

The Dalai Lama

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The Dalai Lama on What Matters Most Sep 19 2021 "In April of 2006, the prominent cultural anthropologist Noriyuki Ueda sat down with the Dalai Lama for a two day conversation. This book is based on that long and lively conversation in Dharamsala"--

The Story of Tibet Jun 28 2022 In a series of candid interviews with the Dalai Lama, the spiritual leader speaks out about the land, people, culture, history, traditions, and spirituality of Tibet, discussing the role played by religion and spirituality in the nation's history, the Dalai Lama's flight into exile in 1959, his personal religious beliefs, and his lifelong study of Buddhism. Reprint.

His Holiness the Dalai Lama Aug 26 2019 Photographer Don Farber has followed His Holiness the Dalai Lama for 30 years. This documentary and inspirational work celebrates the life and work of a leader unique in the modern world. Farber's photographs capture the charismatic spiritual figure, highlighting the reverence shown to him wherever he goes. Of equal interest are the quieter moments that reveal the private individual and his compelling humanity. Through following in the footsteps of His Holiness we learn more about his character, and about the central tenets of Tibetan Buddhism. Text in English, German, French, Spanish, Italian, Japanese and Chinese **SELLING POINTS** A visual biography of one of the world's major spiritual leaders Of interest both to Buddhist scholars and all those drawn to a message of peace and compassion **ILLUSTRATIONS** 73 colour & bw photographs

The Dalai Lama at MIT Jul 26 2019 Their meeting captured headlines; the waiting list for tickets was nearly 2000 names long. If you were unable to attend, this book will take you there. Including both the papers given at the conference, and the animated discussion and debate that followed, The Dalai Lama at MIT reveals scientists and monks reaching across a cultural divide, to share insights, studies, and enduring questions. Is there any substance to monks' claims that meditation can provide astonishing memories for words and images? Is there any neuroscientific evidence that meditation will help you pay attention, think better, control and even eliminate negative emotions? Are Buddhists right to make compassion a fundamental human emotion, and Western scientists wrong to have neglected it? The Dalai Lama at MIT shows scientists finding startling support for some Buddhist claims, Buddhists eager to participate in neuroscientific experiments, as well as misunderstandings and laughter. Those in white coats and those in orange robes agree that joining forces could bring new light to the study of human minds.

The Dalai Lama Aug 19 2021 By award-winning picture book author Demi, this is a fully illustrated nonfiction picture book that tells the story of the search for the fourteenth Dalai Lama. Now in paperback for the first time, with a foreword written by The Dalai Lama himself. When the thirteenth Dalai Lama died in 1933, the highest holy men in Tibet searched throughout the land for his successor. They were spiritually guided to the humble dwelling of a loving family high in the Himalayas. When the search party greeted the youngest son, the child told them, "Now I am going home!" At last the

fourteenth Dalai Lama had been found, and at the age of two, the young boy was taken to the capital city, Lhasa, where he began his training to become the spiritual leader of Tibet. The work of the Dalai Lama and the fate of Tibet are topics of evergrowing international focus. In simple language and glorious art, Demi pays tribute to the fourteenth Dalai Lama's remarkable life. She captures the beauty of Tibetan culture, as well as the charm, talent, and vision of one of the world's best-known spiritual figures.

365 Dalai Lama Jan 30 2020 Presents daily words of timeless wisdom and heartfelt advice for people of all walks of life and religious backgrounds on how to find true happiness, serenity, and fulfillment in one's life and bring true peace to the world around.

Puffin Lives: the 14th Dalai Lama Jul 30 2022 A biography of the current Dalai Lama, Tenzin Gyatso, discussing the history of Tibet and the role of the Buddhist leader in this country's spiritual and political life.

The Dalai Lama Sep 07 2020 In 1937, a vision led the high lamas of Tibet to an old house in the mountains, with a turquoise roof. Here lived 2-year-old Lhamo Dhondrub, who would go on to become the 14th Dalai Lama. But how did this toddler grow into one of the world's most important religious figures? And why has he been forced into exile? The Dalai Lama looks at his extraordinary story, from his education by monks, deep in the Tibetan mountains, to how he became leader of Tibet aged just 15. The Chinese invasion of Tibet, that forced him to flee his homeland, and begin a new life and government in exile in India, is explained, as is the plight of ordinary Tibetans. The Buddhist faith, and exactly what it means to be a Buddhist, is explored, as is the role it plays in the lives of people around the world. The book also looks at the Dalai Lama's work as a teacher and a leader, and at some of the issues he campaigns for - particularly his environmental activism, and his work to promote religious cooperation and interfaith dialogue.

Lighting the Path May 04 2020 In this accessible and important follow up to *The Art of Happiness* His Holiness the Dalai Lama teaches us how to live a happier and more spiritual life by fostering compassion and wisdom. Filled with his trademark honesty and warmth, this book explains how practically applying the values of Buddhism can help you find answers to both the everyday problems we face - relationships, health, work and happiness - and the major issues and changes facing humanity today including globalisation, technology and terrorism. Drawn from the Dalai Lama's teachings during his fourth visit to Australia and New Zealand, which focused on gaining strength through compassion, *Lighting the Path* reminds us that we each have the ability to change our own life for the better, and the power to improve the lives of others as well. Explaining the central tenets of Buddhism, including the Four Noble Truths, Atisha's Lamp for the Path of Enlightenment and the Eight Verses of Mind Training, this book will give you the practical guidance you need to deal with life's challenges and help you develop inner peace.

The Dalai Lama's Little Book of Inner Peace Nov 29 2019 His Holiness the Dalai Lama offers powerful, profound advice on how to live a peaceful and fulfilling life amidst all the conflicts of the modern world. In this distillation of his life and teachings, the Dalai Lama paints a compelling portrait of his early life, reflecting on the personal and political struggles that have helped to shape his understanding of our world. Offering his wisdom and experience to interpret the timeless teachings of the Buddha, *The Dalai Lama's Little Book of Inner Peace* is fresh and relevant to our troubled times. He explains in a simple and accessible way how each of us can influence those around us by living with integrity. And he holds out hope that, through personal transformation, we can all contribute to a better world.

The Dalai Lama Oct 09 2020 The Dalai Lama is one of the best-known and respected public figures of modern times. A Nobel Peace Prize Winner, advocate for peace and campaigner for compassion, he regularly speaks at sell-out arena tours across the globe. In this new biography, the first in 25 years, Alexander Norman reveals the complex and compelling character of the Dalai Lama in more detail than ever before. Drawing on his long friendship with His Holiness and with his full support, Norman gives unparalleled insights into the Dalai Lama's life, from being chosen as a young boy, his exile from Tibet and his involvement in political negotiations, to the present day. Uniquely, however, this book also reveals the private life of a very public man, including his personal spiritual experiences, daily Buddhist practice and the issues that are closest to his heart. Norman also explains how the turbulent history of Tibet has shaped the Dalai Lama's thinking and personality and corrects the myths that have built up around him. Illuminating, surprising and fascinating, this book is essential reading for all those who want to understand the Dalai Lama.

Freedom in Exile Nov 02 2022 In this astonishingly frank autobiography, the Dalai Lama reveals the remarkable inner strength that allowed him to master both the mysteries of Tibetan Buddhism and the brutal realities of Chinese Communism.

Understanding the Dalai Lama Dec 11 2020 His Holiness The Dalai Lama, the remarkable exiled spiritual and temporal head of Tibet, is a statesman for our troubled times. This collection of 11 essays by scholars, writers, theologians, and others whose lives he has touched represents a broad spectrum of perspectives on this Nobel Peace Prize recipient who is also a living Buddha to six million followers. Included among the contributions are personal reflections by those who have been privileged to get to know His Holiness, as well as illuminating introductions to some of his core beliefs. Editor Rajiv Mehrotra, who contributes the book's first essay, says of the Dalai Lama, "As with all truly great and inspiring leaders, his life is his message and philosophy." The essays in this volume shed light on that fascinating life . . . painting the portrait of a tireless champion of compassion, altruism, and peace who is both deeply spiritual and disarmingly human.

Why Is the Dalai Lama Always Smiling? Feb 22 2022 If you think meditation is only for monks, think again. Today's world seems to be growing more and more stressful by the minute—for all of us. So now, as a teacher of Tibetan Buddhist practice and a 21st-century woman, Lama Tsomo offers us time-tested tools for getting underneath our everyday worries and making our lives richer and more fulfilling. In *Why Is the Dalai Lama Always Smiling?* she acts as our lively, approachable guide to using the ancient traditions and practices of Tibetan Buddhism to find happiness and peace in this modern world.

Through step-by-step instructions, photographs, and helpful explanations, Lama Tsomo shows how we can start experiencing the many benefits of meditation for ourselves. She offers proven techniques for sharpening our focus, enhancing our relationships, and living each day more mindfully and joyfully. Laced with humor, compassion, and stories from Lama Tsomo's own life, *Why Is the Dalai Lama Always Smiling?* meets us where we are and guides us onto, and along, the path to a deeper awareness of our world and ourselves. Lama Tsomo's personal and spiritual journey to greater happiness can now be ours as well. As she invites in the Prologue, "Won't you come along?" The book features an introductory letter from H.H. Dalai Lama, portable meditation cards, "Science Tidbits", glossary of buddhist terms and lessons used in Namchak Foundation eCourses and retreats.

The Dalai Lama's Little Book of Wisdom Mar 02 2020 This gem, the sequel to *The Dalai Lama's Little Book of Inner Peace*, contains the essence of the Dalai Lama's teachings on life and death. Think of this as the essential guide to both living and dying well from one of the most important spiritual teachers of the 20th and 21st centuries. Among the topics covered are: • Contentment, Joy and Living Well • Facing Death and Dying • Dealing with Anger and Emotion • Compassion--the Basis for Human Happiness • Giving and Receiving This charming packaged is designed for the busy person who is always on the go: a small format, flapped paperback that will easily fit in a purse, backpack, or briefcase.

The Fourteenth Dalai Lama's Stages of the Path, Volume One Jul 06 2020 "The first volume of *The Fourteenth Dalai Lama's Stages of the Path* is a fairly detailed explanation of general points related to Buddhist concepts. It includes an introduction for today's Buddhists on the important and fundamental points of the philosophical tenets of ??kyamuni Buddha, explanations on the reality of base existence presented by Buddhism and modern science, and ways to integrate the essence of Buddhism into daily life"--

The Essential Dalai Lama Oct 21 2021 An invaluable collection that brings together the best of the Dalai Lama's writings on all aspects of life An inspiration to millions of people worldwide, the Dalai Lama has authored more than fifty books. Now, for the first time, *The Essential Dalai Lama* brings together the best of the Dalai Lama's writings on all aspects of life, from work to meditation. Divided into four sections--The Vision, Buddhist Perspectives, Practice, A World in Harmony--*The Essential Dalai Lama* contains eloquent applications of the principles of ancient Buddhist thought to contemporary issues, all expressed in the Dalai Lama's uniquely compelling voice. This is the perfect compilation for anyone who wishes to have one source for the Dalai Lama's teachings or who seeks an introduction to the philosophy and practice of Buddhism.

The Pocket Dalai Lama Mar 26 2022 Inspirational teachings and wisdom of the leading Buddhist teacher of our time. One of the most influential Buddhist leaders of our time, His Holiness the Fourteenth Dalai Lama is a Nobel Peace Laureate and the exiled spiritual head of the Tibetan people. A tireless teacher and writer, he is the author of dozens of widely acclaimed works, including *The Book of Joy*, *The Art of Happiness* and *The Heart of Meditation*—and this compact collection brings together a selection of inspiring short teachings from many of his popular books. Addressing a broad range of subjects, such as nonviolence, impermanence, religion, politics, and human rights, these wise words show the power of goodness even in the most uncertain of times. This book is part of the Shambhala Pocket Library series. The Shambhala Pocket Library is a collection of short, portable teachings from notable figures across religious traditions and classic texts. The covers in this series are rendered by Colorado artist Robert Spellman. The books in this collection distill the wisdom and heart of the work Shambhala Publications has published over 50 years into a compact format that is collectible, reader-friendly, and applicable to everyday life.

Healing Emotions Jan 12 2021 A Pulitzer Prize nominee and the bestselling author of *Emotional Intelligence* bridges modern science with the spiritual wisdom of the East This extraordinary series of encounters between the Dalai Lama and prominent Western psychologists, physicians, and meditation teachers sheds new light on the mind-body connection Can the mind heal the body? The Buddhist tradition says yes—and now many Western scientists are beginning to agree. These discussions between the Dalai Lama and this group of prominent physicians, psychologists, philosophers, and behaviorists could not be more timely. The book is a record of the third Mind and Life Conference, a meeting that took place in Dharamsala, India, gathering Buddhist teachers and Western scholars to discuss questions that provide a framework for an ongoing dialogue between psychology and Buddhism. Edited with a new foreword by Daniel Goleman, this exploration of stress, death, meditation, self-compassion—and much more—underscores the timeliness and significance of working together, across scientific and religious aisles, for the greater benefit of humankind.

Advice on Dying Dec 31 2019 This revelatory volume shows readers how to confront death--along with inevitable currents of life--with a deep-seated preparedness built on virtue, focus, and inner strength.

The Open Road Apr 26 2022 NATIONAL BESTSELLER • For Buddhists and non-Buddhists alike, “an exceptionally intimate portrait” (Elizabeth Gilbert, author of *Eat, Pray, Love*) of the Dalai Lama—one of the most singular figures of our time. For over three decades, Pico Iyer, one of our most cherished travel writers, has been a friend to the Dalai Lama. Over these years through intimate conversations, he has come to know him in a way that few can claim. Here he paints an unprecedented portrait of the Dalai Lama, explaining his work and ideas about politics, science, technology, and religion. *The Open Road* illuminates the hidden life and the daily challenges of this global icon.

The Dalai Lama's Little Book of Wisdom Apr 14 2021

Beyond Religion Jun 04 2020 A follow-up to the best-selling "Ethics for a new millennium" outlines a system of secular ethics that both transcends religion and incorporates religious tolerance for the overall improvement of human life on individual, community and global levels, offering an accompanying guided meditation practice for cultivating key human values.

The Dalai Lama's Big Book of Happiness May 28 2022 This is a book that provides readers with a roadmap for living with

happiness, joy, and a sense of purpose. The basic premise of this book is that each of us is responsible for our own health and happiness and for the health of society. How a person thinks, behaves, and feels ultimately impacts not just their own lives, but also the lives of all around them. True happiness begins when you take responsibility for your actions and when you think of yourself as an integral part of human society. In this anthology, His Holiness, with characteristic wit, warmth, and humor, directs readers towards lives of happiness, health, and serenity. In his exploration of compassion and forgiveness, inner and outer peace, non-violence and secularism, and the secret of happiness, he reminds us that each of us has the power and the responsibility to change our thoughts, our actions, and our lives.

The Dalai Lama Paper Doll Jan 24 2022 Unique keepsake celebrates the spiritual leader of Tibetan Buddhism The influential spiritual leader of Tibetan Buddhism, the Dalai Lama is also Tibet's head of state and its most important political leader. Forced to leave his native land when China invaded Tibet in 1959, Tenzin Gyatso, the present Dalai Lama, moved to India; from there he frequently travels to countries in the West, teaching and lecturing in his quest for world peace. He was awarded the Nobel Peace Prize in 1989. Tom Tierney pays tribute to this renowned teacher in a paper doll collection featuring the revered Buddhist leader and his parents at various periods in their lives. Outfits include formal ankle-length robes of brocaded silk and a fur-trimmed long coat, as well as shirts and prayer shawls of traditional saffron and maroon. Admirers of the spiritual leader--and anyone intrigued by Tibetan culture--will prize this authentically detailed collection.

Ethics for the New Millennium Jun 24 2019 Don't miss His Holiness the Dalai Lama's classic book, *The Art of Happiness*, or his newest, *The Book of Joy*, named one of Oprah's Favorite Things. In a difficult, uncertain time, it takes a person of great courage, such as the Dalai Lama, to give us hope. Regardless of the violence and cynicism we see on television and read about in the news, there is an argument to be made for basic human goodness. The number of people who spend their lives engaged in violence and dishonesty is tiny compared to the vast majority who would wish others only well. According to the Dalai Lama, our survival has depended and will continue to depend on our basic goodness. *Ethics for the New Millennium* presents a moral system based on universal rather than religious principles. Its ultimate goal is happiness for every individual, irrespective of religious beliefs. Though he himself a practicing Buddhist, the Dalai Lama's teachings and the moral compass that guides him can lead each and every one of us—Muslim, Christian, Jew, Buddhist, or atheist—to a happier, more fulfilling life.

The Dalai Lama's Book of Awakening Jun 16 2021 A little book for those in search of words to calm and inspire. In this mini ebook His Holiness the Dalai Lama teaches us how to deal with suffering.

The 14th Dalai Lama Mar 14 2021 A new way of getting to know one of the world's most beloved spiritual leaders. Featuring a charmingly illustrated format that will appeal to readers of all ages, this unique biography is an ideal introduction to the leader of the Tibetan government-in-exile. Born in 1935 to a peasant family in a small village, Tenzin Gyatso was recognized at the age of two as the reincarnation of his predecessor, the Thirteenth Dalai Lama. In 1950, His Holiness assumed full political power when China invade Tibet—a tragedy that forever changed him and shaped his efforts on behalf of world peace, for which he was award the Nobel Peace Prize. This graphic novel is an appealing and approachable depiction of the life and personality of an iconic figure.

The Essence of the Heart Sutra Sep 27 2019 Collects teachings as presented by the Dalai Lama in 2001 to more than eight thousand attendees, addressing such topics as the nature of emptiness and selflessness while providing background information on Buddhism and additional commentary. Reprint.

A Force for Good Jul 18 2021 For more than half a century, in such books as *The Art of Happiness* and *The Dalai Lama's Little Book of Inner Peace*, the Dalai Lama has guided us along the path to compassion and taught us how to improve our inner lives. In *A Force for Good*, with the help of his longtime friend Daniel Goleman, the New York Times bestselling author of *Emotional Intelligence*, the Dalai Lama explains how to turn our compassionate energy outward. This revelatory and inspiring work provides a singular vision for transforming the world in practical and positive ways. Much more than just the most prominent exponent of Tibetan Buddhism, the Fourteenth Dalai Lama is also a futurist who possesses a profound understanding of current events and a remarkable caniness for modern social issues. When he takes the stage worldwide, people listen. *A Force for Good* combines the central concepts of the Dalai Lama, empirical evidence that supports them, and true stories of people who are putting his ideas into action—showing how harnessing positive energies and directing them outward has lasting and meaningful effects. Goleman details the science of compassion and how this singular guiding motivation has the power to • break such destructive social forces as corruption, collusion, and bias • heal the planet by refocusing our concerns toward our impact on the systems that support all life • reverse the tendency toward systemic inequity through transparency and accountability • replace violence with dialogue • counter us-and-them thinking by recognizing human oneness • create new economic systems that work for everyone, not just the powerful and rich • design schooling that teaches empathy, self-mastery, and ethics Millions of people have turned to the Dalai Lama for his unparalleled insight into living happier, more purposeful lives. Now, when the world needs his guidance more than ever, he shows how every compassion-driven human act—no matter how small—is integral for a more peaceful, harmonious world, building a force for a better future. Revelatory, motivating, and highly persuasive, *A Force for Good* is arguably the most important work from one of the world's most influential spiritual and political figures. Praise for *A Force for Good* “*A Force for Good* offers ideas that every individual can work with and build on, ranging from things that help the environment to things that help the less fortunate. [It's] a long-range, global plan from a brilliant futuristic thinker, so this is a book that can be of value to any human living on Earth. When you're ready for a jolt of optimism, pick up this book.”—Pop Culture Nerd “Far from being a self-help book, this examines specific ideas espoused by the Dalai Lama, such as emotional hygiene, compassionate economy, and education of the heart that can make the world a better place. An optimistic and thoughtful

primer with practical applications.”—Booklist

The Dalai Lama May 16 2021 The first authoritative biography of the Dalai Lama—a story by turns inspiring and shocking—from an acclaimed Tibetan scholar with exceptional access to his subject. The Dalai Lama's message of peace and compassion resonates with people of all faiths and none. Yet, for all his worldwide fame, he remains personally elusive. At last Alexander Norman—acclaimed Oxford-trained scholar of the history of Tibet—delivers the definitive, unique, unforgettable biography. The Dalai Lama recounts an astonishing odyssey from isolated Tibetan village to worldwide standing as spiritual and political leader of one of the world's most profound and complex cultural traditions. Norman reveals that, while the Dalai Lama has never been comfortable with his political position, he has been a canny player—at one time CIA-backed—who has maneuvered amidst pervasive violence, including placing himself at the center of a dangerous Buddhist schism. Yet even more surprising than the political, Norman convinces, is the Dalai Lama's astonishing spiritual practice, rooted in magic, vision, and prophecy—details of which are illuminated in this book for the first time. A revelatory life story of one of today's most radical, charismatic, and beloved world leaders.

An Introduction to Buddhism Feb 10 2021 His Holiness the Dalai Lama presents the perfect introduction to traditional Tibetan Buddhist thought and practice, covering the Four Noble Truths and two essential texts There is no one more suited to introduce beginners—and remind seasoned practitioners—of the fundamentals of Tibetan Buddhism than His Holiness the Dalai Lama. Speaking to an audience of Western students, the Dalai Lama shows us how to apply basic Buddhist principles to our day-to-day lives. Starting with the very foundation of Buddhism, the Four Noble Truths, he provides the framework for understanding the Buddha's first teachings on suffering, happiness, and peace. He follows with commentary on two of Buddhism's most profound texts: The Eight Verses on Training the Mind and Atisha's Lamp for the Path to Enlightenment, often referring to the former as one of his main sources of inspiration for the practice of compassion. With clear, accessible language and the familiar sense of humor that infuses nearly all of his work, the Dalai Lama invites us all to develop innermost awareness, a proper understanding of the nature of reality, and heartfelt compassion for all beings. This book was previously published under the title *Lighting the Way*.

The Dalai Lama's Book of Love and Compassion Nov 21 2021 In this small book, intended to speak to everyone, both Buddhist and non-Buddhist alike, one of the world's most beloved spiritual leaders simply and clearly addresses the concerns of modern life and the need to balance spiritual and material values, and to create harmony and energy in life.

His Holiness the Dalai Lama Apr 02 2020 Culled from more than fifty interviews with the Dalai Lama's family, colleagues, and followers, this fascinating account of a living spiritual icon offers readers insights into the public and private life of the leader of Tibetan Buddhism.

Who Is the Dalai Lama? Oct 01 2022 Get to know the Dalai Lama, Tibet's spiritual leader and one of the most popular world leaders today. Two-year-old Lhamo Thondup never imagined he would be anything other than an ordinary child, but after undergoing a series of tests, he was proclaimed the 14th Dalai Lama of Tibet. By age 15, he found himself the undisputed leader of six million people who were facing the threat of a full-scale war from the Chinese. After the defeat of the Tibetan national uprising in 1959, the Dalai Lama had to flee Tibet and went into exile in India. For nearly 50 years, he has aimed to establish Tibet as a self-governing, democratic state. In 1989, he was awarded the Nobel Peace Prize for his nonviolent efforts for the liberation of Tibet and his concern for global environmental problems. As the spiritual leader of Tibetan Buddhism, the Dalai Lama continues to spend his life working to benefit humanity and preserving Tibetan culture.

The Dalai Lama's Little Book of Buddhism Dec 23 2021 This little book contains the core teaching on Buddhism by the Dalai Lama. It includes thought-provoking quotations about the importance of love and compassion, and the need for individual responsibility, fuses ancient wisdom with an awareness of the problems of everyday life. In addition to containing the essence of Buddhism, this book offers practical wisdom for daily life. The goal of this small gift book is to improve the reader's state of mind and to discover the deep peace that exists within. Here are pithy reflections on the need to rid oneself of preoccupations with mundane concerns and to find refuge in Buddha, Dharma, and Sangha.

All You Ever Wanted to Know From His Holiness the Dalai Lama on Happiness, Life, Living, and Much More Aug 07 2020 His Holiness the Dalai Lama describes himself as "a simple Buddhist monk." However, to millions of people around the world, he embodies the highest human aspiration: to be happy. His messages of compassion, altruism, and peace are articulated in a unique secular ethic for our times and supported with techniques and practices that can help us achieve these ideals. He is the Dalai Lama—or simply, His Holiness—the epitome of the Buddhist model of loving-kindness and an incarnation of Avalokitesvara, the bodhisattva of infinite compassion and mercy. Evoking global respect and admiration, he is both a prophet and a statesman for our troubled times, yet he's intensely human and accessible. He's an inspiration to millions, yet many feel as if he touches and speaks to them personally. He is a Buddhist but belongs to all humanity. His Holiness is one of the most recognizable—and recognized—faces in the free world. This remarkable book is an edited compilation of mostly personal conversations spanning nearly 20 years between the Dalai Lama and Rajiv Mehrotra, one of his early disciples who's now the trustee and secretary of the Foundation for Universal Responsibility, which was established with the funds from the Nobel Peace Prize. Here, the Dalai Lama is a teacher to a spiritual aspirant; a divine master and a temporal leader; an ambassador for Tibet and a lovable guru-philosopher to the whole world; a practitioner of the 2,500-year-old teachings of Buddhism; a Tibetan Buddhist and an interfaith ambassador; and an intense practitioner of mind-training and an inveterate optimist. His multiple hats may appear contradictory at times, but he balances them all, living his life with ease and happiness. Within these pages, the Dalai Lama's disarming candor, his deep empathy for his student's quest, and his wisdom—garnered not just from texts and scriptures, but also from an active engagement with life—offer invaluable insights to us all on how we may find true happiness in our lives.

The Dalai Lama's Book of Wisdom Aug 31 2022 A little book for those in search of words to calm and inspire. In this gift book His Holiness the Dalai Lama imparts his message: the importance of love, compassion and forgiveness.

Tales of a Dalai Lama Oct 28 2019 Pierre Delattre's joyful book, *Tales of a Dalai Lama*, records earthbound flights of the spirit, like a bridge over silence. Here is a work of fiction with language simple and beautiful, detailing the structure of the faith of the Tibetan people as seen through the eyes of the awestruck, funny, and wise Dalai Lama, sometimes old and sometimes young. Here is fiction at its best, sure in its footing, centered in writing as an art, fulfilling its own functions and overcoming its own obstacles, bearing the reader along a path of zen grabbers, belly laughs, and glimpses of enlightenment while experiencing the nobility of faith. --Ed Swan, Pacific Northwest Review of Books About the Author(s) Pierre Delattre is a writer and painter living in the foothills of the Sangre de Cristo mountains in northern New Mexico between Santa Fe and Taos. *Tales of a Dalai Lama* was his first book of fiction, followed by *Walking On Air*, and *Episodes*, a memoir. He has published stories, poems and essays in many magazines, and has just completed a book of essays entitled *The Art of Beauty*. Pierre Delattre's paintings have been on exhibit in several galleries in and around Santa Fe, and at his home studio in Penasco, where he lives with his wife, the painter Nancy Ortenstone. Mr. Delattre took his graduate degree in Religion and the Arts from the University of Chicago Divinity School, and has been involved in the relationship between art and spirituality ever since, including work in theatre, music, television and film, with emphasis on spiritual humor.

The Meaning of Life Nov 09 2020 The Dalai Lama describes the twelve links of dependency on the Wheel of Life, how humankind has become trapped in a prison of suffering and selfishness, and how to turn one's prison into a source of help and happiness for others.