

This book is a first. There has never been one entirely dedicated to the spiritual life of the Dalai Lama. Yet as one of the world's most recognised, and respected, spiritual leaders there is already great interest in such a work from His Holiness thousands of friends and followers around the world. The Dalai Lama sees himself first and foremost as a human being, secondly as a monk and thirdly as the former political leader of Tibet. In this extraordinary autobiography we read many hitherto unknown stories from his childhood, his formation as a monk and his gradual development as a leader of his people. We are offered a view of his daily spiritual practise, invited to listen in on the dialogue he has been pursuing with other religions, with non-believers and with scientists in his search for ethical and environmental principles, and shown how he brings a sense of goodness and conscience to political life around the globe. In a world that is so profoundly interdependent, the Dalai Lama explains how he transforms himself through spiritual means in order to have a positive effect on the world, and he encourages us to do the same by working on ourselves first of all.

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My Spiritual Autobiography has ratings and 23 reviews. Ryan said: This book is surprisingly difficult for me to read, even though I have been learning. My Spiritual Autobiography is a book published in , compiled by Sofia Stril-Rever [Fr] from speeches and interviews of the 14th Dalai Lama, ISBN.

This book is a first. There has never been one entirely dedicated to the spiritual life of the Dalai Lama. Yet as one of the world's most recognised.

Jamphel Ngawang Lobsang Yeshe Tenzin Gyatso His Holiness the Fourteenth Dalai Lama is perhaps the most recognised spiritual leader of the modern times; . My Spiritual Autobiography essays God allowed me to be born into the ideal Christian home. My parents took us to church three times a week, had family.

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Yet as one of the world's most recognised, and respected, spiritual leaders there is clearly great need for such a work. My Spiritual Autobiography will be a. This vivid and moving portrait is the first work to be dedicated purely to the Dalai Lama's spiritual journey. His writings present

the arc of his spiritual vision, from. Writing one's spiritual autobiography is itself a tool for spiritual formation. A spiritual autobiography is not meant to be a comprehensive chronicle of your.

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