



The Karmapa

Foreword

The unique tradition of Tibetan Buddhism developed over a thousand years, producing many great practitioners who, in spite of frequent hardships, spent their whole lives focussed on intensive practice, often in remote areas. Although many lineages arose from these practitioners, the essence and fruit of all these lineage practices are the same.

Traleg Kyabgon Rinpoche is an important lama in the Kagyu tradition. The Traleg lineage, in which he is the ninth incarnation, can be traced back to Saltong Shogom, one of the famous *Three Khampa* students of Gampopa. Traditionally, this lineage holder is head of the great Karma Kagyu monastery of Thrangu Tashi Choeling near Jyekundo in Kham, Tibet.

In writing this book, Traleg Kyabgon Rinpoche has been able to draw on his fluency in the English language and his many years of experience teaching Westerners. Thus, not only is he able to communicate directly with Western students, but he also has valuable insights into the Western way of life and thought. He has written a clear introduction to Tibetan Buddhist philosophy and practice, and highlighted questions of specific interest to Western students.

I hope that this book will be of benefit to English-speaking dharma practitioners as well as informative for others who wish to explore the Buddha's teachings.

17th Karmapa,
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September, 2010