



## **Songs of Spiritual Experience: Tibetan Buddhist Poems of Insight and Awakening**

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# Songs of Spiritual Experience: Tibetan Buddhist Poems of Insight and Awakening

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**A remarkable collection of Tibetan religious verse--of interest to students of any spiritual tradition.**

The first major anthology of Tibetan spiritual poetry available in the West, *Songs of Spiritual Experience* offers original translations of fifty-two poems from all the traditions and schools of Tibetan Buddhism, spanning the eleventh to the twentieth centuries. These poems communicate spiritual insight with grace and precision, addressing the themes of impermanence, solitude, guru devotion, emptiness, mystic consciousness, and the path of awakening. Also included here is a thorough introduction exploring the characteristics of Tibetan verse and its role in Buddhism and a glossary containing notes on the poems.

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