

Get Free Dalai Lama A Biography Of The Tibetan Spiritual And Political Leader

Dalai Lama A Biography Of The Tibetan Spiritual And Political Leader

Illuminating one of the great Lamas in the Tibetan Buddhist tradition, the author offers a rare look at the life and work of teachers who influenced the current Dalai Lama. Original.

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.

Dalai Lama, Tibet's political leader, has strived to make Tibet an independent and democratic state from China. Following the Chinese Invasion of Tibet in 1959 he and his followers have been exiled to India. The Dalai Lamas are believed by Tibetan Buddhist followers to be manifestations of Avalokiteshvara or Chenrezig, the Bodhisattva of Compassion and the patron saint of Tibet.

Bodhisattvas are believed to be enlightened beings who have postponed their own nirvana and chosen to take rebirth in order to serve humanity. The Dalai Lama is considered to be the successor in a line of tulkus who are believed to be incarnations of AvalokiteOEvara, the Bodhisattva of Compassion. Tenzin Gyatso is the 14th Dalai Lama in a line of Buddhist spiritual and political leaders of Tibet.

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advocate. *My Land and My People* tells the story of his life.

Using the traditional Buddhist allegorical image of the Wheel of Life and the teaching of the twelve links of dependent origination, the Dalai Lama deftly illustrates how our existence, though fleeting and often full of woes, brims with the potential for peace and happiness. We can realize that potential by cultivating a wise appreciation of the interdependency of actions and experience, and by living a kind and compassionate life. A life thus lived, the Dalai Lama teaches, becomes thoroughly meaningful for both oneself and for others.

"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"—

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

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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.

Drawing on more than 2,500 years of Buddhist tradition and teaching, the spiritual leader demonstrates how to confront the negative emotions, stresses, and obstacles of everyday life in order to find the source of inner peace.

“A memorable and vivid history lesson about a remote mysterious place that, in terms of its sheer survival, has implications for our own lives.” —The Times-Picayune

Over the course of three years, journalist Thomas Laird spent more than sixty hours with His Holiness the Dalai Lama in candid, one-on-one interviews that ranged widely, covering not only the history of Tibet but science, reincarnation, and Buddhism. Laird brings these meetings to life in this vibrant, monumental work that outlines the essence of thousands of years of civilization, myth, and spirituality. Tibet's story is rich with tradition and filled with promise. It begins with the Bodhisattva Chenrizi (“The Holy One”) whose spirit many Tibetans believe resides within the Dalai Lama. We learn the origins of Buddhism, and about the era of Great Tibetan Emperors, whose reign stretched from southwestern China to Northern India. His Holiness introduces us to Tibet's greatest yogis and meditation masters, and explains how the institution of the Dalai Lama was founded. Laird explores, with His Holiness, Tibet's

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relations with the Mongols, the Golden Age under the Great Fifth Dalai Lama, Tibet's years under Manchu overlords, modern independence in the early twentieth century, and the Dalai Lama's personal meetings with Mao just before His Holiness fled into exile in 1959. The Story of Tibet is "a tenderly crafted study that is equal parts love letter, traditional history and oral history" (Publishers Weekly). "Captivating reading." —Tricycle

The Sixth Ling Rinpoche (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 country by Communist forces and the subsequent rebuilding of their culture in India. Ling Rinpoche'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. Tibet's exiled spiritual and secular leader describes his childhood, the Chinese invasion of Tibet, and how exiled Tibetans have rebuilt their lives and explains Tibetan Buddhism along with his philosophy of peace

Claude Levenson's search for Tenzin Gyatso, the

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present Dalai Lama, took her across the Himalayas, from Lhasa to his headquarters-in-exile in Dharamsala. At Dharamsala, hours of personal interviews revealed the story of his prodigious life, of how a lively child came to be recognised as the fourteenth reincarnation of the Buddha of Infinite Compassion. The book offers a vivid portrayal of an important civilization based on a sophisticated Buddhist tradition which faces extinction in Tibet. It covers the Dalai Lama's political programme of the Middle Ways which allows for a limited autonomy for Tibet. The preface brings the story up to the present day, focusing on the increase in human rights abuses in Tibet.

-- Back cover.

There is no boundary for awakening, no peak, no instant epiphany. There are no shortcuts in the path of spiritual practice. The pursuit of joy and enlightenment has no weekends, no speed, no short-term. The process is integrated with the purpose. There is no other time to bet on it, which is the continuous development of the now. Starting from compassion until all suffering ceases. This book is compiled by the Dalai Lama (Tenzin Gyatso). His Holiness the Universal Responsibility Foundation. It introduces the views exchanges between the Dalai Lama and scientists, politicians, scholars, entrepreneurs, and artists from all walks of life. Buddhism and various fields of modern society.

Offers the story of the fourteenth Dalai Lama, the religious and political leader of Tibet, in graphic novel format.

An instructional resource and inspirational guide to daily life describes each step on the path to spiritual

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enlightenment and explains how to practice everyday morality, meditation, wisdom, and compassion.

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.

A biography of the Tibetan Buddhist leader, Tenzin Gyatso, discusses his early family, his education as the fourteenth incarnation of the Lama, his exile in India, and his struggle to gain freedom for his people.

Celebrates the life and work of the religious leader, highlighting the reverence he is shown in public, as well as his quieter, private moments.

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

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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.

Here is the story of Tibet as told by its remarkable first family--a story of reincarnation, coronation, heartbreaking exile, and finally the tenacious efforts of a holy man to save a nation and its people. Kundun is the first work to focus on the Dalai Lama's family--his parents, four brothers, and two sisters. Particularly compelling are Mary Craigs portraits of the Dalai Lamas siblings, who have negotiated with China on behalf of their country, enlisted the aid of international allies to spearhead Tibetan Resistance, and worked tirelessly to help thousands of sick and starving refugee children. This remarkable book opens in 1933 with the death of

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the thirteenth Dalai Lama and the frantic effort among Tibetan authorities to find his reincarnation. In their search for a baby boy displaying the characteristic marks of a Dalai Lama--tiger striped legs, wide eyes, large ears, and palms bearing the pattern of a sea shell--officials were led to a tiny village in northeastern Tibet, home of Lhamo Dhondup, a smart, stubborn toddler already known for his tantrums. Responding calmly when a group of high lamas and dignitaries tested his memory of a previous life, the child easily recognized a rosary, walking stick, and drum belonging to the thirteenth Dalai Lama. In an instant this little boy and his entire family were swept into a world of unending ritual and complex internal politics. Lhamo was installed as the fourteenth Dalai Lama at the age of three, and was known from that point on as His Holiness or Kundun (the Presence), titles even his family members were obliged to use. A few years later the young Dalai Lama and his family were faced with China's invasion of Tibet. Living in exile since the late 1950s, they have waged a decades-long struggle for the freedom of their country. Particularly compelling are Craig's portraits of the Dalai Lama's siblings, who have negotiated with China on behalf of their country, enlisted the aid of international allies to spearhead Tibetan Resistance, and worked tirelessly to help thousands of sick and starving refugee children.

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