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Tenzin Gyatso, the 14 th Dalai Lama, won the Nobel Peace Prize in 1989 and is one of the most widely revered and respected men on the planet. He has authored many books, most of which are translated into many languages, and oft-quoted in each of them.

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Buddhist studies. She has edited The Dalai Lama's Book of Daily Meditations and The Transformed Mind. Robert A. F. Thurman is the Jey Tsong Khapa Professor of Indo-Tibetan Buddhist Studies in the Department of Religion at Columbia University, President of the Tibet House U.S., and President of the American Institute of Buddhist Studies.

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“ Dalai Lama. 2. “Time passes unhindered. When we make mistakes, we cannot turn the clock back and try again. All we can do is use the present well.” Dalai Lama. 3. “An open heart is an open mind.” Dalai Lama. 4. “We can never obtain peace in the outer world until we make peace with ourselves” Dalai Lama. 5.

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Quotes of the Dalai Lama goyouronway.org Quotes of the Dalai Lama Page 1 of 10 “Generosity is the most natural outward expression of an inner attitude of compassion and loving-kindness. When one desires to alleviate the suffering of others and to promote their well-being, then ...

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Chapter 2 gave a narrative link between ignorance and suffering. Now in Chapter 3, the Dalai Lama gives what many people might consider additional motivation to study the teachings, as well as laying the groundwork for the analytical method that will be used throughout the book. Notes on Chapter 3 (PDF) Chapter 4.

The Dalai Lama's Emptiness Teachings Chapter Summaries

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His Holiness the 14th Dalai Lama, Tenzin Gyatso, describes himself as a simple Buddhist monk. He is the spiritual leader of Tibet. He was born on 6 July 1935, to a farming family, in a small hamlet located in Taktser, Amdo, northeastern Tibet.

Brief Biography | The 14th Dalai Lama

Yokohama, Japan - Views of the sky were clear and the morning sun illuminated bridges across the Yokohama Bay as His Holiness the Dalai Lama walked to the teaching venue before the audience began to arrive today.

Dalai Lama - Official Site

The 14th Dalai Lama was born in Taktser, 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.

14th Dalai Lama - Wikipedia

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