

Who Is The Dalai Lama Who Was

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. Replaces ISBN 9781571746092

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.

His Holiness the Dalai Lama is an extraordinary example of a life dedicated to peace, communication, and unity. What he represents, and what he has accomplished, heals and transcends the current tensions between Tibet and China. Why the Dalai Lama Matters explores just why he has earned the world's love and respect, and how restoring Tibet's autonomy within China is not only possible, but highly reasonable, and absolutely necessary for all of us together to have a peaceful future as a global community. In the few decades since the illegal Chinese invasion of Tibet, Tibetans have seen their ecosystem destroyed, their religion, language, and culture repressed, and systematic oppression and violence against anyone who dares acknowledge Tibetan sovereignty. Yet, above it all, the Dalai Lama has been a consistent voice for peace, sharing a "Middle-Way" approach that has gathered accolades from the Nobel Peace Prize to the U.S. Congressional Gold Medal. Modeling this peaceful resistance shows the world that nobody is free unless everybody is free -- and that a solution exists that can benefit all parties, not just one. And more than just his nation have taken notice. His inter-religious dialogues, honest, humble demeanor, and sense of compassionate justice sets him apart in a world at war with itself. When China changes policy and lets Tibetans be who they are, Tibet can, in turn, join with China in peaceful coexistence. Why the Dalai Lama Matters is not merely a book about Tibet or the Dalai Lama. It is a revealing, provocative solution for a world in conflict, dealing with the very fundamentals of human rights and freedoms. By showing the work that the Dalai Lama has done on behalf of his people, Thurman illuminates a worldwide call to action, showing that power gained by might means nothing in the face of a determined act of truth.

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.

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.

Why the Dalai Lama Matters

Lasting Happiness in a Changing World

A Buddhist Perspective on the Teachings of Jesus

An Illuminated Journey

Refining Gold

The Good Heart

Ethics for a Whole World

MindScience documents a seminal moment in the historic dialogue between modern science and Buddhism. The Harvard Mind Science Symposium, hosted by the university's Mind/Body Medical Institute, was groundbreaking, bringing together prominent authorities in the fields of psychiatry, psychology, neuroscience, and education with Buddhism's most noted representative, the Dalai Lama. Participants included several well-known authors—Daniel Goleman (Emotional Intelligence), Herbert Benson (The Relaxation Response), and writer and research psychologist Howard Gardner among them—as well as esteemed faculty from Harvard Medical School and elsewhere. Together, they sparked a new generation's interest in the workings of perception, cognition, and the mind/body connection.

Brought me gently and pleasantly into the life and mind of this extraordinary spiritual leader and assured the success of my interview with him.--Bill Moyers, PBS

The first volume in a multi-volume collection presenting the Dalai Lama's comprehensive explanation of the Buddhist path. His Holiness the Dalai Lama has been publicly teaching Buddhism for decades. This series collects his presentations of every step of the path to enlightenment, compiled and coauthored by one of his chief Western disciples, the American nun Thubten Chodron. The Buddha wanted his students to investigate, to see for themselves whether what he said were true. As a student of the Buddha, the Dalai Lama promotes the same spirit of investigation, and as the rich tradition of the Buddha makes its way into new lands and cultures, His Holiness has recognized that new approaches are needed to allow seekers in the West to experience the relevance of the liberating message in their own lives. Such an approach cannot assume listeners are free from doubt and already have faith in Buddhism's basic tenets. The Library of Wisdom and Compassion series, therefore, starts from the universal human wish for happiness and presents the dynamic nature of the mind. This first volume also provides a wealth of reflections on Buddhist history and fundamentals, contemporary issues, and the Dalai Lama's own personal experiences. It stands alone as an introduction to Buddhism, but it also provides a foundation for the systematic illumination of the path in the volumes to come. The Library of Wisdom and Compassion collects the Dalai Lama's decades of presentations of every step of the path to enlightenment. It has been compiled and coauthored by one of his chief Western disciples, the American nun Thubten Chodron.

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.

A major new work in modern Tibetan history, this book follows the evolution of Tibetan Buddhism's trülku (reincarnation) tradition from the seventeenth to the nineteenth centuries, along with the Emperor of China's efforts to control its development. By illuminating the political aspects of the trülku institution, Schwieger shapes a broader history of the relationship between the Dalai Lama and the Emperor of China, as well as a richer understanding of the Qing Dynasty as an Inner Asian empire, the modern fate of the Mongols, and current Sino-Tibetan relations. Unlike other pre-twentieth-century Tibetan histories, this volume rejects hagiographic texts in favor of diplomatic, legal, and social sources held in the private, monastic, and bureaucratic archives of old Tibet. This approach draws a unique portrait of Tibet's rule by reincarnation while shading in peripheral tensions in the Himalayas, eastern Tibet, and China. Its perspective fully captures the extent to which the emperors of China controlled the institution of the Dalai Lamas, making a groundbreaking contribution to the past and present history of East Asia.

His Important Teachings

Approaching the Buddhist Path

The Fourteenth Dalai Lama's Stages of the Path

The Dalai Lama Book of Quotes

The Essential Life and Teachings

The Dalai Lama's Book of Love and Compassion

The Essence of the Heart Sutra

"The first definitive biography of the Dalai Lama—a story by turns inspiring, surprising—from an acclaimed Tibetan scholar with exceptional access to his subject"--

NATIONAL BESTSELLER Two great spiritual masters share their own hard-won wisdom about living with joy even in the face of adversity. The occasion was a big birthday. And it inspired two close friends to get together for a talk about something very important to them. The friends were His Holiness the Dalai Lama and Archbishop Desmond Tutu. The subject was joy. Both winners of the Nobel Prize, both great spiritual masters and moral leaders of our time, they are also known for being among the most infectiously happy people on the planet, despite having experienced great personal and national suffering. From the beginning the book was envisioned as a three-layer birthday cake, the first being their personal stories and teachings about joy. Both the Dalai Lama and Tutu have been tested by extraordinary adversity, oppression, and conflict. The second layer consists of the exciting research into joy as well as the other qualities essential for any enduring happiness, like gratitude, humility, humour, compassion, generosity, and forgiveness. And the third encompasses practical exercises and guidance based on the Dalai Lama's and Tutu's own daily practices, which anchor their emotional and spiritual lives. Most of all, during that landmark week in Dharamsala, they demonstrated by their own exuberance, compassion, and even wise-cracking humour, how joy can be transformed from a fleeting emotion into an enduring way of being.

Healing Emotions is the record of an extraordinary series of encounters between the Dalai Lama and prominent Western psychologists, physicians, and meditation teachers that sheds new light on the mind-body connection. Edited by Pulitzer Prize nominee and best-selling author Daniel Goleman. 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. The renowned spiritual leader outlines an accessible approach to the pursuit of enlightenment that draws on traditional Buddhist meditative practices, in a step-by-step guide that includes coverage of such topics as embracing a positive attitude and overcoming suffering. 150,000 first printing.

This landmark of interfaith dialogue will inspire readers of all faiths. In The Good Heart, The Dalai Lama provides an extraordinary Buddhist perspective on the teachings of Jesus. His Holiness comments on well-known passages from the four Christian Gospels, including the Sermon on the Mount, the parable of the mustard seed, the Resurrection, and others. Drawing parallels between Jesus and the Buddha – and the rich traditions from which they hail – the Dalai Lama delivers a profound affirmation of the sacred in all religions. Readers will be uplifted by the exploration of each tradition 's endless merits and the common humanity they share.

Buddhism

Beyond Religion

The Dalai Lama's Book of Transformation

An East-West Dialogue

Spiritual Leader of the Tibetan People

The Dalai Lama and the Nechung Oracle

Stages in Buddhist Contemplative Practice

Who Is the Dalai Lama?Penguin

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.

From his humble beginnings to his worldwide fame, the still-humble Dalai Lama, originally from Tibet, is an inspiration to many, Buddhist and non-Buddhist alike. Full of fascinating facts, this engaging book chronicles the life, achievements, awards, teachings, and ideals of this gifted and devoted promoter of peace and political independence—most notably for the people of Tibet, who remain under the control of the Chinese government. Though he himself remains exiled from Tibet, the Dalai Lama does all he can on the world stage to make the plight of his people known. This is the inspiring story of a uniquely passionate freedom fighter, political leader, public conscience, and spiritual guide.

"This impassioned account is ideal for readers well versed in current climate change activism, especially efforts spearheaded by Greta Thunberg."—Library Journal From the voice of the beloved world religious leader comes an eye-opening manifesto that empowers the generation of today to step up, take action and save our environment. Saving the climate is our common duty. With each passing day, climate change is causing Pacific islands to disappear into the sea, accelerating the extinction of species at alarming proportions and aggravating a water shortage that has affected the entire world. In short, climate change can no longer be denied—it threatens our existence on earth. In this new book, the Dalai Lama, one of the most influential figures of our time, calls on political decision makers to finally fight against deadlock and ignorance on this issue and to stand up for a different, more climate-friendly world and for the younger generation to assert their right to regain their future.

For the first time ever, Nobel Peace Prize Laureate His Holiness the Dalai Lama addresses children directly, sharing lessons of peace and compassion, told through stories of his own childhood. One of today's most inspiring world leaders was once an ordinary child named Lhamo Thondup. In a small village in Tibet, his mother was his first great teacher of compassion. In everyday moments from his childhood, young readers begin to see that important lessons are all around us, and that they, too, can grow to truly understand them. With simple, powerful text, the Dalai Lama shares the universalist teachings of treating one another with compassion, which Bao Luu illustrates beautifully in vibrant color. In an increasingly confusing world, The Seed of Compassion offers guidance and encouragement on how we all might bring more kindness to it.

The Dalai Lama, a Policy of Kindness

The Essential Dalai Lama

The Dalai Lama and the Emperor of China

The Illustrated Life Story of the Dalai Lama of Tibet

The Life of My Teacher

The Essence of Tsongkhapa's Teachings

The Pocket Dalai Lama

Discover His Holiness the Dalai Lama's advice for finding happiness, helping others, and applying insights from Buddhist thought to everyday life—for a life of greater harmony, meaning, and joy, for ourselves, others, and in our world. This first volume of The Fourteenth Dalai Lama's Stages of the Path shares His Holiness's teachings on speaking to contemporary life: - how kindness and compassion are the foundation for individual happiness and world peace; - how we can solve manmade problems; - how Buddhism does not conflict with modern science and can actually contribute to its advancement; - how gender equality is fundamental for a decent and just society; - and much more. All of these topics will be of value to all readers, Buddhists and non-Buddhists alike. These teachings embody the Dalai Lama's generous warmth and humor, his expertise in presenting important Buddhist ideas, and his ability to inspire us toward greater kindness and happiness.

Offers the story of Lhamo Thondup, the fourteenth Dalai Lama, who was discovered when he was two years old and brought to the capital city of Lhasa to be trained as the religious and political leader of his country.

Tibetan Buddhism and the Dalai Lama enjoy global popularity and relevance, yet the longstanding practice of oracles within the tradition is still little known and understood. The Nechung Oracle, for example, is believed to become possessed by an important god named Pehar, who speaks through the human medium to confer with the Dalai Lama. The Dalai Lama and the Nechung Oracle is the first monograph to explore the mythologies and rituals of this god, the Buddhist monastery that houses him, and his close friendship with incarnations of the Dalai Lama over the centuries. In the seventeenth century, during the reign of the Fifth Dalai Lama, the protector deity Pehar and his oracles were state-sanctioned by the nascent Tibetan government, becoming the head of an expansive pantheon of worldly deities assigned to protect the newly unified country. The governments of later Dalai Lamas expanded the deity's influence, as well as their own, by establishing Pehar at monasteries and temples around Lhasa and across Tibet. Monastery came to embody the Dalai Lama's administrative control in a mutual relationship of protection and prestige, the effects of which continue to reverberate within Tibet and among the Tibetan exile community today. The friendship between these two immortals has spanned nearly five hundred years across the Tibetan plateau and beyond. One of the latest additions to the Core Teachings of the Dalai Lama series, Refining Gold explains, in clear and direct language, foundational instructions for attaining enlightenment. One of the most central set of teachings of the succession of Dalai Lamas since the fifteenth century is the Lam Rim, or Stages of the Path, teachings—in part by the 14th Dalai Lama, and in part by his predecessor, the 13th Dalai Lama, the 12th Dalai Lama, and the 11th Dalai Lama, the 10th Dalai Lama, and the 9th Dalai Lama, the 8th Dalai Lama, the 7th Dalai Lama, the 6th Dalai Lama, the 5th Dalai Lama, the 4th Dalai Lama, the 3rd Dalai Lama, and the 2nd Dalai Lama, the 1st Dalai Lama, Tsongkhapa. These teachings are a guide, from start to finish, on how to engage in the transformational Buddhist practices that lead to enlightenment. In this illuminating work, His Holiness the Fourteenth Dalai Lama discusses a short but powerful text by his predecessor, the Third Dalai Lama Sonam Gyatso, who penned a famous comment on the Essence of Refined Gold. The Dalai Lama speaks directly to the reader—offering spiritual guidance, personal reflections, and scriptural commentary. His sincere approach and lucid style make Refining Gold one of the most accessible introductions to Tibetan Buddhism ever published. This book was previously published under the title The Path of Enlightenment.

A full-scale history of the Dalai Lamas and Tibetan Buddhism chronicles the stories of Tibet's Dalai Lamas for lay readers, sharing lesser-known colorful aspects of their lives, a selection of lighthearted poems and a profile of today's 14th Dalai Lama. Original.

An Introduction to Buddhism

A Biography of Kyabjé Ling Rinpoché

The Extraordinary Life of His Holiness the Fourteenth Dalai Lama

How to Live in Freedom, Compassion, and Love

A Collection of Speeches, Quotations, Essays and Advice from His Holiness

The Dalai Lama's Little Book of Inner Peace

The Dalai Lama on the Three Principal Aspects of the Path

This beautiful tradepaper graphic novel tells the story of one man taking on an empire, calling for truth, peace, and justice for his Tibetan people. Here, in full color for the first time, people can come to know the whole drama of his lifelong struggle. Since the age of 15, the Dalai Lama has defended his people against one of the last great empires, the People's Republic of China. Under its "dictatorship of the proletariat," China began to invade Tibet in 1950, decimating and then continually oppressing its people. Since colonialism cannot be practiced in our era of self-determined nations, China always maintains that the Tibetans are a type of Chinese, using propaganda and military power to crush Tibet's unique culture and identity. Yet the Dalai Lama resists by using only the weapon of truth--along with resolute nonviolence--even worrying some of his own people by seeking dialogue and reconciliation based on his more realistic vision. The great 14th Dalai Lama of Tibet has become the first global Dalai Lama, a prominent transnational leader of all who want to make the dramatic changes actually necessary for life on earth to thrive for centuries to come. Considered the incarnation of the Buddhist savior Chenrezig or Avalokiteshvara--archangel of universal compassion--he is believed to appear in many forms, at many different times, whenever and wherever beings suffer. Representing the plight of his beloved Tibetan people to the world, he has also engaged with all people who suffer oppression and injustice, as recognized in 1989 by his being awarded the Nobel Peace Prize. Most importantly, the Dalai Lama walks his talk throughout these pages, as he has throughout his life, and he radiates a powerful hope that we can and will prevail. Man of Peace presents the inside story of his amazing life and vision, in the high tension of the military occupation of Tibet and the ongoing genocide of its people--a moving work of political and historical nonfiction brought to life in the graphic novel form--here for all to see.

The Sixth Ling Rinpoch (1903-83) was a towering figure in Tibetan Buddhism. Combining great learning with great humility, he was ordained by the Thirteenth Dalai Lama and went on to serve as the head of the Geluk tradition and as the senior tutor to the present Dalai Lama. In temperament and wisdom, he was a singular influence on the Dalai Lama's spiritual development, and he became a steadying presence for His Holiness during the chaotic changes that defined the Tibetan experience of the twentieth century, with the invasion of their county by Communist forces and the subsequent rebuilding of their culture in India. Ling Rinpoch 's extensive travels among exiled communities abroad and across India buoyed the spirits of the Tibetan diaspora, and the training and activities of this consummate Buddhist master, here told in the Dalai Lama's own words, will inspire and amaze. Fiftyfive colour and seventyfive blackandwhite archival photos bring the text to life.

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.

His Holiness the 14th Dalai Lama tells the story of his life with stunning illustrations by world-renowned artist Rima Fujita. One of the most revered spiritual figures of our time—His Holiness the Fourteenth Dalai Lama—tells the story of his life in this intimate, timeless, and approachable book. Featuring luminous illustrations from world-renowned artist Rima Fujita and some never-before-shared details, it 's the perfect way to explore the life of the Dalai Lama. This simple yet powerful text combined with stunning artwork will captivate readers of all ages—and will take you on a mystical journey you won 't soon forget.

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 Seed of Compassion

The Dalai Lama 's Book of Wisdom

The Autobiography of The Dalai Lama

The Dalai Lama

Who Is the Dalai Lama?

Volume One: Guidance for the Modern Practitioner

Our Only Home

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.

Learn from the Dalai Lama how to put into practice your understanding of renunciation, the awakening mind, and emptiness. His Holiness the Dalai Lama’s commentary on Tsongkhapa’s Three Principal Aspects of the Path helps us integrate the full Buddhist path into our own practice. His Holiness offers a beautiful elucidation of the three aspects of the path: true renunciation and the wish for freedom, the altruistic awakening mind (bodhichitta), and the correct view of emptiness. These three aspects of the path are the foundation of all the sutric and tantric practices, and encapsulate Tsongkhapa’s vision of the Buddhist path in its entirety. Practitioners will find The Three Principal Aspects of the Path invaluable as a manual for daily meditation. The universal and timeless insights of this text speak to contemporary spiritual aspirants, East and West. The root verses are presented in both Tibetan and fluid English translation to accompany these profound teachings.

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.

Come On, Get Happy! Everyone wants to be happy. Here in this profound volume is a road map for discovering a life filled with happiness, joy, and a sense of purpose. The Dalai Lama's basic premise is that each of us is responsible for our own health and happiness and for the health of society. He further asserts that health and happiness are within our reach--both individually and collectively. How a person thinks, behaves, and feels ultimately impacts not only their own lives, but also the society in which they live. If you desire to attain happiness, you must understand that the journey begins with you. It is only then that you can reach out and touch the lives of others and change society. In this anthology, His Holiness the Dalai Lama, with characteristic wisdom, humor, and kindness, directs readers toward a happy, healthy, and peaceful life. Talking about universal themes such as compassion, peace, non-violence, secularism, and the pursuit of a healthy mind and body, he reminds us that the responsibility to change our thoughts, actions, and lives lies within our power. This is a book for fans of His Holiness, for spiritual seekers, and for those interested in the spiritual and emotional health of individuals and societies.

“The need for love lies at the very foundation of human existence.” –XIV Dalai Lama The words of the Dalai Lama resonate within each of us, empowered as they are by centuries of experience and a passionate, enduring spirit for peace on Earth. Tenzin Gyatso, the current and XIV Dalai Lama, has continued this grand legacy, traveling the world while spreading his personal doctrine of compassion and true understanding. And with each year that passes, more and more people come to know the Lama, and seek his wisdom on a breadth of topics, from world peace to a life well-lived. Presented in an elegant, attractive format, The Dalai Lama Book of Quotes collects the very best of the Lama’s sage wisdom, assembled from quotes, articles, speeches, and written works directly attributed to His Holiness. Organized into universal themes that everyone can relate to, The Dalai Lama Book of Quotes touches on themes ranging from love, to spirituality, to happiness and humanity. This inspirational book makes a wonderful gift for anyone seeking greater personal well-being and a life informed by compassion and faith. Each thought from the Lama is sure to inspire and invigorate you throughout your day, as your eyes are opened to a more beautiful way of looking at the world. Simple and accessible for all ages, this inspirational title makes a great gift for anyone seeking to incorporate the wisdom of the ages and a love that transcends lifetimes into their daily life. From the Hardcover edition.

The Book of Joy

The Dalai Lama at MIT

Secret Lives of the Dalai Lama

The Dalai Lama's Little Book of Buddhism

An Anthology of Writings by and about the Dalai Lama

The Dalai Lama's Heart of Wisdom Teachings

The Dalai Lama's Big Book of Happiness

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.

Now in Paperback! Explore with the Dalai Lama the common ground underlying the diverse traditions of Buddhism. Buddhism is practiced by hundreds of millions of people worldwide, from Tibetan caves to Tokyo temples to redwood retreats. To an outside viewer, it might be hard to see what they all have in common. In Buddhism, His Holiness the Dalai Lama and American Buddhist nun Thubten Chodron map out with clarity the convergences and the divergences between the two major strains of Buddhism—the Sanskrit traditions of Tibet and East Asia and the Pali traditions of Sri Lanka and Southeast Asia. Especially deep consideration is given to the foundational Indian traditions and their respective treatment of such central tenets as the four noble truths the practice of meditation the meaning of nirvana enlightenment. The authors seek harmony and greater understanding among Buddhist traditions worldwide, illuminating the rich benefits of respectful dialogue and the many ways that Buddhists of all stripes share a common heritage and common goals.

The Dalai Lama as You've Never Heard Him Before A few years ago, prominent cultural anthropologist Noriyuki Ueda sat down with the Dalai Lama for a lively two-day conversation. This little book is the result. In it are some surprising truths and commonsense wisdom. "The attachment that seeks what is good is worthwhile. Seeking enlightenment is a kind of attachment that we should keep, as is the desire for an unbiased heart." "Anger that is motivated by compassion or a desire to correct social injustice, and does not seek to harm anyone, is a good anger worth having." "I'm not only a socialist, but also a bit of a leftist, a Communist." "The type of competition that says, 'I am the winner, and you are the loser' must be overcome. But a positive competition allows us to lift each other up so that everybody ends up on top." Open the book to any page and find great wisdom on what matters most. And what matters most is not adherence to any one doctrine or political system but living with an open mind and heart.

The "Core Teachings of the Dalai Lama" series begins with this small book of teachings by His Holiness, the perfect introduction to traditional Tibetan Buddhist thought and practice. 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.

This practical little gem will guide and inspire Buddhists and non-Buddhists alike. It contains the Dalai Lama's clear and simple teachings that can be used to transform personal attitudes and generate love, understanding, and wisdom.

The 14th Dalai Lama

Conversations with the Dalai Lama

Becoming Enlightened

The Untold Story of the Holy Men who Shaped Tibet, from Pre-history to the Present Day

Man of Peace

Dalai Lama on What Matters Most

A Political History of the Tibetan Institution of Reincarnation

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 Way 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 Sham 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

Conversations on Anger, Compassion, and Action

One Teacher, Many Traditions

Conversations with the Dalai Lama on Psychology, Meditation, and the Mind-Body Connection

Freedom in Exile

A Climate Appeal to the World