

## Love Kindness And Universal Responsibility

*Opening the Eye of New Awareness is a succinct, thorough overview of the doctrines of Buddhism as they have been practiced for a thousand years in Tibet. The Dalai Lama here discusses the need for religious practice and the importance of kindness and compassion. Originally written for Tibetan lay people, this was the Dalai Lama's first book on Buddhist philosophy to appear in English, and Prof. Lopez's new introduction places these teachings in their proper historical context. This is an invaluable handbook for both personal use and academic study of the Buddhist path. "Written for both Tibetan and Western readers, Opening the Eye of New Awareness is the Dalai Lama's first religious work. It is not an edited transcript of public lectures, but is His Holiness' own summation of Buddhist doctrine and practice. Completed in 1963, just four years after his escape from Tibet and four years after completing his religious education, it is a work of consummate scholarship by a twenty-seven year-old geshe, wise beyond his years. Nowhere in his many subsequent works does one find a more clear and concise exposition of the essentials of Buddhist thought. Indeed, all of His Holiness's many publications are in some sense commentaries on this first book."*

*From Nobel Peace Prize nominee Sulak Sivaraksa comes this look at Buddhism's innate ability to help change life on the global scale. Conflict, Culture, Change explores the cultural and environmental impacts of consumerism, nonviolence, and compassion, giving special attention to the integration of mindfulness and social activism, the use of Buddhist ethics to confront structural violence, and globalization's threat to traditional identity.*

*"The need for love lies at the very foundation of human existence." —XIV Dalai Lama The words of the Dalai Lama resonate within each of us, empowered as they are by centuries of experience and a passionate, enduring spirit for peace on Earth. Tenzin Gyatso, the current and XIV Dalai Lama, has continued this grand legacy, traveling the world while spreading his personal doctrine of compassion and true understanding. And with each year that passes, more and more people come to know the Lama, and seek his wisdom on a breadth of topics, from world peace to a life well-lived. Presented in an elegant, attractive format, The Dalai Lama Book of Quotes collects the very best of the Lama's sage wisdom, assembled from quotes, articles, speeches, and written works directly attributed to His Holiness. Organized into universal themes that everyone can relate to, The Dalai Lama Book of Quotes touches on themes ranging from love, to spirituality, to happiness and humanity. This inspirational book makes a wonderful gift for anyone seeking greater personal well-being and a life informed by compassion and faith. Each thought from the Lama is sure to inspire and invigorate you throughout your day, as your eyes are opened to a more beautiful way of looking at the world. Simple and accessible for all ages, this inspirational title makes a great gift for anyone seeking to incorporate the wisdom of the ages and a love that transcends lifetimes into their daily life. From the Hardcover edition.*

*"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.*

*Imagine All the People*

*Why the Dalai Lama Matters*

*Philosophers and Religious Leaders*

*His Act of Truth as the Solution for China, Tibet, and the World*

*Nobel Laureates*

**1400 LESSONS FROM THE 14TH DALAI LAMA**

Aura Glaser wrote this book to remedy a deficiency she discovered while engaged in psychological research—a nearly complete omission of the importance and cultivation of compassion. Other books exploring Buddhism and psychology have focused on what the Theravada school of Buddhism—which teaches personal liberation through enlightenment—can offer psychology. A Call to Compassion works with Mahayana Buddhism, in which practitioners commit to the liberation of all sentient beings, with compassion central to attaining that goal. In her fascinating and exceptionally clear and concise review of the work of Freud, Jung, and others, Glaser shows how psychology has been ambivalent about the subject of compassion and therefore has developed no methodology for helping individuals cultivate this essential quality in the service of helping others. Glaser introduces as a remedy the Buddhist practice of the lojong, expressed in the text of The Seven Points of Mind Training, for developing love and compassion. With modern-day life examples, she illustrates the four major points: compassion for self, compassion for others, exchanging self and others, and no self and no other-affirming that these points are indeed attainable. If we make the effort to contemplate, understand, and truly integrate these four essentials, we will have a sound basis for both psychological health and genuine transformation.

In Six Stages on the Spiritual Path, we learn about spirituality and its stages as well as how spirituality helps to reduce our suffering and create more love. Writings from ancient to contemporary mystics across the world provide us with practical and spiritual wisdom that will make our lives happier and more loving. In the first stage on the mystic way, children experience awe and wonder, but they do not realize that this is a spiritual experience. While all indigenous people recognize awe as a mystical experience, only some adults and most artists do. When parents and religious leaders teach children about God, they cause their spiritual growth to flourish or to become stunted at an elementary school level. Awakening is an experience of the Divine that helps us realize that the Sacred Spirit is within us and loves us. Awakening produces love for our neighbors and ourselves. Then love nurtures more awakenings. Illumination and union are deeper mystical experiences that the Holy One is not only within all of us and all of creation, but also that we are within the ONE. Illumination creates more love for all people and all the universe.

"Lama Zopa Rinpoche, a prominent Tibetan Buddhist teacher, explains the philosophy and practice of Bodhicitta, the aspiration to help all beings reach enlightenment. Meditation instructions are included"—

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.

**Spirituality and the helping professions**

**Religion, Religious Ethics and Nursing**

**Teachings of His Holiness the Dalai Lama**

**Dalai Lama**

**The Dalai Lama Book of Quotes**

**Lamrim Teachings Volume IV**

This book is an exotic account of some important religious places in India garnished with a collection of fascinating mythological anecdotes and ancient saga of valor, romance, and penance that are embedded in the timeline of this enigmatic country. The history of India is marked by arrival of various invaders from faraway land. Their presence and actions have been important guiding force for the religious beliefs to emerge and faiths to manifest in this country. Also Indias own history that dates back to several thousand years is a repository of remarkable episodes and vast spiritual knowledge submerged in a sea of ignorance. It is for this reason that the author chose to relate the various places of his visit to historical sequence of events and ancient anecdotes in an effort to enhance the significance and sanctity of these places that are often ignored. Readers of all ages and from all across the globe will find it extremely captivating while reading this documentary as it journeys through the different provinces of the country that is so diversified and distinctive yet inseparably interwoven by the invisible thread of faith.

Philosophers and Religious Leaders provides a synopsis of the lives and legacies of 200 men and women from the areas of religion and philosophy who have "changed the world." These individuals have developed, extended, or exemplified ideas fundamental to the way human beings perceive the meaning and purpose of their own lives and of their societies. Some have challenged prevailing convictions and worked for immediate change during their lifetimes; others have proposed new modes of thinking that have flourished only after their passing.

After seven years experience as a doctor working in hospitals in Australia, New Guinea, and England, I had become convinced that human suffering and happiness are largely rooted in our behaviour, in particular, the attitudes behind our behaviour. Over two and a half thousand years, Buddhist psychology has been adopted into many different cultures, from the Middle East to the Far East, and from Indonesia in the south to Siberia in the north because it unerringly explains what the human mind is, how it functions, and its underlying role in causing both happiness and suffering. These Buddhist teachings may have challenged my scientific world-view to the core, but after eighteen months of thorough investigation, I accepted them to be valid. In 1975 I became a monk in the Tibetan Buddhist tradition to learn more, and to incorporate this knowledge into my life as best I could. I saw this big step to be an opportunity to further my medical training through application of the proverb, 'Physician, heal thyself.' Although I still have a long way to go on my own path, many have requested me to share with them what I have learned since then; hence this book. -Venerable Thubten Gyatso The Lama Yeshe Wisdom Archive offers this digital edition of The World and Ourselves: Buddhist Psychology. All our titles are made possible by kind supporters of the Archive who, like you, appreciate how we make these teachings freely available in so many ways, including in our website for instant reading, listening or downloading, and as printed and electronic books. Our website offers immediate access to thousands of pages of teachings and hundreds of audio recordings by some of the greatest lamas of our time. Our photo gallery and our ever-popular books are also freely accessible there. Please help us increase our efforts to spread the Dharma for the happiness and benefit of all beings. You can find out more about becoming a supporter of the Archive and see all we have to offer by visiting LamaYeshe.com. Thank you so much!

"The book increases awareness and is a thought-provoking and insightful read that will take readers deeper into the heart of humanity." - Reader's Favorite.com What is success? Is it really just material abundance? Or reaching the pinnacle of your career? Or is there something more? In A Truly Successful Life: Ten Principles for a Life of Meaning and Purpose, author Douglas Tanner writes, "A truly successful life is one that is purposely lived, moment by moment, in the grip of unconditional love, with values and priorities ordered from the perspective of eternity." With straightforward nonfiction prose, interspersing dramatic anecdotes, the author lays out the essential ingredients for a truly successful life in three parts and ten succinct chapters: Faith Love: The Moral Law of the Universe Live Your Life from the Perspective of Eternity Surviving the Darkness The Family of Mankind: Loving Your Neighbors Romance: Loving Your Spouse Parenting: Loving Your Children Taking Responsibility for Your Own Life Work: Pursuing Your Calling Enjoy Your Life A Truly Successful Life: Ten Principles for a Life of Meaning and Purpose will help you live your life from the perspective of eternity.

Buddhist Psychology

Engaged Buddhism in a Globalizing World

Buddhist Perspectives on Cause and Effect

Imbided in Faith

A Multidisciplinary Perspective

A Sociological Study of Women's Educational Networks in India

In the early eleventh century the Indian Buddhist master Atisha condensed essential points from the sutras and ordered them into the text Lamp of the Path. These were then expanded upon in the fourteenth century by the Tibetan Buddhist master Lama Tsongkhapa into the text The Great Exposition on the Gradual Path to Enlightenment (Lamrim Chenmo). Venerable Thubten Chodron taught on this text over several years at Dharma Friendship Foundation, and related these practical teachings to our daily lives. These ebooks are lightly-edited transcripts of those teachings. They have been organized and formatted by Lai Wee Chiang. This fourth volume contains teachings on: - Training the Mind in the Stages of the Path for an Advanced Level Practitioner - Seven Points of Cause and Effect - Equalizing and Exchanging Self and Others - The Bodhisatta Vows - Introduction to the Six Far-Reaching Attitudes - Generosity - Ethics - Patience - Joyous Effort - Meditative Stabilization and Special Insight - Training in Calm Abiding - Wisdom - Ripening the Minds of Others - The Eightfold Noble Path

His Holiness the Dalai Lama is admired and respected world-wide as a man of peace. As spiritual leader of the Tibetan people, he has consistently championed policies of non-violence, even in the face of great aggression—an approach that in 1989 won him the Nobel Peace Prize. In lectures and tours around the world he has touched the hearts of people of different cultures and religions with the simplicity, profundity and universality of his message -that of greater understanding, mutual respect and compassion amongst the nations and people of this world. In this booklet, His Holiness offers a way of approaching the new political challenges of our rapidly changing world based on a genuine feeling of global and universal responsibility. His statement also affords insight into the way of thinking of one of today ' s truly great world leaders.

1400 LESSONS FROM THE 14TH DALAI LAMA The great Buddhist monk and 14th Dalai Lama, Tenzin Gyatso is the spiritual and political leader of the entire Tibet. He was selected and ordained as per the traditions and believed to be the reincarnation of his predecessor. This strong advocate of non-violence, peace and compassion was bestowed with Nobel Peace prize in 1989. Due to the political conflicts with China, he fled to India and still striving hard for the fundamental rights of the people of Tibet. This book ' 1400 Lessons from the 14th Dalai Lama ' brings you the vast collection of quotes from this great visionary and humanitarian who has devoted his entire life for a peaceful and delighted world...

Short life sketches of 18 Nobel laureates.

Universal Redemption considered. By the author of " Parental Responsibility. "

Buddhism, Culture and Transformation

Six Stages on the Spiritual Path

Rethinking Philosophers' Responsibility

Love Champions

Plenary Lecture at Södertörn University April 15, 2011

Calling on philosophers as the custodians of rationality to reconsider their responsibility toward their communities and the state of civilization at large, this book considers philosophy to be a practical discipline. Largely foreign to philosophers and non-philosophers alike, this conception of philosophy discloses the relevance of its unique contributions to contemporary society. The book offers a compelling and accessible analysis of philosophy also in relation to religion, psychology, the New Age Movement, and globalization, and exemplifies through a wide range of current problems how philosophers can fulfil their responsibility. Its argument that responsibility lies where one is capable of doing what is needed, and even more so, when no one else can do it, targets philosophers. However, its innovative study of contemporary philosophy coupled with its original contributions to the problems at hand will engage academics and students from other disciplines, as well as a general readership.

This anthology provides each of the major world religions with an opportunity to explain itself in its own terms, creating a sensitive and accurate picture of its teachings and beliefs. It allows readers to gain an "inside" understanding of origins, founders, and practices—and presents the religions as living faiths. Selected extracts relate religion to such current issues as gender, environment, and politics. Chapters explore indigenous sacred ways, Hinduism, Jainism, Buddhism, Taoism, Confucianism, Judaism, Christianity, and more. For individuals desiring to learn more about the major world religions, and their impact around the world today.

The book is compilation of three published work of H.H. the Dalai Lama. It reveals his philosophy of life, based on the concept of universal responsibility and reverence for all living beings. His Holiness has dwelt on compassion and need for universal brotherhood. His approach to World Peace and non-violence are explicitly outlined in the book.

The Dalai Lama describes the twelve links of dependency on the Wheel of Life, how humankind has become trapped in a prison of suffering and selfishness, and how to turn one's prison into a source of help and happiness for others.

Bringing Buddhist Practices of the Heart into the Soul of Psychology

A Human Approach to World Peace

The Compassionate Life

Dear Lama Zopa

An Anthology of Living Religions

Making the Dream a Reality

His Holiness the Dalai Lama is an extraordinary example of a life dedicated to peace, communication, and unity. What he represents, and what he has accomplished, heals and transcends the current tensions between Tibet and China. Why the Dalai Lama Matters explores just why he has earned the world's love and respect, and how restoring Tibet's autonomy within China is not only possible, but highly reasonable, and absolutely necessary for all of us together to have a peaceful future as a global community. In the few decades since the illegal Chinese invasion of Tibet, Tibetans have seen their ecosystem destroyed, their religion, language, and culture repressed, and systematic oppression and violence against anyone who dares acknowledge Tibetan sovereignty. Yet, above it all, the Dalai Lama has been a consistent voice for peace, sharing a "Middle-Way" approach that has gathered accolades from the Nobel Peace Prize to the U.S. Congressional Gold Medal. Modeling this peaceful resistance shows the world that nobody is free unless everybody is free -- and that a solution exists that can benefit t all parties, not just one. And more than just his nation have taken notice. His inter-religious dialogues, honest, humble demeanor, and sense of compassionate justice sets him apart in a world at war with itself. When China changes policy and lets Tibetans be who they are, Tibet can, in turn, join with China in peaceful coexistence. Why the Dalai Lama Matters is not merely a book about Tibet or the Dalai Lama. It is a revealing, provocative solution for a world in conflict, dealing with the very fundamentals of human rights and freedoms. By showing the work that the Dalai Lama has done on behalf of his people, Thurman illuminates a worldwide call to action, showing that power gained by might means nothing in the face of a determined act of truth.

Love could be a choice in asceticism, egotism, and stoicism. Love would be a prize with socialism, communism, and spiritualism. To love the beloved is good; to love the unlovable is better; and to love the haters is love at its best. To love and to be loved with natural knowledge and supernatural wisdom is intimacy under commandment; passion under covenant; and commitment under salvation. This book 'Love Champions' reveals the mystery of unconditional love from the God of love and unveils the miracle of God's love to the lovers of God through God's sovereign words and deeds. The good news of the salvation gospel from God-the Creator transformed all lovers and haters alike, and transmuted all lovers of God into Love Champions abiding God's Great Commandment of loving God and others as self, and applying God's Great Commission of spreading the amazing salvation to all nations. 'Whoever does not love does not know God, because God is love.' 1 John 4:8 NIV

Since the arrival of the first Tibetans in exile in 1959, a vast and continuous wave of international – especially Western – support has permitted these refugees to survive and even to flourish in their temporary places of residence. Today, these Tibetan refugees continue to attract assistance from Western governments, organizations and individuals, while other refugee populations are largely forgotten in the international agenda. This book shows and discusses how Tibetan refugees continue to attract resources, due, notably, to the dissemination of their political and religious agendas, as well as how a movement of Western supporters, born in very different conditions, guaranteed a unique relationship with these refugees.

This volume examines the importance of leadership in developing an effective sustainability strategy. It defines the sustainability mindset and surveys the primary motivations, conditions, or environment(s) that cause leaders to embrace sustainable practices. As described in the UN Sustainable Development Goal 8, embracing the sustainability mindset will lead to greater productivity and promote economic growth. Organized into themes of organizational operations, leadership competencies, and leadership practices, the chapters, written by contributors representing global perspectives, tackle topics such as strategy, culture, and leadership styles in developing a new form of mindfulness for leaders as well as organizations. Recognizing the need for accelerated change in organizations as well as society at large, this book presents scholars with a framework for establishing a mindset for sustainability to foster much-needed transformative leadership.

Ten Principles for a Life of Meaning and Purpose

The Agendas of Tibetan Refugees

Survival Strategies of a Government-in-Exile in a World of International Organizations

Sustainability Mindset and Transformative Leadership

Love, Kindness and Universal Responsibility

Advanced Scope

The book Buddhism for Transformation Today is thematically divided into Buddhism, mind and science, and on culture and social transformation. It has a cross-cultural perspective. The last section is focused on Dalai Lama ' s ideas and contains an interview with him. The book crosses disciplinary boundaries and bridges ideas in subjects like philosophy, psychology, and neuroscience. Some of the key ideas explored are happiness and business management. The interface between the individual and society can be significant and is expected to aid personal transformation and desirable social change.

Spirituality and religion are fundamental to all human cultures. Yet in the helping professions, whose shared objective is to promote human well being, questions of spirituality have often been avoided. Now we are increasingly realising that scientific materialism and individuality have failed to meet enduring human needs for meaning and connection. Evidence mounts for the importance of spirituality for prevention and intervention in times of crisis, distress and illness. Many professionals find themselves ill-prepared to respond to the spiritual needs of their clients, and to negotiate encounters with people from unfamiliar faith traditions. Spirited Practices shows how it is possible for professionals to think critically, and be open to spirituality at the same time. Professionals and teachers from diverse faiths and fields of work, including social work, health, psychology and ministry explain how they have integrated spirituality into their work. Spirited Practices is inspiring reading for anyone in the helping professions seeking to develop a spiritually aware practice. 'It invites us to look honestly at ourselves and our own practices through learning about those from other professional and faith backgrounds.' Richard Hugman, Professor of Social Work, University of NSW 'A much needed forum for practitioners from diverse professional and spiritual backgrounds to address the challenges and rewards of spiritually-sensitive practice.' Leola Dyrud Furman, Associate Professor Emeritus of Social Work, University of North Dakota

This book is dedicated to the memory of these two good friends and all the others from the Army Specialized Training Program (ASTP) at the Texas Western College in El Paso, Texas who gave their lives that the rest of us in the 12th Armored Division might live. John Fuchs and John Haufler were in the 17th Armored Infantry, 12th Armored Division and they were killed in action in Alsace, France in the winter campaign of 1944-45. The rest of us in the 12th Armored Division have had 60 more years to live, getting married, raising families and building careers. It is fitting that we give some time to studying the causes of wars and speaking out to make the changes in the United Nations that are necessary to make it effective in bringing peace.

The analysis of educational networks from a feminist perspective has not been substantially researched internationally. This study investigates the potential for networking as a leadership tool for change in not only classrooms, but also in school systems and the political arena.

A Call to Compassion

A Way to Transform Ourselves and Our World

A Truly Successful Life

The World and Ourselves

A Call for Revolution

His Story Unleashed

His Holiness, Dalai Lama, is considered as a man of peace by all nations for his great teachings and powerful words that tend to capture every mind, soul and heart of a person. But bore he was known as one of the most powerful leaders of today's time, Dalai Lama's life was also started a simple life until he receives a spiritual enlightenment that drives him to preach around the world, at different places and at various times. Aside from being a great spiritual leader of the Tibetan people, Dalai Lama is actively giving providing public talks that are generally free and open to all public. His word is what makes him powerful among all the other spiritual leaders, for his words has the power to lighten up mind and has the clout to open an obstinate mind. The 14th Dalai Lama, Tenzin Gyatso defines himself as a simple monk of Buddhists, who was also believed to be the manifestation of Chenzig or Alvakiteshvara-the Bodhisattva of Compassion and Tibetan Patron Saint. In the ancient books and old Buddhist writings, Bodhisattvas are believed to be an enlightened being who've postponed their own Nirvana and opt to take rebirth to serve humanity. His Holiness always states that his mantra in life is greatly guided by 3 major commitments, which are: the promotion of human values (secular ethics) for the interest of human fulfillment and happiness; the fostering of interreligious harmony; and the preservation of Buddhist culture in Tibet where there is no violence but pure peace. His message and teachings was not just focused on good karma and personal happiness, he is also giving much more focus about respecting earth's resources, recognizing equality of mankind, and sharing/ giving little and less fortunate individuals. He's been the model for innovation, spirituality, kindness and adaptation. Dalai Lama was a perfect exemplification of excellent teacher, as well as a great promoter of peace, morality and humanity. His Holiness gives teachings to various countries and to many places throughout each year, and most of the time, he prefers to have a public talk, wherein he gives a number of initiations and empowerment in his teachings. His lessons was also being translated to different language, usually into Korean and Chinese. In this book, we will explore how His Holiness, the Dalai Lama, fulfill these commitments as we discover his life, his struggles, how he received his sanctity, and what he has gone through before he reach what he is today.

"[This] is a book that challenges you to step back and broaden your thinking about religion in general and religion in nursing...Nurses at all levels will appreciate the applications to nursing practice, theory, and research."--Journal of Christian Nursing "The Reverend Dr. Marsha Fowler and her colleagues have written a landmark book that will change and enlighten the discourse on religion and spirituality in nursing. The authors address the awkward silence on religion in nursing theory and education and with insightful scholarship move beyond the current level of knowledge and limited discourse on religion in nursing theory, education and practice. This book is path-breaking in that [it] gives many new ways to think about the relationships between ethics, health, caregiving, moral imagination, religion and spirituality." From the Foreword by Patricia Benner, PhD, RN, FAAN Professor Emerita of Nursing Department of Social and Behavioral Sciences and Nursing University of California, San Francisco The past 25 years have witnessed an escalating discussion on the role of spirituality within health care. This scholarly volume is rooted in the belief that not only is religion integral to nursing care, but the religious beliefs of both nurse and patient can significantly influence care and its outcome. It offers an in-depth analysis of the ways in which religion influences the discipline of nursing, its practitioners, and treatment outcomes.

Through the contributions of an international cadre of nurse scholars representing the world's major religious traditions, the book explores how theories, history and theologies shape the discipline, bioethical decision making, and the perspective of the nurse or patient who embraces a particular religion. It examines the commonalities between the values and thinking of nursing and religion and identifies basic domains in which additional research is necessary. The authors believe that ultimately, scholarly dialogue on the relationship between religion and nursing will foster and enhance nursing practice that is ethical and respectful of personal values. Key Features: Offers in-depth analysis of how religion influences the discipline of nursing, its practitioners, and treatment outcomes Uses critical theories to explore the intersections of religion, ethics, culture, health, gender, power, and health policy Includes an overview of all major world religions Focuses on the implications of religion for nursing practice rather than nursing interventions Designed for graduate and upper-level undergraduate students, nurse academicians and clinicians

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.

Unconventional wisdom, affirmation, and advice from one of Tibetan Buddhism's most influential living teachers. Lama Zopa Rinpoche is a master at explaining Buddhism's radical but effective methods for transforming suffering into happiness, which have been practiced and taught by Tibetans for a thousand years. It's a challenging way to think - how can it be that the things that cause us pain are actually blessings? In Dear Lama Zopa, Rinpoche applies that challenge to our everyday, real-life problems - from the littlest to the biggest. Every year he receives thousands of letters from people around the world asking for advice - on coping with everything from addiction, grief, and depression, to war, terrorism, and death. In his detailed and deeply caring responses to these letters, reproduced here, Rinpoche shows again and again that the best method for solving our problems is to radically change the way we perceive them; that by emphasizing their inner causes we can even change the resulting outer circumstances. Even people familiar with notions like karma and reincarnation, which imply that we are the creators of our own experiences, may find the advice difficult. Yet uncountable thousands of people of all backgrounds have put Rinpoche's loving guidance into practice - and have seen real and positive change in their lives. Now, with Dear Lama Zopa, you can see for yourself...

Under Siege

Opening the Eye of New Awareness

Radical Solutions for Transforming Problems into Happiness

Bodhichitta

Spirited Practices

A Conversation with the Dalai Lama on Money, Politics, and Life As It Could Be

**A RALLYING CRY FOR THE WHOLE WORLD, BY ONE OF THE MOST RESPECTED LEADERS OF OUR TROUBLED TIMES. This eloquent, impassioned manifesto is possibly the most important message The Dalai Lama can give us about the future of our world. It's his rallying cry, full of solutions for our chaotic, aggressive, divided times: no less than a call for revolution. Are we ready to hear it? Are we ready to act?**

**News-Tibet**

**Peace Within Our Grasp**

**The Meaning of Life**

**Universal Responsibility and the Good Heart**

**A Policy of Kindness**

**A Collection of Speeches, Quotations, Essays and Advice from His Holiness**