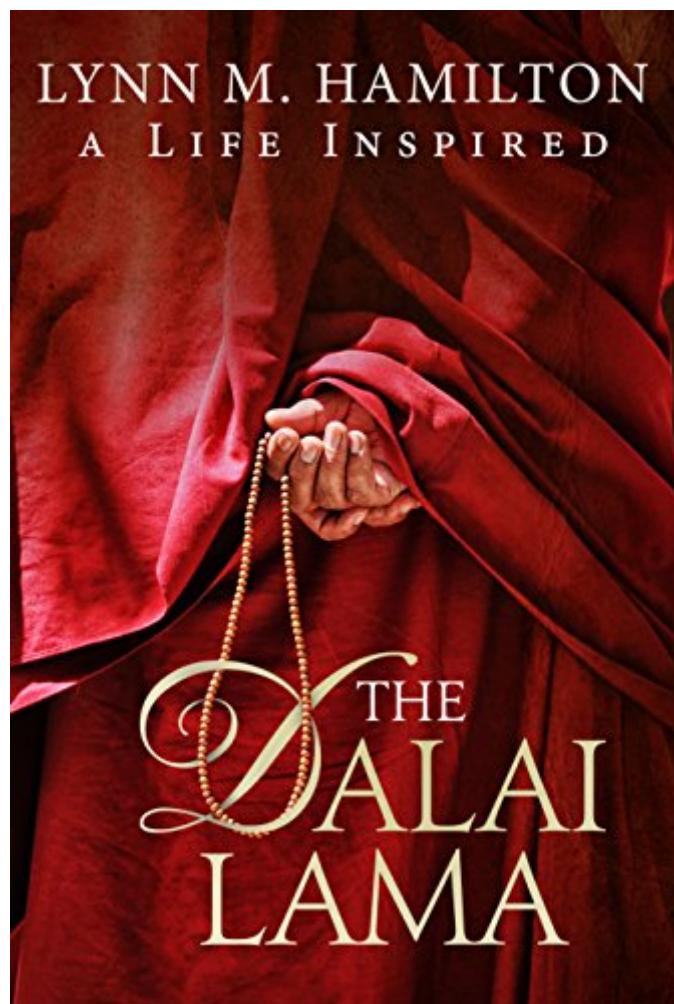


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# The Dalai Lama: A Life Inspired



## **Synopsis**

What does the Dalai Lama's life teach us? Certainly, he is a sterling example of turning adversity into joyful service. But there is more to him than that. He is also a model of innovation and adaptation. He has taken the tenets of Buddhism and made them relevant to everyone. He has found commonalities in the teachings of Catholicism and Buddhism. His message is not just about personal happiness and good karma, it is also very much about respecting the earth's resources, recognizing the equality of all people, and sharing with the less fortunate. He has said that, at ninety, he will decide whether his long series of lives as the Dalai Lama will end. As of this writing, he is nearly eighty. Will he live another ten years? We can only hope so.

## **Book Information**

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## **Customer Reviews**

This short biography of the Dalai Lama shows a man, who through many seasons of peace, war, occupation and exile, has retained his basic view of life and his religion. While you may not believe in Buddhism as a religion, his living out of many of the principles that are basic to human rights is an example of courage and humility. An interesting read about a man who many know only by title or description.

I have studied the teachings of the Dalai Lama for years yet I knew relatively little about the biographical or historical aspects of his life. This book has filled in those blanks as well as shown us a glimpse into the spiritual and humanitarian gifts he possesses...This book is a must read for those of us on our spiritual quest. I am not a Buddhist however I did have a personal audience with him a few years ago.

I thoroughly enjoyed reading "The Dalai Lama", a book a lot of people should read. Enlightenment of Buddhism, enlightenment of the history of the Dalai Lama, and how they believe in on going births and lives. He is a gentle soul, not endorsing violence or war. And for him to entertain the thought that his purpose may be at an end, is to me awe inspiring. I will get on my platform for a moment, we need to love each other, be kind to each other, smile at each other, forgive each other. It doesn't matter what your beliefs may be, what faith you embrace, the God you worship, be it my God or another, we have got to stop hating, and killing, and love. Thank you for reading, nancy .

The Dalai Lama: A Life Inspired is an important book because the message of Jesus Christ needs to be heard from more than one source. I heard His message loud and clear from the teachings of the Dalai Lama here within this excellent accounting of the Dalai Lama's life. This message is about not just Buddhist personal karma and good happiness, it is also about respecting our natural resource, acknowledging the equality of all people, and sharing with those less fortunate than ourselves. As Jesus has said in Mark 12:31, "You shall love your neighbor as yourself." The Buddhists have recognized the coming of the Christ a few centuries before His actual arrival. Read "The Dalai Lama: A Life Inspired" and understand how the message is essential.

I loved this book. It is a fast read and I couldn't put it down. The Dalai Lama is such a complex and interesting person and I respect how he is able to keep his religion intact despite exile from his beloved Tibet. This is a fascinating story and will keep your interest throughout the book. I highly recommend this story.

My opinion this was an excellent short read. I learned several things I did not know about the Dalai Lama. I have been a fan of his for years and was glad to be able to read some about his life. Anyone who has any interest in this man will enjoy this book. It is unreal that he could have started this at age 3 and then really been installed at age 15. This man has to be a man of God. He and his

people of been lied to and miss treated by the leaders of Chins for many, many years and it will continue. The countries that could help them are to much in debt to China to help the Tibetan people. It is a sad situation. The Dalai Lama is a man of peace and strives to maintain that. It shows so much is this short book. I say again I really enjoyed it.

Along side the current Bishop of Rome, aka the Pope; the Dalai Lama is the most well known world spiritual figure. In this e-book Hamilton provides a very good history of the current Dalai Lama from his birth in a small Tibetan village to his selection and then his rise upon the world stage after the Communist Chinese invasion of Tibet. To most Tibet is truly an unknown nation so Hamilton in telling the story of the Dalai Lama also provides insight into the history as well as the culture to Tibet. To me Hamilton's book is a light read which could have provided more details about the Dalai Lama's work over the past 25 years. That being said, this is a great introduction to learning about one of the world's most beloved and noted living spiritual leaders.

The wonderful book is definitely worth reading! I very much appreciated the captivating literary survey of the Dalai Lama's life. The author adeptly highlighted the ups and downs, the highs and the lows, and the valleys and the peaks of this wise man's remarkable life. I really liked the author's approach of discussing the Dalai Lama as a real flesh-and-blood person, who is an everyday human, just like the rest of us. The one undergirding lesson that I gained from this book (although there are many other lessons!), is that you and I can seek to look for and pull the good and the useable from almost any situation, and then can recycle the good for another future endeavor or set of circumstances. In addition, the Dalai Lama grew in wisdom from and through his trials. Finally, I am ecstatic, that from major upheaval, he and other people re-established a new location for the saving of the rich Tibetan legacy.

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