



His Holiness The Dalai Lama: A Message of Spiritual Wisdom

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From Reader Review His Holiness The Dalai Lama: A Message of Spiritual Wisdom for online ebook

Jamie says

Fast read, beginning knowledge of the Dalai Lama

Easy read that provided a brief basic background into the Dalai Lama and his life. Touches on Buddhism in the beginning, but not til the Dalai Lamas own words does it get more in depth. As always he is moving and compassionate.

ALVIN says

Good beginner guide to understanding HH.

Simple and straightforward. Highly recommended if one wishes to go into HH other books. This will definitely set the foundation.

Tom says

I received this book for free and have been meaning to read a book on the Dalai Lama so I thought I would start with this one. It has some interesting information and a transcript from a speech, but not a book with the depth that I would like. It was worth reading and reinforced my interest in learning more about the Dalai Lama and Buddhism in general. The highlight was the transcript from his speech which has made me interested to read more of his writings in addition to a biography.

I'd love to hear any recommendations.

Pipikbl says

I read the book when I was on a plane coming back to LAX from Iceland. The book is shorter than I thought, so I was able to finish it in total about 2 hours (not in 1 sitting). I really Dalai Lama's message about how to be a good person and help each other, and "if you can help others, at least don't do harm to them." I also like how he emphasizes on materials (money) and power are not something you should count on for ultimate happiness, but rather a warm-heartedness. It doesn't matter which religions you follow, it all comes down to the root of being a good person. Overall I enjoyed the reading.

Michelle says

Always a blessing to experience the words of his holiness, thought provoking and mind opening.

Barbora says

5 stars for the message from Dalai Lama!! The transcript could have been more sensible to pauses Dalai Lama makes in sentences (e.g. via putting comas, dashes, ...) - i believe this would help increasing the comprehensiveness of the transcript.

Don says

This book was short but really interesting. I learned a lot of new things about the Dalai Lama and Buddhism.

Daniel Ace says

It's not the deepest book about the Dalai Lama and his teachings but it gives a good overview of everything. His history, faith and religion. A solid recommend for those wanting a better sense of him and his view of the world.

Ceci says

I found this insightful into a different belief system than what I was raised in. Very interesting on how the Dalai Lama is chosen etc and what may be to come...

Florence London says

Simple acts of kindness enlightens the human spirit

Calming the mind is not just about reciting a prayer, its about total surrender of the body and mind. Think positive be positive.

Emily says

Great first insight into the Dalai Lama and Tibetan Buddhism religious traditions.

Naveen says

Great lecture.

His Holiness Dalai Lama explains the Buddhist path and the mantra Buddhāṃ śaraṇam gacchāmi ... There are some powerful quotes, like, “Share your knowledge. It is a way to achieve immortality.”

Karen says

Very short! Want to read some of his books though. Interesting.

Bella says

The reincarnated teacher

To comment about His Holiness is equal to comparing him with other masters. I like his works and teachings. The book is well edited and worth a read...

ROLAND D. EBERHARD says

Good summary of Buddhism

Recommended for everyone interested in Buddhism, the Dalai Lama, or actually religions in general. Like how the text is descriptive, not polemic. Well done.
