



This Being, That Becomes (Buddhist Wisdom in Practice)

Dhivan Thomas Jones

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"This being, that becomes; from the arising of this, that arises." This succinct formula, recorded in texts and carved in inscriptions throughout the Buddhist world, is said to summarise the whole of the Dharma, the teaching of the Buddha. But how can such a simple summary be the conceptual formulation that characterises the experience of a Buddha, an 'Awakened One', a state beyond all words and concepts? Dhivan Thomas Jones tells us how, and takes us into the heart of the Buddha's insight that everything arises in dependence on conditions. With the aid of lucid reflections and exercises he prompts us to explore how conditionality works in our own lives, and provides a sure guide to the most essential teaching of Buddhism.

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