



The Heart Sutra and Beyond: A Translation of the Heart Sutra with Commentary

By Kwan-Yuk Claire Sit

SteinerBooks, Inc. Paperback. Book Condition: new. BRAND NEW, The Heart Sutra and Beyond: A Translation of the Heart Sutra with Commentary, Kwan-Yuk Claire Sit, The Chinese text of The Heart Sutra, by Xuanzang, is one of the best-known and most popular Buddhist scriptures. This book offers a refreshing new English translation by Dr Sit, alongside in-depth analysis. The theme of the book is how to practice the 'perfection of wisdom'. Dr Sit uses metaphor, stories, illustrations, Buddhist scripture, relevant Taoist texts and anthroposophical teachings to explore the text. She draws sometimes surprising connections between Buddhism and esoteric Christianity, and between Buddha Gautama and the young Jesus. Her commentary on this timeless text will bring profound insight to those new to The Heart Sutra, as well as to those who have studied and practiced Buddhism for many years.



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