

An Appeal By The Dalai Lama To The World
Der Appell Des Dalai Lama
An Die Welt
Chinesische Ausgabe
Ethics Are More Important Than Religion
Ethik Ist Wichtiger Als Religion
Chinese Edition

The second volume in a prominent new series on Buddhism and science, directed by the Dalai Lama and previously covered by the BBC. Science and Philosophy in the Indian Buddhist Classics compiles classical Buddhist explorations of the nature of our material world, the human mind, logic, and phenomenology and puts them into context for the modern reader. This ambitious four-volume series—a major resource for the history of ideas and especially the history of science and philosophy—has been conceived by and compiled under the visionary supervision of His Holiness the Dalai Lama himself. It is his view that the exploratory thinking of great Indian masters in the first millennium CE still has much to offer us to today, whether we are Buddhist or not. These volumes make those insights accessible. This, the second volume in the series, focuses on the science of the mind. Readers are first introduced to Buddhist conceptions of mind and consciousness and then led through traditional presentations of mental phenomena to reveal a Buddhist vision of the inner world with fascinating implications for the contemporary disciplines of cognitive science, psychology, emotion research, and philosophy of mind. Major topics include: The distinction between sensory and conceptual processes and the non-Indian notion of mental consciousness Mental factors—specific mental states such as attention, mindfulness, and compassion—and how they relate to one another The unique tantric theory of subtle levels of consciousness, their connection to the subtle energies, or “winds,” that flow through channels in the human body, and what happens to each when the body and mind dissolve at the time of death The seven types of mental states and how they impact the process of perception Styles of reasoning, which Buddhists understand as a valid avenue for acquiring sound knowledge In the final section, the volume offers what might be called Buddhist contemplative science, a presentation of the classical Buddhist understanding of the psychology behind meditation and other forms of mental training. To present these specific ideas and their rationale, the volume weaves together passages from the works of great Buddhist thinkers like Asanga, Vasubandhu, Nagarjuna, Dignaga, and Dharmakirti. His Holiness the Dalai Lama’s introduction outlines scientific and philosophical thinking in the history of the Buddhist tradition. To provide additional context for Western readers, each of the six major topics is introduced with an essay by John D. Dunne, distinguished philosopher of Buddhist history and contemplative practice at the University of Wisconsin. These essays connect the traditional material to contemporary debates and Western parallels, and provide helpful suggestions for further reading.

In His Own Words The Compelling Personal Story of the Spiritual Life of the Dalai Lama
What happens when the Pope and the Dalai Lama decide they need a secret vacation? Roland Merullo’s playful, eloquent, and life-affirming novel finds the world’s two holiest men teaming up for an unsanctioned road trip through the Italian countryside—where they rediscover the everyday joys and challenges of ordinary life. During the Dalai Lama’s highly publicized official visit to the Vatican, the Pope suggests an adventure so unexpected and appealing that neither man can resist: they will shed their robes for several days and live as ordinary men. Before dawn, the two beloved religious leaders make a daring escape from Vatican City, slip into a waiting car, and are soon traveling the Italian roads in disguise. Along for the ride is the Pope’s neurotic cousin and personal assistant, Paolo, who—to his terror—has been put in charge of arranging the details of their disappearance. Rounding out the group is Paolo’s estranged wife, Rosa, an eccentric entrepreneur with a lust for life, who orchestrates the subtle disguises of each man. Rosa is a woman who cannot resist the call to adventure—or the fun. Against a landscape of good humor, intrigue, and spiritual fulfillment, *The Delight of Being Ordinary* showcases the uniquely charming sensibilities of author Roland Merullo. Part whimsical expedition, part love story, part spiritual search, this uplifting novel brings warmth and laughter to the universal concerns of family life, religious inspiration, and personal identity—all of which combine to transcend cultural and political barriers in the name of a once-in-a-lifetime adventure.

Saving the climate is our common duty. With each passing day, climate change is causing Pacific islands to disappear into the sea, accelerating the extinction of species at alarming proportions and aggravating a water shortage that has affected the entire world. In short, climate change can no longer be denied—it threatens our existence on earth. In this new book, the Dalai Lama, one of the most influential figures of our time, calls on political decision makers to finally fight against deadlock and ignorance on this issue and to stand up for a different, more climate-friendly world and for the younger generation to assert their right to regain their future. From the voice of the beloved world religious leader comes an eye-opening manifesto that empowers the generation of today to step up, take action and save our environment.
An Advanced Political History of Tibet

Beyond Religion
Ethics Are More Important Than Religion - Ethik ist wichtiger als Religion

Wisdom and Compassion in Psychotherapy

Deepening Mindfulness in Clinical Practice

Ethics for the New Millennium

Ethics for a Whole World

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.

Don’t miss His Holiness the Dalai Lama’s classic book, *The Art of Happiness, or his newest, *The Book of Joy, named one of Oprah’s Favorite Things. In a difficult, uncertain time, it takes a person of great courage, such as the Dalai Lama, to give us hope. Regardless of the violence and cynicism we see on television and read about in the news, there is an argument to be made for basic human goodness. The number of people who spend their lives engaged in violence and dishonesty is tiny compared to the vast majority who would wish others only well. According to the Dalai Lama, our survival has depended and will continue to depend on our basic goodness. Ethics for the New Millennium presents a moral system based on universal rather than religious principles. Its ultimate goal is happiness for every individual, irrespective of religious beliefs. Though he himself a practicing Buddhist, the Dalai Lama’s teachings and the moral compass that guides him can lead each and every one of us—Muslim, Christian, Jew, Buddhist, or atheist—to a happier, more fulfilling life.**

Bringing together leading scholars, scientists, and clinicians, this compelling volume explores how therapists can cultivate wisdom and compassion in themselves and their clients. Chapters describe how combining insights from ancient contemplative practices and modern research can enhance the treatment of anxiety, depression, trauma, substance abuse, suicidal behavior, couple conflict, and parenting stress. Seamlessly edited, the book features numerous practical exercises and rich clinical examples. It examines whether wisdom and compassion can be measured objectively, what they look like in the therapy relationship, their role in therapeutic change, and how to integrate them into treatment planning and goal setting. The book includes a foreword by His Holiness the Dalai Lama.

For more than half a century, in such books as *The Art of Happiness and The Dalai Lama’s Little Book of Inner Peace, the Dalai Lama has guided us along the path to compassion and taught us how to improve our inner lives. In *A Force for Good, with the help of his longtime friend Daniel Goleman, the New York Times bestselling author of Emotional Intelligence, the Dalai Lama explains how to turn our compassionate energy outward. This revelatory and inspiring work provides a singular vision for transforming the world in practical and positive ways. Much more than just the most prominent exponent of Tibetan Buddhism, the Fourteenth Dalai Lama is also a futurist who possesses a profound understanding of current events and a remarkable caninness for modern social issues. When he takes the stage worldwide, people listen. A Force for Good combines the central concepts of the Dalai Lama, empirical evidence that supports them, and true stories of people who are putting his ideas into action—showing how harnessing positive energies and directing them outward has lasting and meaningful effects. Goleman details the science of compassion and how this singular guiding motivation has the power to • break such destructive social forces as corruption, collusion, and bias • heal the planet by refocusing our concerns toward our impact on the systems that support all life • reverse the tendency toward systemic inequality through transparency and accountability • replace violence with dialogue • counter us-and-them thinking by recognizing human oneness • create new economic systems that work for everyone, not just the powerful and rich • design schooling that teaches empathy, self-mastery, and ethics Millions of people have turned to the Dalai Lama for his unparalleled insight into living happier, more purposeful lives. Now, with this new book, his guidance more than ever, he shows how every compassion-driven human act—no matter how small—is integral for a more peaceful, harmonious world, building a force for a better future. Revelatory, motivating, and highly persuasive, *A Force for Good* is arguably the most important work from one of the world’s most influential spiritual and political figures. Praise for *A Force for Good* “A Force for Good offers ideas that every individual can work with and build on, ranging from things that help the environment to things that help the less fortunate. [It’s] a long-range, global plan from a brilliant futuristic thinker, so this is a book that can be of value to any human living on Earth. When you’re ready for a job of optimism, pick up this book.”—*Pop Culture Nerd* “Far from being a self-help book, this examines specific ideas espoused by the Dalai Lama, such as emotional hygiene, compassionate economy, and education of the heart that can make the world a better place. An optimistic and thoughtful primer with practical applications.”—*Booklist***

Bstan Pa Yöns Mña’ Bdag

The Delight of Being Ordinary

Ethics Are More Important Than Religion

Spiritual Leader of Tibet

An Appeal by the Dalai Lama to the World

A Road Trip with the Pope and the Dalai Lama

The Universe in a Single Atom

In this astonishing 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 life of Ramakrishna Paramahansa ‘enables us to see God face to face’, Gandhiji wrote. Similarly, when someone in his circle was distraught, the Mahatma sent him to spend time at the Ashram of Ramana Maharshi. The Paramahansa and the Maharshi have been among the greatest spiritual figures of our country. They have transformed the lives of and have been a solace to millions. Their peak, mystic experience is what we yearn to have. But what if several of the experiences they had occur in other circumstances also?With the rigour and painstaking research that mark all his work, Shourie probes the lives of two of India’s greatest spiritual masters in the light of the breath-taking advances in neuroscience as well as psychology and sociology. The result is a book of remarkable vigour: an examination - and ultimately reconciliation - of science and faith as also of seemingly antagonistic, irreconcilable worldviews.

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.
“[This] impassioned account is ideal for readers well versed in current climate change activism, especially efforts spearheaded by Greta Thunberg.”—*Library Journal*
From the voice of the beloved world religious leader comes an eye-opening manifesto that empowers the generation of today to step up, take action and save our environment. Saving the climate is our common duty. With each passing day, climate change is causing Pacific islands to disappear into the sea, accelerating the extinction of species at alarming proportions and aggravating a water shortage that has affected the entire world. In short, climate change can no longer be denied—it threatens our existence on earth. In this new book, the Dalai Lama, one of the most influential figures of our time, calls on political decision makers to finally fight against deadlock and ignorance on this issue and to stand up for a different, more climate-friendly world and for the younger generation to assert their right to regain their future.

The Dalai Lama has said that Tibetans consider themselves “the child of Indian civilization” and that India is the “holy land” from whose sources the Tibetans have built their own civilization. What explains this powerful allegiance to India? In *The Holy Land Reborn*, Tom Huber investigates how Tibetans have maintained a ritual relationship to India, particularly by way of pilgrimage, and what it means for them to consider India as their holy land. Focusing on the Tibetan creation and recreation of India as a destination, a landscape, and a kind of ether, in both real and idealized terms, Huber explores how Tibetans have used the idea of India as a religious territory and a sacred geography in the development of their own religion and society. In a timely closing chapter, Huber also takes up the meaning of India for the Tibetans who live in exile in their Buddhist holy land. A major contribution to the study of Buddhism, *The Holy Land Reborn* describes changes in Tibetan constructs of India over the centuries, ultimately challenging largely static views of the sacred geography of Buddhism in India.

An Appeal to the WorldThe Way to Peace in a Time of DivisionWilliam Collins

The Art of Happiness

My Story, an Autobiography

The 14th Dalai Lama

An Appeal to the World

The Autobiography of The Dalai Lama

Pilgrimage and the Tibetan Reinvention of Buddhist India

The Dalai Lama and the Emperor of China

His Holiness the Dalai Lama is celebrated as Buddhism’s pre-eminent spiritual master and teacher, embodying the highest aspirations of this rich tradition that is more than 2,500 years old. This fascinating book explores some of His Holiness’ most powerful writings and talks. As he explains the elements of the Buddha’s teachings and the basic practices of meditation, he also engages and reconciles the innovations of modern science with Buddhist perspectives. Ultimately, His Holiness calls for the celebration of diversity and the recognition of interdependence that breeds a sense of Universal Responsibility, which must govern all of our relationships in this increasingly fragmented world. A guide to leading an ethical, happy, and spiritual life beyond religion and cultivating key human values, from a beloved world religious leader. Ten years ago, in the best-selling *Ethics for a New Millennium*, His Holiness the Dalai Lama first proposed an approach to ethics based on universal rather than religious principles. With *Beyond Religion*, he returns to the conversation at his most outspoken, elaborating and deepening his vision for the nonreligious way—a path to lead an ethical, happy, and spiritual life. Transcending the religion wars, he outlines a system of ethics for our shared world, one that makes a stirring appeal for a deep appreciation of our common humanity, offering us all a road map for improving human life on individual, community, and global levels. “Best Religious Books of 2011”Huffington Post“A book that brings people together on the firm grounds of shared values, reminding us why the Dalai Lama is still one of the most important religious figures in the world.”—“Cogent and fresh...This ethical vision is needed as we face the global challenges of technological progress, peace, environmental destruction, greed, science, and educating future generations.”—*Spirituality & Practice*

Through conversations, stories, and meditations, the Dalai Lama shows us how to defeat day-to-day anxiety, insecurity, anger, and discouragement. Together with Dr. Howard Cutler, he explores many facets of everyday life, including relationships, loss, and the pursuit of wealth, to illustrate how to ride through life’s obstacles on a deep and abiding source of inner peace. Based on 2,500 years of Buddhist meditations mixed with a healthy dose of common sense, *THE ART OF HAPPINESS* is a book that crosses the boundaries of traditions to help readers with difficulties common to all human beings: After being in print for ten years, this book has touched countless lives and uplifted spirits around the world.

A sustained argument for Tibetan independence, this volume also serves as an introduction to many aspects of Tibetan culture, society, and especially religion with a compendium of biographies of the most significant religious and political figures.

Self-Immolators Against Chinese Rule

A Force for Good

In My Own Words

Dalai Lama

Science and Philosophy in the Indian Buddhist Classics

H.H. the Dalai Lama’s Appeal to the Secretary General, United Nations, New York, on 9th September, 1959, and Speeches Delivered at the Reception Given by the Indian Council of World Affairs, New Delhi, on 7th September, 1959, Etc.

An Appeal to the Young People of the World

Saving the environment is our collective duty. With each passing day, climate change is causing Pacific islands to disappear into the sea, accelerating the extinction of species at alarming proportions and aggravating a water shortage that has affected the entire European continent. In short, climate change can no longer be denied – it threatens our existence on earth. In this inspiring new book, the Dalai Lama, one of the most influential figures of our time, calls on political decision-makers to finally fight against deadlock and ignorance on this issue. He argues that we all need to stand up for a different and more climate-friendly world, and to allow the younger generation to assert their right to regain their future. From the voice of the beloved world religious leader comes this eye-opening manifesto that empowers the generation of today to step up, take action and protect our world.

THE INTERNATIONAL BESTSELLER * A LIBRARY JOURNAL BEST BOOK OF THE YEAR * A SPIRITUALITY & PRACTICE BOOK AWARD WINNER * A NAUTILUS BOOK AWARD WINNER A Landmark Message from His Holiness the Dalai Lama: Are we ready to hear it? Are we ready to act? I call on you to confront the challenges of our era by rising up and embarking upon a revolution that has no precedent in human history This eloquent, urgent 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.

In his appeal to the world, the Dalai Lama outlines a new secular ethics as the foundation of a peaceful culture. The answer will come not from religions, but from people embracing an ethics that spans all differences. A provocative and emboldening piece of writing by a humble and eminent man of our times. In seinem Appell an die Welt entwirft der Dalai Lama eine neue säkulare Ethik als Basis für ein friedliches Jahrhundert. Nicht Religionen werden die Antwort geben, sondern die Verwurzung des Menschen in einer Unterschiede überwindenden Ethik. Ein herausfordernder wie mutmachender Text eines bescheidenden wie bedeutenden Hannes unserer Zeit.

The Dalai Lama “outlines both the inward and outward paths to peace, addressing a wide range of contemporary topics--from war, climate change, and materialism to meditation, universal ethics, and even neuroscience.”--*Jacket*.

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

The Dalai Lama: A Call for Revolution

An appeal to compassion for a swift return of H.H. Yongdzin Ling Dorjechang (Nyur-j’ on sol-deb T’ug-

A Handbook for Living

A Political History of the Tibetan Institution of Reincarnation

Freedom in Exile

The Dalai Lama’s Vision for Our World

Tibetan Buddhism and Modern Physics: Toward a Union of Love and Knowledge addresses the complex issues of dialogue and collaboration between Buddhism and science, revealing connections and differences between the two. While assuming no technical background in Buddhism or physics, this book strongly responds to the Dalai Lama’s “heartfelt plea” for genuine collaboration between science and Buddhism. The Dalai Lama has written a foreword to the book and the Office of His Holiness will translate it into both Chinese and Tibetan.In a clear and engaging way, this book shows how the principle of emptiness, the philosophic heart of Buddhism, relates to quantum nonlocality and other foundational features of quantum mechanics. Detailed connections between emptiness, modern relativity, and the nature of time are also explored. For Tibetan Buddhists, the profound interconnectedness implied by emptiness demands the practice of universal compassion. Because of the powerful connections between emptiness and modern physics, the book argues that the interconnected worldview of modern physics also encourages universal compassion. Along with these harmonies, the book explores a significant conflict between quantum mechanics and Tibetan Buddhism concerning the role of causality.The book concludes with a response to the question: “How does this expedition through the heart of modern physics and Tibetan Buddhism—from quantum mechanics, relativity, and cosmology, to emptiness, compassion, and disintegratedness—apply to today’s painfully polarized world?”

Despite differences and questions raised, the book’s central message is that there is a solid basis for uniting these worldviews. From this basis, the message of universal compassion can accompany the spread of the scientific worldview, stimulating compassionate action in the light of deep understanding—a true union of love and knowledge.Tibetan Buddhism and Modern Physics will appeal to a broad audience that includes general readers and undergraduate and graduate students in science and religion courses.

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 Gyeyche 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 Choeqyal, 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 Dharamsala—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 Dharamsala and the Tibetan administration. He also explores the numerous political difficulties faced by the Dalai Lama’s cause in the years before they worldwide recognition.

I am Ullhas PR. A social film maker trying to bring positive changes in the society through social films. This book is an appeal and is not for commercial purpose.

Why Tibetan monks are setting themselves on fire Since the 2008 uprising, nearly 150 Tibetan monks have set fire to themselves in protest at the Chinese occupation of their country. Most have died from their injuries. Author Tsering Woeser is a prominent voice of the Tibetan movement, and one of the few Tibetan authors to write in Chinese. Her stirring acts of resistance have led to her house arrest, where she remains under close surveillance to this day. Tibet On Fire is her account of the oppression Tibetans face and the ideals driving those who resist, both the self-immolators and other Tibetans like herself. With a cover image designed by Chinese dissident artist Ai Weiwei, Tibet on Fire is angry and cogent; a clarion call for the world to take action.

His Holiness the Fourteenth Dalai Lama

Two Saints

Appeal to the United Nations and other speeches

An Introduction to My Teachings and Philosophy

My Spiritual Journeys

Teachings on Generating Compassion

A Vision for the Future

His Holiness the Fourteenth Dalai Lama is the foremost spokesperson for the people of the Tibetan Plateau—although his home is in India, in the Himalayan foothills, where he has been forced to live in exile since 1959. As a Buddhist monk, his main focus has been the spiritual life, and the leadership of his people in exile, ensuring their survival and preserving their unique Buddhist culture, while appealing to the world to stop the destruction of their homeland and the six million Tibetans oppressed within it. Every March 10th, from 1961 until 2011, in commemoration of the greatest uprising of the Tibetan people against the Chinese military occupation, the Dalai Lama delivered an appeal to the world on behalf of his people. Each statement is a heartfelt call to recognize the truth and the factual reality of Tibet’s history and situation; a cry for help, a plea for justice, and a pledge of determination to withstand the worst and to overcome. In these annual addresses, he began to articulate and fully express his overarching appeal to humanity. All of the Dalai Lama’s March 10th speeches, at their most poignant and eloquent, are collected here, introduced and historically contextualized by Sofia Stril-Rever, an author and scholar of Tibetan history and culture and Buddhist spirituality who has long served as his French translator. Here in this book is his appeal to us all. The people of all nations have heard it and have tried to help, but their governments still have not dared to stand up effectively for justice on behalf of the Tibetan people and for recognition of the basic human rights to which we all are entitled. The question therefore remains: Who will finally respond to this appeal in time to prevent the ultimate disaster that is looming on the roof of the world?

The younger sister of the Dalai Lama, and a cabinet officer of Tibet’s government in exile, recounts her experiences growing up in Tibet, and shares the culture and traditions of her native land

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.

Collection of Dalai Lama XIV’s statements and essays on the environment, 1986-1993.

One Hundred Thousand Moons

Transforming the Mind

His Holiness the Dalai Lama

The Way to Peace in a Time of Division

Tibet

The Holy Land Reborn

The Convergence of Science and Spirituality

Offers lectures on an eleventh-century Buddhist classic, given by the Dalai Lama in London 1999.

An ethical approach to dealing with the urgent issues of climate change and taking care of our delicate ecosystems. This *Fragile Planet* features 80 inspiring quotations from His Holiness the Dalai Lama on environment, matched with 120 eye-catching photos and visuals from a dozen professional photographers - all carefully curated and edited by Tibet expert Michael Buckley. The book lays out the vision of His Holiness concerning secular ethics and environmental protection, great respect for all living beings, the importance of interdependence, and the concept of universal responsibility for protecting Mother Earth. Material in the book is as current as Earth Day 2021. The Dalai Lama’s 1989 Nobel Peace Prize was the first ever awarded on the basis of environmental protection. Over the decades since, His Holiness has worked tirelessly as an environmental activist, making this one of his key commitments in life. He is a staunch advocate of the value of education of the heart - the need for compassion and ethics, inspiring the coming generations - and has worked closely with educators to realise this vision.

#1 INTERNATIONAL BESTSELLER - FEATURES EXCLUSIVE NEW MATERIAL ON THE TRUMP PRESIDENCY “Makes the case for unity in a world rife with divisions.”—*New York Times*
Book Review In this brief yet profound address to global humanity, His Holiness the Dalai Lama reveals that we all hold the seeds of world peace within us: “I see with ever greater clarity that our spiritual well-being depends... the Nobel Peace Prize winner writes, “on our innate human nature, our natural affinity for goodness, compassion, and caring for others.” Already a major international bestseller, *An Appeal to the World*, the new book by one of the most revered spiritual leaders of our time, outlines both the inward and outward paths to peace, addressing a wide range of contemporary topics—from the rise of nationalism, Trump presidencies, refugee crisis, climate catastrophes, and materialism to meditation, universal ethics, and even neuroscience. Here is a small book that can truly change the world.

A Call for Revolution

The Dalai Lama Book of Quotes

A Manga Biography

Speculations Around and About Ramakrishna Paramahansa and Ramana Maharishi

Toward a Union of Love and Knowledge

Bring Is! Helmet in the Mandatory List of Bis

The Mind, Volume 2