



What Makes You Not a Buddhist, 1st Edition

Dzongsar Jamyang Khyentse

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Dzongsar Khyentse is one of the most creative and innovative young Tibetan Buddhist lamas teaching today. The director of two feature films with Buddhist themes (the international sensation *The Cup* and *Travelers and Magicians*), this provocative teacher, artist, and poet is widely known and admired by Western Buddhists.

Moving away from conventional presentations of Buddhist teachings, Khyentse challenges readers to make sure they know what they're talking about before they claim to be Buddhist. With wit and irony, Khyentse urges readers to move beyond the superficial trappings of Buddhism—beyond a romance with beads, incense, and exotic people in robes—straight to the heart of what the Buddha taught.

In essence, this book explains what a Buddhist *really* is, namely, someone who deeply understands the truth of impermanence and how our emotions can trap us in cycles of suffering. Khyentse presents the fundamental tenets of Buddhism in simple language, using examples we can all relate to.

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