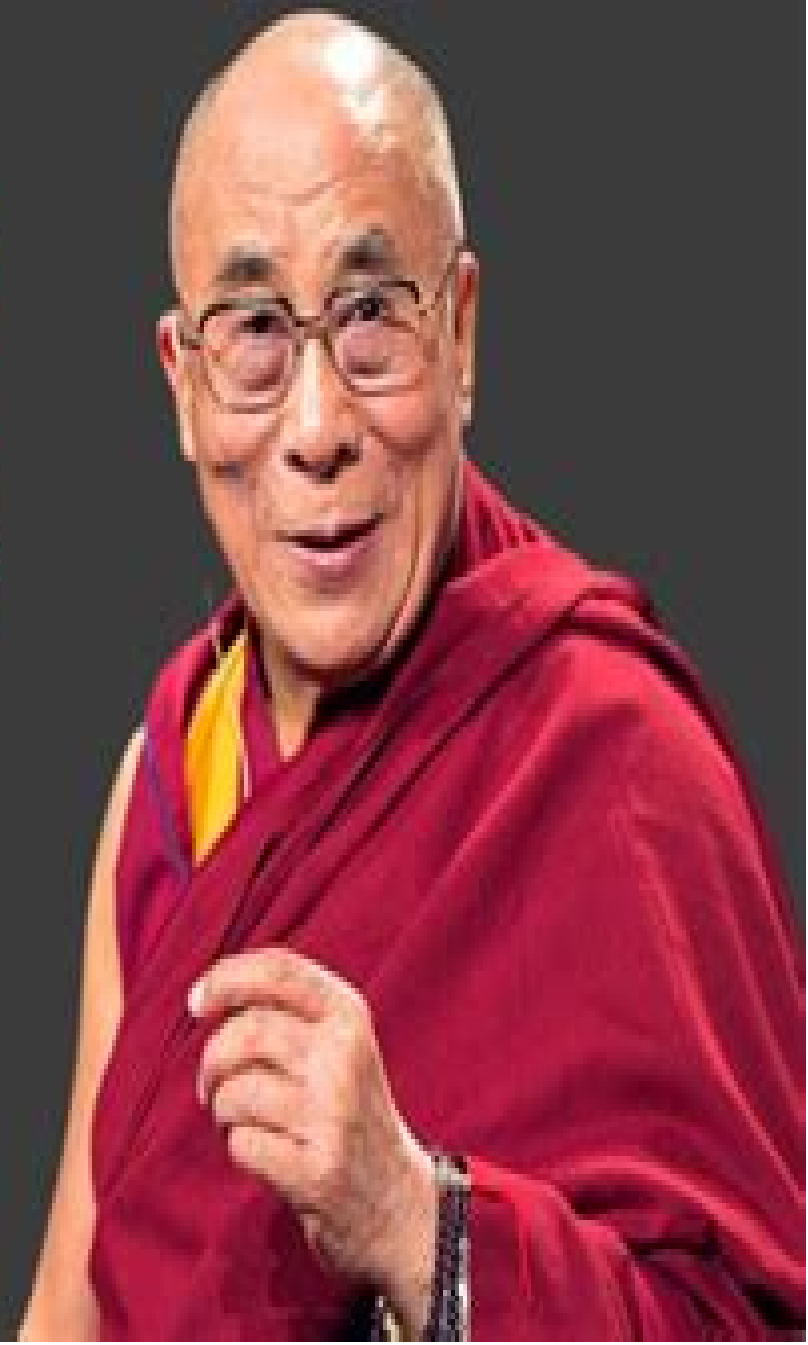


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DALAI LAMA



Dalai Lamas Of Wisdom

**Dalai Lama XIV Bstan-'dzin-rgya-
mtsho**

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In Praise of Great Compassion Dalai Lama, Thubten Chodron, 2020-08-11 The fifth volume of the Dalai Lama's definitive Library of Wisdom and Compassion series which has sold nearly 15 000 copies to date In Praise of Great Compassion the fifth volume of the Library of Wisdom and Compassion continues the Dalai Lama's teachings on the path to awakening While previous volumes focused on our present situation and taking responsibility for creating the causes for the happiness we seek this volume is about opening our hearts to others and generating the compassion joy and fortitude to make our lives meaningful by benefiting them We are embedded in a universe with other beings all of whom have been kind to us in one way or another More than any other time in human history we depend on one another to stay alive and flourish We are sometimes oblivious to their kindness or take it for granted which leads to feelings of discontent But when we look closely it becomes apparent that we have been the recipient of great kindness and naturally we want to repay it To do this we begin by cultivating a positive attitude toward others by contemplating the four immeasurables immeasurable love compassion empathic joy and equanimity and the altruistic intention of bodhicitta We learn to challenge the deluded logic of the self centered attitude that leads to misery and replace it with a more realistic perspective that helps us to remain balanced when we experience either happiness or suffering This enables us to make all circumstances favorable to the path to awakening

Lighting the Path The Dalai Lama, 2019-01-29 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 Wisdom of Forgiveness Dalai Lama, Victor Chan, 2005-08-02 The extraordinary documentation of the evolving friendship between the Dalai Lama and the man who followed him across Ireland and Eastern Europe on a pilgrimage to India's holy sites and through the Dalai Lama's near fatal illness On this remarkable journey Victor Chan was awarded an insight into His Holiness his life his fears his faith his compassion his day to day practice that no one has reported before We've heard the public voice of His Holiness now we are invited to listen in on his personal explorations and to take instruction on the Tibetan art of living

The Dalai Lama's Little Book of Wisdom His Holiness the Dalai Lama, 2013-08-29 With characteristic humour and a down to earth approach to the Buddhist path the Dalai Lama offers us an

inspirational way to transform our hearts and minds and create the happiness we seek He shows us how our state of mind in terms of our attitudes and emotions plays a crucial role in shaping the way we experience happiness and suffering The Dalai Lama's Book of Wisdom His Holiness the Dalai Lama,2012-05-31 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

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The Essence of the Heart Sutra Dalai Lama XIV Bstan-'dzin-rgya-mtsho,Dalai Lama,2005-07-07 For more than 2 000 years the Heart Sutra has been of central importance to millions of Buddhists Whether memorized chanted or studied this sacred text is often looked to for inspiration Based on talks the Dalai Lama gave in the spring of 2001 *Essence of the Heart Sutra* is a masterful translation of the Dalai Lama's on the subject teachings that provide fresh insights on a mainstay of Buddhist practice **Ancient Wisdom, Modern World** The Dalai Lama,Alexander Norman,2010-02-04 At a time and in a culture where science and technology have taken over from religious belief when ethics are understood primarily in terms of aesthetic choice or legality how are we to formulate moral principles to guide us in our daily lives Though religion can certainly help in this the Dalai Lama demonstrates that there are universal principles we can draw on which transcend the dilemma of belief or unbelief And whilst many have been content to speak of spiritual matters as something mysterious or evanescent the Dalai Lama explains his approach in terms that are as clear and concise as they are compelling With wit gentle good sense and with penetrating insight the Dalai Lama shows how the truths that have stood the test of generations of practise can provide us with the tools to live happy fulfilled and meaningful lives In the process it becomes apparent that he does not merely espouse the feelgood religiosity some accuse him of The reader is left admiring not just the wisdom of the author but the wisdom of the culture he represents

Perfecting Wisdom The Dalai Lama,2019-07-16 Based on a lecture given by the Dalai Lama on the wisdom chapter of *A Guide to the Bodhisattva Way of Life* this book comments on Tibetan Buddhist philosophy in a clear and direct way Shantideva's *A Guide to the Bodhisattva Way of Life* is one of the most important texts in the Mahayana tradition of Buddhist practice Its ninth chapter the section on transcendent wisdom is known among Buddhist scholars as a challenging exposition of Madhyamika philosophy and difficult to understand without a commentary This extraordinarily clear discussion of the wisdom chapter is based on an oral teaching given by His Holiness the Dalai Lama before an audience of thousands of Tibetans and Westerners This invaluable volume with its precise explanation of core issues of Tibetan Buddhism stands as a key work in Buddhist literature This book was previously published under the title *Transcendent Wisdom*

Practicing Wisdom Dalai Lama XIV Bstan-'dzin-rgya-mtsho,2004-06-15 A series of teachings delivered by the Dalai Lama in Southern France in 1993 reveals the depth of wisdom in the Tibetan leader's words as he discusses the insights of Buddhism Original **The Dalai Lama's Little Book of Wisdom** Dalai

Lama XIV, Dalai Lama XIV Bstan-'dzin-rgya-mtsho, 2003-01

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Words of Wisdom

Dalai Lama XIV Bstan-'dzin-rgya-mtsho, Dalai Lama XIV, 1999

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Wisdom from His Holiness the Dalai Lama New Holland Publishers Ltd, Margaret Gee, 2003-10-01 His Holiness the Dalai Lama is recognised worldwide as a man of peace and he refers to himself as a simple Buddhist monk By heeding their message on these cards the reader will be able to look within to find serenity and follow a path of peace and harmony

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The Ocean of Wisdom Pran Nath Chopra, 1986

The Dalai Lama's Little

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