



The Feeling Buddha: A Buddhist Psychology of Character, Adversity and Passion

David Brazier

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This engaging introduction to Buddhism explains the Buddha's earliest teachings, and is a practical guide for how to live fully in today's stressful world. *The Feeling Buddha* is a lucid account of how the Buddha's path of wisdom and loving kindness grew out of the challenges he encountered in life. Brazier explains the concepts of enlightenment, nirvana and the four Noble Truths, free from mystification. Buddha emerges as a very human figure whose success lay not in his perfection, but in how he positively utilized the energy which was generated through his suffering. This rare guide illustrates how Buddha's philosophy of the "middle way" can lead to a balanced, harmonious, and serene existence in the 21st century.

The Feeling Buddha: A Buddhist Psychology of Character, Adversity and Passion Details

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From Reader Review The Feeling Buddha: A Buddhist Psychology of Character, Adversity and Passion for online ebook

Joe Tedesco says

A must read for the seeker or practitioner of the path/way.

Scott Stoll says

One of my favorite books. I've read this one again and again. It has, to the best of my knowledge, a very sensible and accurate interpretation of the 4 noble truths, that focuses on emotions being your power source, rather than the more typical interpretations which declare desires and wants are things to be avoided if you want to avoid pain. A great book. I wish to read again, because I think now, being somewhat more enlightened, that perhaps pain and fear can be viewed as beneficial emotions.

Angela says

This book was recommended to me by a college philosophy professor. It sat on my shelf for a couple of years and finally I picked it up and started reading.

It brought a peace to my heart. I still go back to it and re read parts to help center myself every once in a while. It's a book that teaches you how to take the positive out of any situation in life. It's a great way to learn to live,

Nick Stibbs says

Just to quickly note the translation that the book gives for the word, Nirvana, without wind, is only one of many meanings. Another similar interpretation is 'blown out'. This refers to a realisation of 'non-self' and emptiness. A more positive reading is it means a quenching or fulfilment. Vana actually has many meanings in Sanskrit - forest, water, stream of light. Nir tends to signify a negative prefix - e.g. free, without, un-, -less, devoid, having none.

Riku Sayuj says

The book is a very realistic explanation of Buddha's teachings and a modern reinterpretation of the basic ideas. It also forms a non-esoteric and easily applicable practice manual on Buddhism for a novice entrant/dilettante. Highly recommended for anyone interested in extending their understanding of Buddhism into a more practical sphere. I will try to put up a concise summary of the book soon.

Alex says

Although Brazier seems, in my opinion, to over-intellectualize Buddhism, his book is a solid explanation of the lifestyle. At points it was too dense for me, and — perhaps in Buddhist scholarship fashion? — very vague. To take one example of a practice recommended in Brazier's interpretations, I found I couldn't relate to the exultation of meditation. Perhaps some would dismiss my persistent ambivalence toward meditation as "unenlightened," but I simply don't see the point in persisting with something that is told to bring a good quality to life but doesn't, for me. Certainly, it's something you practice, but I find meditation and some of the other Buddhist rituals to be a bit like museums: we're told they enrich us, and that if we bring the right mindfulness to it, we'll appreciate them. But if they simply don't appeal to an individual or "do anything" for that person, there is little point in pursuing the practice of exploring them, I think.

The more I read about the Buddha, the more I respect the authors who write about him, but for reasons I'm not sure they themselves would realize. Essentially, they all say that the Buddha became enlightened by living his life the hard way, by finding enlightenment for himself on his individual journey. He had few guides but the ordinary experiences and people he encountered. True, he preached and he lived in such a way that others found worthy of imitating. But if the enlightened one reached enlightenment purely through his own experience, isn't that the model we should seek? Not one of meditating or following ritualized practices because it's what "Buddhists" do, or begging for food because the Buddha did. Not the mimicry and adulation of mass religion, just living in a way that helps us find our purpose and our happiness.

Not everyone is destined to be the Buddha or the Dalai Lama. Our everyday lives do not necessarily need to be like theirs, if theirs are not the practices we feel organically moved to keep. It amazes me that some people do not come to this realization on their own; some do, but still have difficulty making it real. But that, to me, is the real lesson in the Buddha's life: live it for yourself and make it worthwhile, on your own terms, because that's all you've got.

To actually give a review to this book, since I haven't yet: let's just say that it made me think enough to put words to this philosophy, so it's got to be worth something!

Dave/Maggie Bean says

A hesitant three stars. I don't want to say that I disliked it, but I can't say that I liked all of it. It's a tad revisionist, for starters -- not a good starting point for sincere students of comparative religion. The psychology, on the other hand, is interesting. Stripped of the spiritual trappings, there's quite a bit of good, common-sense advice for coping with hardship.

NoBeatenPath says

An interesting interpretation of the Four Noble Truths of the Buddha, taking an alternative view to 'accepted' Buddhist tradition. Brazier argues that the Buddha did not say that enlightenment meant the end of suffering, but rather that suffering is noble and is part of an enlightened life (trust me, Brazier does a better job of explaining than me!) An interesting juxtaposition of psychology and Buddhist thought, this book would be an interesting read for Buddhist practitioners of various traditions.

Mark Goodman says

I thought this book had some good and even inspiring ideas but I was put off by his continual insistence that his ideas were radical and a challenge to traditional notions of Buddhism as the Buddhism I have been taught, read about and practiced was very much aligned with what he was saying so I did not find his ideas all that radical or new.

Steve Woods says

I have always taken a lot from David Brazier's work. He has a great ability to relate Buddhist teachings to psycho Therapy in very helpful ways. There are some very important viewpoints in this book that changed the way I think about both the practice and the healing that can take place in that context. He relates some of the basic teachings to life in ways that help me to put them into practice and get out from under the more dogmatic traditional interpretations that seem much more difficult for me to relate to. Most of those insights came for me in the first half of the book, his treatment of the 8 fold path was a little more pedestrian and superficial, though still valuable particularly when taken in conjunction with a more traditional approach.

James D Smith says

One of the three most important books in my life. This is Buddhism without the burdensome superstitious cultural overlays which over time, have distorted the simple and profound truths taught by a guy who "got it" more than two millenia ago.

joel says

I enjoyed the writing style, and I thought the explanation of the Budda's life and basic teachings were easy to understand. However, while the author indicated that his explanation for the meaning of those teachings differed from what is standard, I am not familiar with what those "normal" teachings are to provide any informed opinion on that.

Eric says

Another book recommended by Flint Sparks that I would recommend to others interested in Buddhism. He offers an interpretation of the Four Noble Truths that runs counter to what one might read in books on comparative religion and it rings true to me.

Greg says

A good place to start as any for an introduction to Buddhism, and also a good book for a Buddhist to get a different perspective on the four noble truths. It focuses on the translation issues, and what Buddha's original

intent might've been.

Brandon says

Brazier claims that his interpretation of the Four Noble Truths goes against tradition, but most texts that I have read and the discussions that I have engaged in lead me towards nearly the same conclusions. Brazier's assessment of the intent behind Buddha's *Setting the Wheel of Dharma in Motion* provides a practical guide to spiritual life separate from traditional Western ideals, but easily digestible for any open-minded Westerner. Brazier's attempt to link Buddha and his teachings to the role performed by a therapist is flimsy, but at times provides nice anecdotal examples. Occasionally, he projects the "Real" intent of the Truths too far into hopeful-ideologue land, ignoring his own emphasis on the practical nature of accepting **dukkha** as an inherent truth of humanity, as well as, "buddha" nature. But the reader would do well to forgive, as Brazier provides nice commentary and an inspiring take on Buddha's first speech.
