Kong

“ The words go deep into my heart and I feel love, freedom, and I feel protected.



Katrina,
Germany

Read more stories

“ tharpa.com/uk/my-book



From His Heart to Yours - THE AUTHOR AND FOUNDER



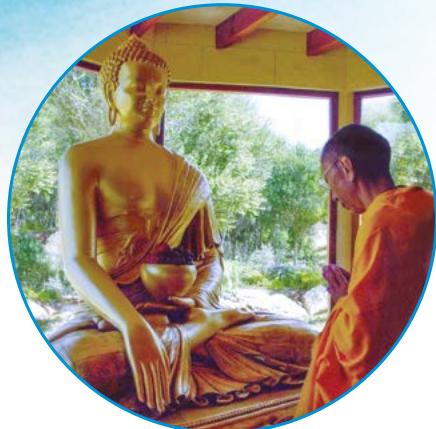


Venerable Geshe Kelsang Gyatso Rinpoche, or Geshe-la as he is affectionately known, is a fully accomplished meditation master who holds the very essence of Buddha's teachings in his heart. The founder of modern Kadampa Buddhism, and the author of twenty-three highly acclaimed books on Buddhism, he is a truly international Teacher who presents Buddha's teachings in ways that anyone, regardless of nationality, religion, culture, gender or age, can easily understand and apply in their daily life.



Today, thousands of people around the world are experiencing the immense, practical benefits of applying his life-transforming teachings. Venerable Geshe-la's message is as simple as it is profound: all suffering and problems, as well as the solutions to these problems, and the causes of lasting peace and happiness, are found within the mind.

Thanks to Venerable Geshe-la's extraordinary kindness, the internal scientific methods to accomplish inner peace are now available to everyone. This humble monk has touched the hearts of countless people throughout the world and inspired them to set out on a blissful journey to lasting happiness.



Learn more about the author and his work
 tharpa.com/uk/author-founder



the word Tharpa
means 'Liberation'



INSPIRING SOLUTIONS FOR EVERYONE

*Gain Inner Realizations –
Transform Your Life*

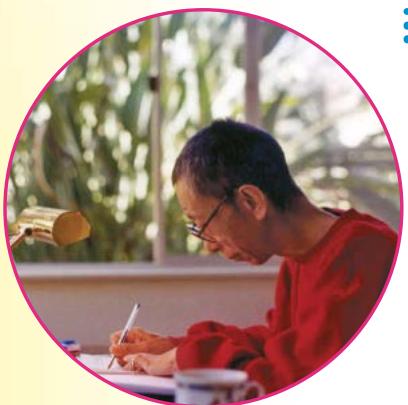
The books of Geshe Kelsang Gyatso emphasize gaining practical experience of inner realizations through contemplating and meditating on Buddha's teachings, known as Dharma. In all his writings and in every aspect of his peaceful, compassionate life, Geshe Kelsang Gyatso continually demonstrates how Dharma can be seamlessly integrated with our normal daily activities to greatly improve the quality of our life and the lives of others.



Visit the Tharpa Bookshop at your local
Kadampa Meditation Centre.

Publishing From the Heart

Tharpa is the dedicated publisher of the books of Geshe Kelsang Gyatso, who is the very heart of modern Kadampa Buddhism. As part of the international non-profit organization NKT-IKBU, Tharpa offers inspiring solutions to the problems of our modern world through all its publishing activities.



Achieve Clarity Through Contemplation and Meditation

Written with great clarity, Geshe Kelsang Gyatso's books offer practical methods that meet the needs of modern people. By taking these methods to heart through contemplation and meditation, and putting them into practice, you can achieve greater clarity of mind and control over your life. These books are available in many languages and range from introductory works to detailed commentaries on the most profound aspects of Buddha's teachings.

Deepen Your Experience at Kadampa Meditation Centres

Tharpa books form the basis of highly popular, accessible study programmes in modern Buddhism and meditation designed by Geshe Kelsang Gyatso. These programmes, open to everyone, are held at specially created Kadampa Centres around the world.



Learn more about Tharpa's work to transform lives



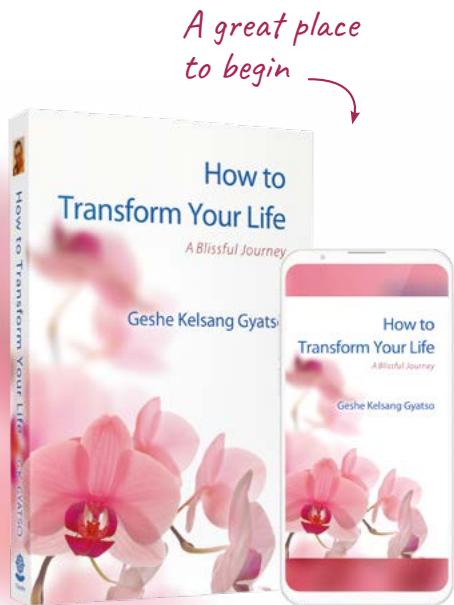
visit tharpa.com

BEGIN YOUR JOURNEY TO INNER PEACE



“ Through practising the instructions presented in this book we can transform our life from a state of misery into one of pure and everlasting happiness.

Geshe Kelsang Gyatso, *How to Transform Your Life*



*A great place
to begin*

Blissful journeys are usually thought of as travelling to places in the world where we think we will find true peace and happiness. We are continually trying to make ourselves happy by adjusting our external conditions, thinking that if we had the right car, the right house, the right job, the right partner, the right holiday destination, we would be truly happy. But it never works!

This book shows us how to seek happiness from a different source – by transforming our mind, we transform our life. It explains how we can develop and maintain inner peace, solve our daily problems and bring about positive changes in our life so that we can enjoy deep and lasting happiness and be of real benefit to others. It is a practical guide for daily life that works.

*This eBook is a gift for you
from Geshe Kelsang Gyatso*



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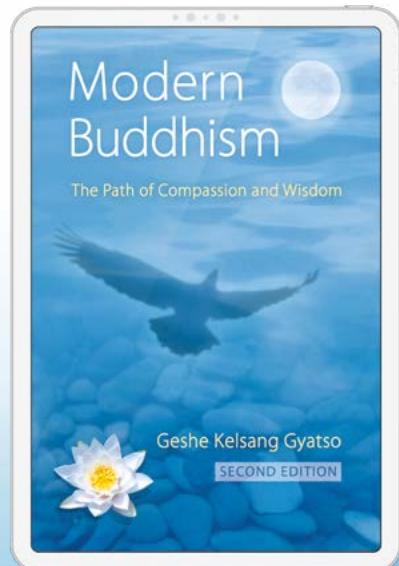
“

If everyone sincerely practises the path of compassion and wisdom all their problems will be solved and never arise again; I guarantee this.

Geshe Kelsang Gyatso, *Modern Buddhism*

A Practical Presentation of Buddha's Teachings for the Modern World

- Find solutions within Buddhism to the problems of everyday life.
- Whatever your faith, deepen your understanding and practice of the spiritual path.
- Solve all your daily problems by learning how to develop wisdom and compassion.
- Accomplish real meaning in your life.
- Use as an inspiring handbook for daily practice.



↗ A deeper study of
Buddha's teachings

This eBook is a gift
for you from Geshe
Kelsang Gyatso



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FIND YOUR BOOK –

Live Meaningfully – Discover Peace

Suggested Study or Reading
Order for Beginners of Books
by Geshe Kelsang Gyatso



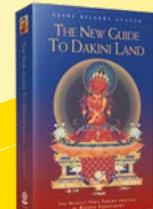
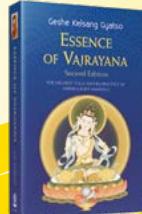
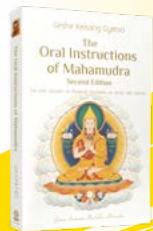
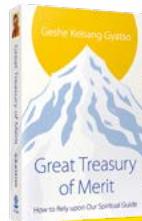
Start here and
follow the path

Geshe Kelsang Gyatso's books range from introductory works to detailed commentaries on the most profound aspects of Buddhism and meditation.

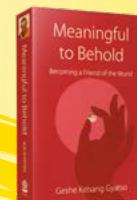
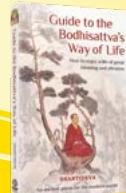
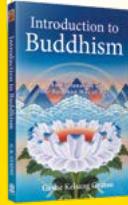
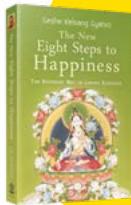
Paperbacks

eBooks

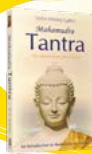
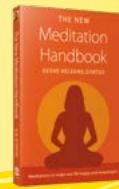
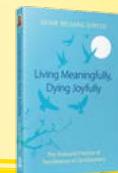
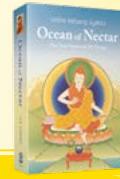
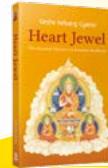
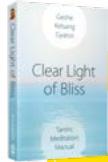
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DEDICATE 15 MINUTES for Inner Peace

“ If we train in meditation, our mind will gradually become more and more peaceful, and we will experience a purer and purer form of happiness. Eventually we will be able to stay happy all the time, even in the most difficult circumstances.

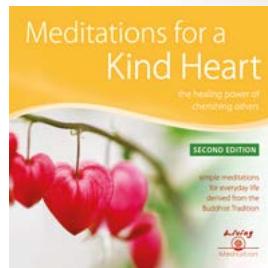
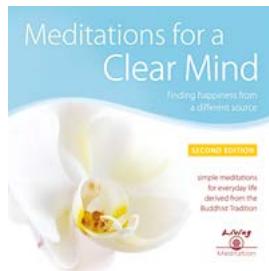
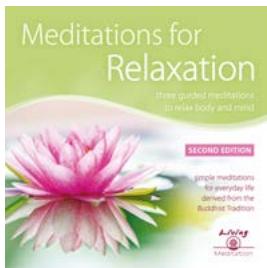
Geshe Kelsang Gyatso, *The New Meditation Handbook*

The Benefits of Meditation

- Simple and easy to learn.
- A tried and tested tool that makes your mind peaceful and happy, whatever is happening in the outside world.
- Takes as little as 10-15 minutes a day.
- Available any time and any place.
- Guaranteed to change your life.



[Audio Downloads](#) | [Audio CDs](#) | [Download Cards](#)



Easy to Get Started

Start meditating today with our clear meditation guides available in multiple formats.

Meditation is easy with Tharpa's *Living Meditation* Series. You can meditate any time and anywhere, in everyday life situations: at home or at work, or going for a walk.

Our meditations can be practised by anyone. They are guided by a qualified meditator and are designed to help you to relax, develop clarity of mind and increase your love and compassion for others.

Meditation Guide included

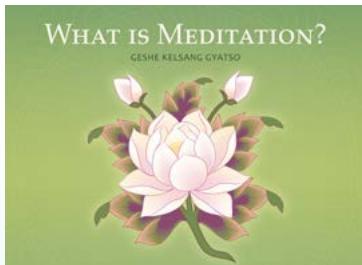
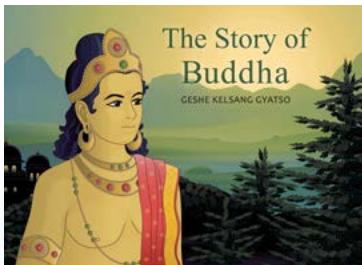
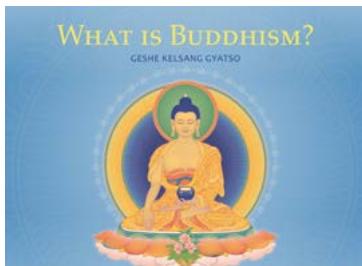
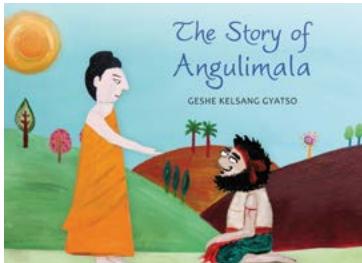


Living

Meditation

Learn more and try a sample meditation
 tharpa.com/uk/living-meditation

HAPPY CHILDREN CREATE A PEACEFUL WORLD



Everyone Benefits

Give children the gift of inner peace and kindness.

Within this series of four beautifully written books for different reading levels (Key Stages 1 to 3), precious skills and knowledge are available for your children today. They will discover and enjoy new, practical methods for enjoying life and helping others.

Themes include:

- How to stop feeling stressed and angry.
- How to be calm and peaceful.
- How to be kind and loving towards each other.

By helping children discover these life-changing methods, you and your family and the world will also benefit.





“

When we practise Dharma we should be like a child at play.

Geshe Kelsang Gyatso,
Joyful Path of Good Fortune

In this increasingly fast-moving world, we all need to develop essential skills to solve our problems and make ourselves and others happy. Buddha's instructions show us how to do this. The teachings of Buddha that make our lives meaningful are as relevant now as they were 2600 years ago.

Tharpa's books for children invite all children to make a journey of self-discovery and improvement to help them realize their full potential. They address the reader in a mature voice and use Buddhism as a basis for exploring many of the issues and concerns that confront our children today.

Discover the possibilities for children to learn contemplation, meditation, compassion and wisdom while developing an understanding of their own mind.

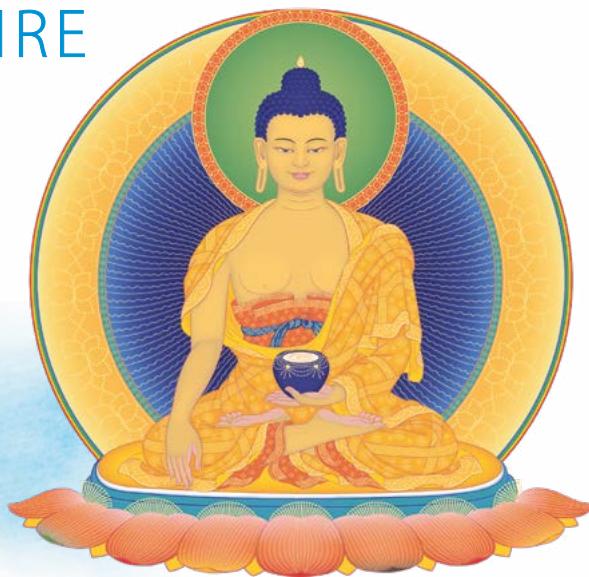


Tharpa's Buddhism for Children books form the basis for activities at Kadampa Meditation Centres, such as kids clubs, school visits, meditation classes and family events.



tharpa.com/uk/buddhism-for-children

BUDDHIST ART TO UPLIFT AND INSPIRE



“ ... Just seeing an image of a Buddha places a potential on the mind that is a definite cause of enlightenment, and which nothing can destroy.

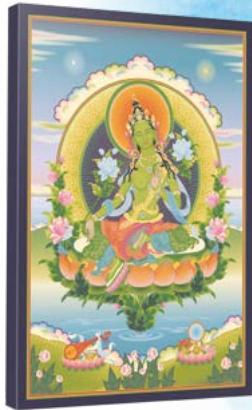
Geshe Kelsang Gyatso, *The New Eight Steps to Happiness*

Most of us are lucky to be able to share our life with family and friends who all have unique qualities. Some are wise, some are kind and compassionate, some give us strength and protect us.

In a similar way, there are many different Buddhas, each performing a different role in our spiritual development. By focusing on images of Buddhas, and contemplating and meditating on their good qualities, such as compassion and wisdom, we make a connection, receive blessings and awaken these good qualities within our own mind.

In this way we can eventually purify our mind, free ourselves from all problems and become of real benefit to others.

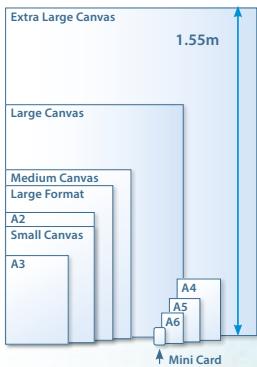
[Mini Cards](#) | [Postcards](#) | [Posters](#) | [Canvas Prints](#)



Choose Your Image and Format

Tharpa's authentic and extensive collection of prints comes in a range of over 100 designs, featuring various Buddhas, Buddhist Deities, Buddhist Masters, symbols and quotes.

- Carry these inspiring images with you all the time with Tharpa's range of 'Mini Cards'.
- Send a loved one a meaningful postcard.
- Create a focal point for your contemplation.
- Place Buddha at the heart of your meditation space.



Enhance your meditation space



tharpa.com/uk/buddhist-art



ENHANCE YOUR MEDITATION PRACTICE



Prayers are pure thoughts directed towards achieving particular goals, often expressed by verbal or mental recitation.

Buddhist prayers are often called 'sadhana', which means 'ritual prayers for spiritual attainments'. A sadhana is practised by deeply contemplating the meaning of the words.

Reciting prayers is a special method for generating positive states of mind and can be used as a basis for successful meditation on any of the stages of the path to lasting happiness and enlightenment. There are many practices we can engage in to improve the qualities of our mind.



[Booklets](#)

| [Audio](#)

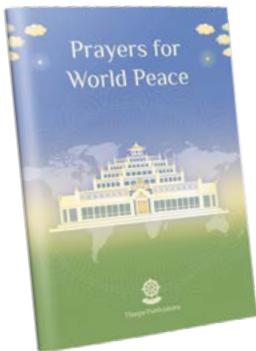
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“

Just as rain can bring a desert to life, so if our mind receives the blessings of the holy beings our virtuous potentials will be activated and spiritual realizations will grow in our mind.

Geshe Kelsang Gyatso,
The New Eight Steps to Happiness

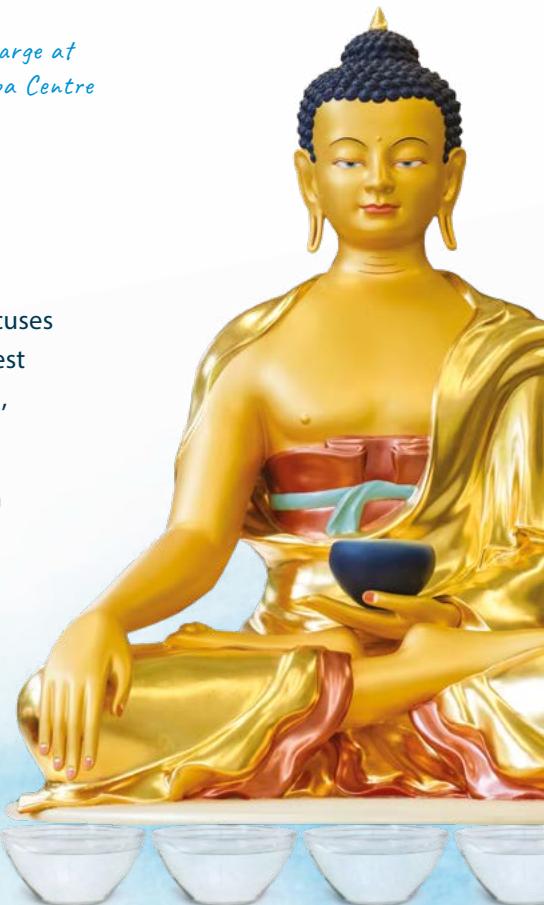


Attend free of charge at
your local Kadampa Centre

Prayers for World Peace

These classes are held regularly at Kadampa Meditation Centres worldwide. This practice focuses on learning how to cherish others. This is the best method for establishing world peace in general, and for our own peace of mind in particular.

If everyone sincerely prays to be able to cherish others, then gradually through the power of this prayer, everyone will actually cherish each other. The world will then be permanently at peace, and pure and everlasting happiness will pervade the entire world.



Be inspired by a variety of practices
 tharpa.com/uk/buddhist-prayers



CONNECT AND GO DEEPER

*Over 1200 Kadampa Meditation Centres
and Branches Worldwide*

Tharpa books form the basis of the three popular study programmes of modern Kadampa Buddhism, designed by Venerable Geshe Kelsang Gyatso Rinpoche.



Listen | Contemplate | Discuss
Meditate | Apply to daily life



Everybody Welcome



There are many ways for you to connect and deepen your understanding of Buddha's teachings. At Kadampa Meditation Centres everyone is welcome to enjoy the peaceful environment and the many activities carefully designed to help you develop your practice. If circumstances do not allow you to visit your local centre in person, there are many programmes now available online and you can also connect with your local Kadampa community via social media.

What you can find at a Kadampa Meditation Centre

- **Drop-in Guided Meditation Classes**
With qualified teachers
- **Day and Weekend Courses**
Practical solutions for daily problems
- **Half-day Courses**
For people with busy schedules
- **Meditation Retreats**
For all levels of experience
- **In-depth Study Programmes**
Deepen your understanding, learn to teach others
- **Festivals and Celebrations**
Enjoy national and international spiritual holidays
- **World Peace Cafés**
Meet with friends or read a book from the centre library
- **Tharpa Bookshops**
Browse for inspiration for the next step of your journey



Live Streaming

Visit your local centre's website for further details.

Find your Kadampa Meditation Centre



tharpa.com/uk/my-meditation-centre



WORLD PEACE – Together We Can Make it Happen

Is World Peace Possible?

Everybody wishes to live in a peaceful world but very few people understand practically how world peace can be achieved.

We find a simple yet profound answer in the books, teachings and living example of the Kadampa Master, Venerable Geshe Kelsang Gyatso Rinpoche: peace can only be established in our world when we finally learn to establish peace within our own mind. We accomplish this goal by continually developing our compassion and wisdom.



An Attainable Goal

Having established the NKT-IKBU International Temples Project (ITP), Venerable Geshe-la makes world peace an attainable goal right now and for future generations.

This global non-profit organization provides all the conditions – courses, Teachers, books, study programmes, meditation and retreat centres, World Peace Temples and exemplary Buddhist communities – enabling countless people of our troubled world to establish lasting peace within their own mind and truly benefit others.



Only by creating peace within our own mind and helping others do the same can we hope to achieve peace in this world.

Geshe Kelsang Gyatso, *How to Transform Your Life*

ASIA • AUSTRALASIA • EUROPE • NORTH AMERICA
SOUTH AFRICA • SOUTH AMERICA



THE INTERNATIONAL TEMPLES PROJECT

- The ITP introduces the Buddhist faith of the New Kadampa Tradition publicly.



- The ITP exemplifies Buddhist practice through service to the public..



- Kadampa centres and courses are open to everyone, Buddhist and non-Buddhist.



- Just by reading and contemplating a few words from Geshe Kelsang Gyatso's books, you are contributing to this vision for world peace.



- All profit from the sale of Tharpa books (and other products) is dedicated to public benefit through the ITP fund.

Find out more about this project
 tharpa.com/uk/benefit-all-world-peace



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