

# Dalai Lama A Biography Of The Tibetan Spiritual And Political Leader

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[Infinite Life](#) Oct 27 2019 One of Time magazine's 25 Most Influential People in America writes about taking responsibility for our own happiness and our actions. Robert Thurman is America's most popular and charismatic Buddhist. His first book, *Inner Revolution*, is an international bestseller and his lectures sell out to thousands. *Infinite Life* demonstrates that our every action has infinite consequences for ourselves and others, here and now and after we are gone. He introduces the Seven Paths to reconstructing body and mind carefully in order to reduce the negative consequences and cultivate the positive. In his powerful, pragmatic style, Thurman delivers life-changing lessons on virtues and emotions through the lens of Buddhist practices and ways of thinking. He invites us to take responsibility for our actions and their consequences while we revel in the knowledge that our lives are truly infinite. *Infinite Life* is the ultimate guidebook to understanding our place in the universe and realizing how we can personally succeed while helping others.

*The Dalai Lama* Jul 29 2022 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.

*The Life of My Teacher* May 15 2021 The Dalai Lama tells the life story of his remarkable teacher, Ling Rinpoché, who remained a powerful anchor for him from childhood and into his emergence as a global spiritual leader. The Sixth Ling Rinpoché (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 had a profound 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 Rinpoché's extensive travels among exiled communities abroad and across India bouyed the spirits of the Tibetan diaspora, and the training and activities of this consummate Buddhist master, here told by the Dalai Lama in the traditional Tibetan style, will inspire and amaze. Over one hundred archival photos bring the text to life.

*The Dalai Lama's Little Book of Inner Peace* Jul 17 2021 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

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[The Hidden Life of the Sixth Dalai Lama](#) Apr 13 2021 This is the first English translation of a Dalai Lama's biography, and is highly significant for the historical study of the Gaden Phodrang period, around the turn of the seventeenth century. It is not only a biography, but a historical narrative of a legendary character, and illustrates the nature and understanding of Tibetan hagiographical and mystical literature within a sociopolitical context.

*The 14th Dalai Lama* Oct 20 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.

[Advice on Dying](#) Apr 01 2020 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.

Portrait of a Dalai Lama Mar 13 2021 Portrait of a Dalai Lama is the story of one of Tibet's greatest religious and political leaders. It also stands as an important historical portrait of a pivotal era in Asian and world affairs.

Freedom in Exile Sep 30 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.

Who Is the Dalai Lama? Jul 05 2020 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.

Man of Peace Feb 09 2021 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 Dalai Lama at MIT Sep 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 Hidden Life of the Sixth Dalai Lama Jul 25 2019 This is the first English translation of a Dalai Lama's biography, and is highly significant for the historical study of the Gaden Phodrang period, around the turn of the seventeenth century. It is not only a biography, but a historical narrative of a legendary character, and illustrates the nature and understanding of Tibetan hagiographical and mystical literature within a sociopolitical context.

Tenzin Gyatso Sep 06 2020 This exciting and often intense biography describes the Dalai Lama's rigorous education and his full assumption of power at the age of fifteen following the Chinese invasion in 1950. Though Tibetan tradition holds that the Dalai Lama is a reincarnation of his predecessors, one still marvels at the level of responsibility, maturity, and wisdom he possessed at a very young age. Through Claude B. Levenson's account of his youth, illuminated by photographs and many recollections of the Dalai Lama in his own words, we begin to understand how a lama from Tibet has become the worldwide spiritual leader who was awarded the Nobel Peace Prize in 1989.

Dalai Lama, My Son May 27 2022 In this fascinating memoir the Dalai Lama's mother tells a compelling woman's story. With vivid and intimate details, she recounts her life's humble beginning, the customs and rituals of old Tibet, the births of her sixteen children (only seven of whom survived), learning her son's remarkable destiny, the family's arduous move to Lhasa before the Chinese invasion of Tibet, and their escape and eventual exile. Rich in historic and cultural details, this moving memoir personalizes the history of the Tibetan people--the magic of their culture, the role of their women, and their ancient ideals of compassion, faith, and equanimity.

White Lama Jun 15 2021 An amazing, often overlooked story of the man who brought Yoga and Tibetan culture to America. Theos Bernard's colorful, enigmatic, and sometimes contradictory life captures an intersection of East and West that changed our world. After years of forcibly stopping foreigners at the borders, the leaders of Tibet opened the doors to their kingdom in 1937 for Theos Bernard. He was the third American to set foot in Tibet and the first American ever initiated into Tantric practices by the highest lama in Tibet. When Bernard left that sacred land, he was sent home with fifty mule loads of priceless, essential Buddhist scriptures from government and monastery vaults. Bernard brought these writings to America, where he achieved celebrity as a spiritual master. Appearing four times on the cover of the largest-circulation magazine of the day, befriending some of the most famous figures of his era, including Charles Lindbergh, Lowell Thomas, Ganna Walska, and W. Y. Evans-Wentz, and working with legendary editor Maxwell Perkins, the charismatic and controversial "White Lama" introduced a new vision of life and spiritual path to American culture before mysteriously disappearing in the Himalayas in 1947. Biography, travel and adventure, a history of Tibet's opening to the West, and the story of Buddhism and Yoga's arrival in America, White Lama: The Life of Tantric Yogi Theos Bernard, Tibet's Lost Emissary to the West is the first work to tell his groundbreaking story in full and is a narrative that thrills from beginning to end. Includes 15 photographs shot in Tibet in 1937 by Theos Bernard, part of a collection that has been described as the best photographic record of Tibet in existence.

My Spiritual Autobiography Nov 28 2019 This book is a first. There has never been one entirely dedicated to the spiritual life of the Dalai Lama. Yet as one of the world's most recognized, and respected, spiritual leaders there is clearly great need for such a work. My Spiritual Autobiography will be a revelation to His Holiness' thousands of friends and followers around the world.

DALAI LAMA Dec 10 2020

His Holiness the Fourteenth Dalai Lama Apr 25 2022

The Last Dalai Lama Feb 21 2022

The Dalai Lama Nov 01 2022 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.

The Seed of Compassion Jan 29 2020 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 14th Dalai Lama Sep 18 2021 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.

The Extraordinary Life of His Holiness the Fourteenth Dalai Lama Jan 11 2021 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.

DALAI LAMA, His Magical Childhood and Teenage Years Mar 01 2020 THIS BOOKS REVEALS SURPRISING FACTS about the magical childhood and teenage years of the Fourteenth Dalai Lama, the youngest son of a humble Tibetan farmer, born in a remote Tibetan village, who became the political and spiritual leader of his homeland when he was only a kid. The pages of this biography bring light on the main facts and events that shaped his amazing early life, including: \*The Tibetan prophecy that announced his reincarnation.\*The magic lake that described the place where he was born.\*How the high lamas found him in a small farming village when he was 2.\*How he was tested and proved he was the incarnation of his predecessor.\*How he was taken to the Forbidden City when he was 4.\*His formal preparation to become a Tibetan Buddhist monk at age 6.\*His formal education and childhood interests.\*His first contacts with "the other side of the mountain."\*His initial dreams of ending Tibet's lengthy isolation.\*The use of shamans and mediums in the Tibetan Buddhist court.\*The prophecy of the Chinese invasion and his forced exile.\*His forced exile and spiritual mission as leader of Tibetan Buddhism.Discover the magic and mystery behind the early years of one of the world's youngest and most astonishing spiritual leaders of our time. Hit the buy button now!

Theos Bernard, the White Lama Oct 08 2020 "Theos Bernard, the White Lama" recounts the real story behind the purported adventures of Theos Casimir Bernard (1908--1947), the self-proclaimed "White Lama" who in 1937 became the third American in history to reach Lhasa, the capital city of Tibet. Bernard met, associated, and corresponded with the major social, political, and cultural leaders of his day, from the Regent and high politicians of Tibet to saints, scholars, and diplomats of British India, and from Charles Lindbergh and Franklin Delano Roosevelt to Gandhi and Nehru. But he also had his flaws. He was an entrepreneur propelled by grandiose schemes, a handsome man who shamelessly used his looks to bounce from rich wife to rich wife to support his activities, and a master manipulator who concocted his own interpretations of Eastern wisdom to suit his own ends. Despite the bright future ahead of him, Bernard disappeared in India during the communal violence of the 1947 Partition, never to be seen again. Through diaries, interviews, and previously unstudied documents, Paul G. Hackett shares Bernard's compelling life story, along with his efforts to awaken America's religious counterculture to the unfolding events in India, Tibet, and the Himalayas.

The Second Dalai Lama Jun 23 2019 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.

Buddhism Aug 06 2020 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.

Kundun Jun 27 2022 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 Craig's 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 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.

MindScience May 03 2020 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.

Portrait of a Dalai Lama Dec 30 2019 "Portrait of a Dalai Lama" is the story of one of Tibet's greatest religious and political leaders. It also stands as an important historical portrait of a pivotal era in Asian and world affairs.

Dalai Lama Nov 08 2020 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 Avalokiteśvara, the Bodhisattva of Compassion. Tenzin Gyatso is the 14th Dalai Lama in a line of Buddhist spiritual and political leaders of Tibet. Buddhists are followers of Gautama Buddha (c. 563-c. 483 b.c.e.), who believed the troubles of this life can be overcome through moral and mental discipline.

The Dalai Lama Mar 25 2022 Claude Levenson's search for Tenzin Gyatso, the 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 recognized 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.

His Holiness the Fourteenth Dalai Lama Aug 30 2022 This biography of the Dalai Lama--blessed by His Holiness himself--is the most authentic and intimate profile of the world's greatest living spiritual figure. Tenzin Gyatso, a close aide of His Holiness for forty years who became family, offers readers unprecedented access to the Dalai Lama in this beautifully illustrated book. The Dalai Lama's youngest brother, Ngari Rinpoche Tenzin Choegyal, who was only 12 years old when he accompanied His Holiness on his dangerous 1959 escape to India, is a personal friend of Tethong and the mentor for this book project. As "elders" to the Tibetan community in exile, these men have come together to tell the true story of His Holiness--their brother, friend, and leader. Featuring previously unpublished photographs, as well as interviews and memories of those closest to him, this book renders unparalleled insights into the Dalai Lama's experiences as the preeminent leader of Tibet, and the wealth of his compassion and gentle humor in the face of the ongoing conflict. This is in no small part due to Tethong and Ngari Rinpoche's unique perspectives on many sensitive issues. Richly compelling, His Holiness the Fourteenth Dalai Lama: An Illustrated Biography is a stunning visual celebration of the Dalai Lama, sketching a memorable portrait of an icon and a cause that have won the attention and hearts of billions across the world. \* As his long-time personal secretary, Tethong was privy to the Dalai Lama's difficult relationship with India during his exile, with many challenges arising from his host country's ambivalence to Tibet. Tethong candidly discusses India's lackluster attempts at uplifting his people--denying their official documentation, restricting employment, and crowding refugees in the remote location of Dharamsala--citing its fear of angering China as the reason behind its ambivalence towards Tibet. \* Ngari Rinpoche revisits his own profound memory of their exile: his time in the Special Frontier Force, or the "22" of the Indian Army, a period of his life for which there had previously been little recorded information. Ngari Rinpoche and his wife, Rinchen Khando, were one of the many Tibetans who joined this covert force with the intent of fighting the Chinese, under the guidance of intelligence agencies such as India's RAW and the American CIA. For the very first time, they discuss their American colleagues, the disappointments they faced as part of the "22," and the experiences that led to Ngari Rinpoche's depressive episode. \* Tethong also sheds much-needed light on the Dalai Lama's Nobel Prize-winning campaign for the spiritual and political liberation of his people. He adopts a nuanced approach towards the Dalai Lama's non-violent struggle for Tibetan autonomy, writing frankly about their attempts to mediate the political differences between younger Tibetans in Dharamsala and the Tibetan administration. He also explores the numerous political difficulties faced by the Dalai Lama's cause in the years before its worldwide recognition.

The Illusive Play: the Autobiography of the Fifth Dalai Lama Aug 18 2021 The Illusive Play is an English translation of the autobiography of Ngawang Lobzang Gyatso, the Fifth Dalai Lama. It is of exceptional value because it has taken such care to give a precise chronology throughout its entire length. It witnesses the life and culture of 17th-century Tibet, which was a formative period for the establishment of the Tibetan Buddhist theocracy.

The Dalai Lama Dec 22 2021 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.

His Holiness the Dalai Lama Jan 23 2022 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.

Dalai Lama Nov 20 2021

The Biography of Dalai Lama Aug 25 2019 The Dalai Lama has always been an important figure of the Gelug tradition. Although finding dominance in Central Tibet, the Dalai Lama has been an important figure beyond sectarian boundaries. The Dalai Lama figure is important for many reasons. Since the time of the Fifth Dalai Lama his personage has always been a symbol of unification of the state of Tibet, where he has represented Buddhist values and traditions. The Fifth Dalai Lama was granted by the Shunzhi Emperor of China a golden seal of authority and golden sheets for the exercise of leadership over Buddhism under the heaven.

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