



# **The Essence of Benefit and Joy: A Method for the Saving of Lives (English, Tibetan and Chinese Edition)**

*Jamgon Kongtrul Lodro Taye*

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This is a multilingual translation of the Tibetan text by Jamgon Kongtrul Lodro Thaye, also known as Jamgon Kongtrul the Great. It contains both English and Chinese translations of the profound Buddhist practice of releasing life, as well as the original text in Tibetan script and English phonetics. In this key practice of generosity, one ransoms beings who would otherwise be killed, thereby saving their lives, and releases them with this liturgy.

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