

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

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The Illusive Play: the Autobiography of the Fifth Dalai Lama Samten Gyaltzen Karmay 2014 The Illusive Play is an English translation of the autobiography of Ngawang

Lobzang Gyatsho, 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.

Dalai Lama, My Son Diki Tsering 2001-05-01 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.

The Dalai Lama Patricia Cronin Marcello 2003 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.

Dalai Lama Tisha Pond 2016-09-05 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's Book of Wisdom Dalai Lama XIV Bstan-  
dzin-rgya-mtsho 1999 In this text, His Holiness the Dalai Lama describes how to bring wisdom and compassion into our busy, stressful everyday lives. A selection of words from His Holiness aims to help the reader to face difficult emotions such as anger in themselves and in others with acceptance and understanding.

The Dalai Lama Alexander Norman 2020 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.

Buddhism Thubten Chodron 2017-01-24 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.

Freedom in Exile Dalai Lama 1991-06-21 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.

The Dalai Lama Claude B. Levenson 2001 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 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.

The Autobiography of a Tibetan Monk Palden Gyatso 2015-12-15 Palden Gyatso was born in a Tibetan village in 1933 and became an ordained Buddhist monk at 18 — just as Tibet was in the midst of political upheaval. When Communist China invaded Tibet in 1950, it embarked on a program of “reform” that would eventually affect all of Tibet’s citizens and nearly decimate its ancient culture. In 1967, the Chinese destroyed monasteries across Tibet and forced thousands of monks into labor camps and prisons. Gyatso spent the next 25 years of his life enduring interrogation and torture simply for the strength

of his beliefs. Palden Gyatso's story bears witness to the resilience of the human spirit, and to the strength of Tibet's proud civilization, faced with cultural genocide.

DALAI LAMA, His Magical Childhood and Teenage Years

A J Parr 2019-07-06 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!

The 14th Dalai Lama Tetsu Saiwai 2010-09-28 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 awarded the Nobel Peace Prize. This graphic novel is an appealing and approachable depiction of the life and personality of an iconic figure.

The Dalai Lama Alexander Norman 2020-02-27

'Impressive in its clarity this biography [is] the most detailed and accurate to date. Written in an engaging prose, [it] ends with an insightful prediction of the legacy of the fourteenth Dalai Lama, and a clear-eyed assessment of the challenges that the fifteenth will face'

The New York Times 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. Now, Alexander Norman, acclaimed Oxford-trained scholar of the history of Tibet, delivers the definitive biography—unique, multi-layered, and at times even shocking. The Dalai Lama illuminates 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 manoeuvred amidst pervasive violence, including placing himself at the centre 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 Story of Tibet Thomas Laird 2007-10-10 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.

White Lama Douglas Veenhof 2011-05-10 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 Tibet Dalai Lama XIV 1995 The fourteenth Dalai Lama of Tibet offers his views on world peace and environmental responsibility in a collection of essays accompanied by photographs of his beloved Tibet.

Dalai Lama Kyle Archibald 2016-12-04 The 14th Dalai Lama is the current Dalai Lama. Dalai Lamas are important monks of the Gelug school, the newest school of Tibetan Buddhism which is nominally headed by the Ganden Tripas. From the time of the 5th Dalai Lama to 1959, the central government of Tibet, the Ganden Phodrang, invested the position of Dalai Lama with temporal duties. The 14th Dalai Lama was born in Taktser village (administratively in Qinghai province, Republic of

China), Amdo, Tibet, and was selected as the tulku of the 13th Dalai Lama in 1937 and formally recognized as the 14th Dalai Lama at a public declaration near the town of Bumchen in 1939. His enthronement ceremony as the Dalai Lama was held in Lhasa on February 22, 1940, and he eventually assumed full temporal (political) duties on 17 November 1950, at the age of 15, after China's invasion of Tibet. The Gelug school's government administered an area roughly corresponding to the Tibet Autonomous Region just as the nascent People's Republic of China wished to assert central control over it. During the 1959 Tibetan uprising, the Dalai Lama fled to India, where he currently lives as a refugee. The 14th Dalai Lama received the Nobel Peace Prize in 1989. He has traveled the world and has spoken about the welfare of Tibetans, environment, economics, women's rights, non-violence, interfaith dialogue, physics, astronomy, Buddhism and science, cognitive neuroscience, reproductive health, and sexuality, along with various Mahayana and Vajrayana topics.

Escape from the Land of Snows Stephan Talty 2012-02 Documents the story of the Dalai Lama's harrowing 14-day flight from Tibet to India in 1959, describing the violent uprising in Lhasa between Tibetan rebels and Chinese occupiers and the numerous near-death incidents that the young Buddhist spiritual leader endured. Reprint.

The Hidden Life of the Sixth Dalai Lama Simon Wickham-Smith 2011-05-19 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.

His Holiness the Fourteenth Dalai Lama Tenzin Geyche Tethong 2020-11 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 Geyche Tethong, 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 them official documentation, restricting employment, and crowding refugees in the remote location of Dharmsala--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 Dharmsala 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 Dalai Lama's Book of Love and Compassion Dalai

Lama 2001 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.

How to Practice Dalai Lama XIV Bstan-'dzin-rgya-mtsho 2003-08-19 An instructional resource and inspirational guide to daily life describes each step on the path to spiritual enlightenment and explains how to practice everyday morality, meditation, wisdom, and compassion.

Kundun Mary Craig 1998-09-02 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 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.

Man of Peace William Meyers 2016-12-13 Why the "life story" of the Dalai Lama? It is a 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.

Dalai Lama

The Dalai Lama Alexander Norman 2020-02-27

'Impressive in its clarity this biography [is] the most detailed and accurate to date. Written in an engaging prose, [it] ends with an insightful prediction of the legacy of the fourteenth Dalai Lama, and a cleareyed

assessment of the challenges that the fifteenth will face' The New York Times 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. Now, Alexander Norman, acclaimed Oxford-trained scholar of the history of Tibet, delivers the definitive biography--unique, multi-layered, and at times even shocking. The Dalai Lama illuminates 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.

My Land and My People The Dalai Lama 2008-12-14  
Schooled behind ancient palace walls to become the leader of Tibet, the Dalai Lama has become a spiritual leader to the world and a leading civil rights advocate. My Land and My People tells the story of his life. In the Himalayan City of Lhasa, the four-year-old son of a humble farmer sat on a huge, gilded throne. His childhood would be unimaginable in both its isolation and a people's adoration. His destiny would be one of immense tragedy

and the awesome transformation of a man. Written by the Dalai Lama as a young man in exile, this dignified testament re-creates the miraculous search that identified him as the reincarnated leader of his country. It paints a rare intimate portrait of Tibetan Buddhism—a way of life that would end with a terrifying foreign invasion surpassing sanity and reason. And it reveals the evolution of a man from a gentle monk to a world leader—one struggling to this day to free his country... one able to touch our hearts with the goodness that makes him one of the most beloved men of our time. He was once a small boy was chosen to rule the most mysterious land on Earth. Now the Dalai Lama tells his, and his country's, poignant story.

The Dalai Lama Demi 1998

The Story of Tibet Thomas Laird 2007-12-01 “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 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

His Holiness the Dalai Lama Dalai Lama XIV Bstan-'dzin-rgya-mtsho 2005-07-04 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.

The Dalai Lama Alexander Norman 2015-11-02 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.

Dalai Lama Mayank Chhaya 2007 Authorised Biography of His Holiness, The Dalai Lama In 1997, the Indian journalist Mayank Chhaya was authorised by the Dalai Lama to write about his life and times. The only authorised biographer of His Holiness who is not a Buddhist, Chhaya conducted more than a dozen personal interviews with the Dalai Lama in McLeod Ganj in India's Himalayan north, home to Tibet's government-in-exile. In **DALAI LAMA: MAN, MONK, MYSTIC** Chhaya presents an in-depth, insightful portrait of a figure of perennial interest to people all over the world. Chhaya writes about Tibet and the Buddhist tradition from which the Dalai Lama emerged, helping readers understand the context that shaped his beliefs, politics, and ideals. Adding depth and nuance to his portrait, Chhaya depicts the Dalai Lama in the light of his life in exile and the various roles he has had to assume for his followers. He writes about the complex conflict between China and Tibet, and offers insights into the growing discontent among young Tibetans who are frustrated with the non-violent approach to Chinese occupation that the Dalai Lama advocates. A balanced, informative view of the Dalai Lama and his

work, this biography is both a compelling profile of a remarkable spiritual leader and his mission, and an engaging look at how the current unrest in his country will affect its future.

The Dalai Lama's Little Book of Inner Peace Dalai Lama 2018-10-01 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

The 14th Dalai Lama Whitney Stewart 1996 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.

The Tibetan Book of the Dead Donald S. Lopez Jr. 2011-02-07 The Tibetan Book of the Dead is the most famous Buddhist text in the West, having sold more than a million copies since it was first published in English in 1927. Carl Jung wrote a commentary on it, Timothy Leary redesigned it as a guidebook for an acid trip, and the Beatles quoted Leary's version in their song "Tomorrow

Never Knows." More recently, the book has been adopted by the hospice movement, enshrined by Penguin Classics, and made into an audiobook read by Richard Gere. Yet, as acclaimed writer and scholar of Buddhism Donald Lopez writes, "The Tibetan Book of the Dead is not really Tibetan, it is not really a book, and it is not really about death." In this compelling introduction and short history, Lopez tells the strange story of how a relatively obscure and malleable collection of Buddhist texts of uncertain origin came to be so revered--and so misunderstood--in the West. The central character in this story is Walter Evans-Wentz (1878-1965), an eccentric scholar and spiritual seeker from Trenton, New Jersey, who, despite not knowing the Tibetan language and never visiting the country, crafted and named The Tibetan Book of the Dead. In fact, Lopez argues, Evans-Wentz's book is much more American than Tibetan, owing a greater debt to Theosophy and Madame Blavatsky than to the lamas of the Land of Snows. Indeed, Lopez suggests that the book's perennial appeal stems not only from its origins in magical and mysterious Tibet, but also from the way Evans-Wentz translated the text into the language of a very American spirituality.

Man of Peace William Meyers 2017-03 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

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Portrait of a Dalai Lama Sir Charles Alfred Bell 1987

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.

Tenzin Gyatso Claude B. Levenson 2002-06-03 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.

The Dalai Lama Alexander Norman 2020-02-25 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's message of peace and compassion resonates with people of all faiths and none. Yet, for all his worldwide fame, he remains personally elusive. Now, Alexander Norman, acclaimed Oxford-trained scholar of the history of Tibet, delivers the definitive biography—unique, multilayered, and at times even shocking. The Dalai Lama illuminates 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 Life of My Teacher Dalai Lama 2017-07-11 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 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.

dalai-lama-a-biography-of-the-tibetan-spiritual-and-political-leader

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