



Purification in Tibetan Buddhism: The Practice of the Thirty-Five Confession Buddhas

By Geshe Jampa Gyatso

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In *Purification in Tibetan Buddhism*, Geshe Jampa Gyatso explains *The Bodhisattva's Confession of Downfalls*, a daily practice for purifying negativities. This essential practice helps us to clear negative thoughts and actions from our body, speech, and mind.

In his delightfully conversational manner, Geshe Jampa teaches us the details of the law of cause and effect, the powerful use of the four opponent powers, and the proper manner and movements of prostrating, and provides clear descriptions of each of the thirty-five confession buddhas.

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About the Author

Geshe Jampa Gyatso (1932-2007) was the resident teacher at Istituto Lama Tzong Khapa in Italy from 1980 until his death. He was holder of the Lharam Geshe degree from Sera Je Monastery, the Ngagram Geshe degree from Gyu Me Tantric College, and the Acharya degree from the Sanskrit University of Varanasi.

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