

Beyond Religion Dalai Lama

The Dalai Lama's Big Book of Happiness
Dalai Lama on Religion, Culture and World Peace
Ancient Wisdom, Modern World
Dalai Lama Beyond Religion
Spiritual Advice for Buddhists and Christians
Imagine All the People
The World of Tibetan Buddhism
Beyond Religion
The Dalai Lama, a Policy of Kindness
The Middle Way
The Dalai Lama's Little Book of Inner Peace
The Dalai Lama's Little Book of Buddhism
The Religion of Tibet
Towards The True Kinship Of Faiths
The Compassionate Life
The Good Heart
An Introduction to Buddhism
The Dalai Lama's Little Book of Wisdom
Kindness, Clarity, and Insight
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Dalai Lama XIV Bstan-'dzin-rgya-mtsho
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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 fourteenth dalai lama was born on the fifth day of the fifth month of the wood hog year of the tibetan calendar july 8 1935 just as the soul of the thirteenth dali larna was taking flight the present dalai lama is the fourteenth of a line of priet kings who have ruled tibet more or less independently of china since the fifteent century china s claims to tiebt data back to the thirteenth centry when the mongol conquerers of china proper made tibet a part of their empire also evern sicne china has sought to assert her authority whien her empire has been strong but has always been rejected by the tiebtans when she has been week

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

this selection of addresses interviews and biographical essays is intended to convey a picture of the dalai lama s personal life

his wide ranging interests and his thoughts on issues of global concern it is hoped that this combination will give the reader who is relatively unfamiliar with the dalai lama a deeper appreciation of this man of peace he emerges as a highly pragmatic man dedicated to the establishment of non violent solutions to human problems in the personal environmental and political arenas this book is admittedly of an introductory nature many of the topics introduced here are explained in much greater detail and depth in other books by the dalai lama

in 1999 his holiness the dalai lama published the bestselling ancient wisdom modern world which addressed the question of ethics for the new millennium a decade later his holiness enters the contemporary debate about religion vs atheism and returns to the theme of ethics with a major new work beyond religion ethics for a whole world in this thought provoking new book he argues that religion is not a necessity for pursuing a spiritual life rather focusing on tolerance and understanding between religions as well as tolerance and understanding between believers of any faith and non believers is the way forward the way to achieve such an approach he proposes is through a system of secular ethics grounded in a deep appreciation of our common humanity aimed particularly at the general reader beyond religion ethics for a whole world is a modern day polemic which outlines those ethics he believes should be central to our lives

in the words of the dalai lama the purpose of religion is not to build churches and elaborate temples but to cultivate positive human qualities such as tolerance generosity and love this text contains the four talks given by the dalai lama when he attended a meeting of buddhist and christian monks at gethsemani abbey kentucky the dalai lama shares his understanding of four major themes explored in the meeting the practice of prayer and meditation in the spiritual life the stages in the process of spiritual development the role of the teacher and the community in the spiritual life and the spiritual goals of personal and and societal transformation in each talk the dalai lama expresses the basic principles of tibetan buddhism and shows how they are applicable to daily practice for all spiritual seekers regardless of their religious affiliation

if you could sit down with the dalai lama and talk with him about anything what would you discuss fabien ouaki a prominent french businessman was granted such an opportunity and asked the dalai lama for his thoughts on the everyday issues that fill our newspapers and our lives this is the record of these varied and remarkable conversations covered are a wide spectrum of topics political social personal and spiritual including the media and education marriage and sex and

disarmament and compassion blessed by his holiness buoyant and insightful thoughts imagine all the people allows readers to glimpse the spontaneous workings of an extraordinary mind at once of and above this world includes the full text of the global community and the need for universal responsibility if you could sit down with the dalai lama and talk with him about anything what would you discuss fabien ouaki a prominent french businessman was granted such an opportunity and asked the dalai lama for his thoughts on the everyday issues that fill our newspapers and our lives this is the record of these varied and remarkable conversations covered are a wide spectrum of topics political social personal and spiritual including the media and education marriage and sex and disarmament and compassion blessed by his holiness buoyant and insightful thoughts imagine all the people allows readers to glimpse the spontaneous workings of an extraordinary mind at once of and above this world includes the full text of the global community and the need for universal responsibility

with characteristic humility his holiness the dalai lama begins this landmark survey of the entire buddhist path by saying i think an overview of tibetan buddhism for the purpose of providing a comprehensive framework of the path may prove helpful in deepening your understanding and practice in this book the dalai lama delivers a presentation that is both concise and profound accessible and engaging as readers explore tibetan buddhism more fully than ever before they will find in his holiness a great friend and authority

winner of the nobel peace prize includes bibliographical references p 149 159

the dalai lama lays out the buddhist approach to matters of faith and devotion that is based on the highest spirit of critical inquiry

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

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the essence of all spiritual life is your attitude to others his holiness the dalai lama with clarity and candor the dalai lama expounds on the core teachings of buddhism fusing ancient wisdom with a modern sensibility he gently encourages each of us to embrace lives of love and compassion to embrace individual responsibility his pithy reflections encourage us to rid ourselves of preoccupation with the ephemera of daily life and to find refuge in buddha dharma and sangha inspiring provocative and thoughtful this slim volume will be read and treasured for years to come

incl illust and maps buddhism china tibet history

no country no culture no person today is untouched by what happens in the rest of the world and globalization presents many challenges the dalai lama understands that the essential task of humanity in the twenty first century must be to cultivate peaceful coexistence in this book the dalai lama shows how in our globalized world nations cultures and individuals can find opportunities to connect through their shared human nature all faiths turn to compassion as a guiding principle for living a good life it is the responsibility of all people with an aspiration to spiritual perfection to help develop a deep recognition of the value of other faiths and it is on that basis alone that we can cultivate genuine respect and cooperation towards the true kinship of faiths is a hopeful yet realistic look at how humanity can embrace a harmonious future

the key to a happier and more successful world is the growth of compassion his holiness the dalai lama giving and receiving affection is the key to happiness and compassion is the key that opens our hearts to affection illuminating themes touched upon in the good heart and the art of happiness this generous and gentle book contains some of the most beloved teachings on compassion that the dalai lama has ever offered touching and transformative the compassionate life is a personal invitation from one of the world's most gifted teachers to live a life of happiness joy and true prosperity collected here for the first time are four of the dalai lama's most accessible and inspiring teachings on compassion the purpose of life is to be happy his holiness reminds us to be happy we should devote ourselves to developing our own peace of mind the more we care for the happiness of others the greater our own peace of mind therefore we must develop compassion for others in order to be truly happy in these four teachings imbued with the gentle humor and extraordinary kindness of this

incomparable teacher his holiness explores altruism and the need for compassion on an individual as well as a global scale he offers specific practices for developing loving kindness and compassion in even the most difficult situations

provides comments on popular passages from the four gospels

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

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

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