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The Transformed Mind is a collection of talks he gave at a Tibetan Buddhist centre in Delhi during the 1990s. The history of Tibetan Buddhism is covered in a useful Introduction by Lama Thubten Zopa Rinpoche; in the transcribed talks the Dalai Lama explores many of its The Dalai Lama is one of the best-known religious leaders in the world, and ...

The Dalai Lama discusses B The theme of the book is the attainment of human happiness through self-understanding, introspection and, as the title states, "Transforming the Mind." The theme of this book is similar to a book called "The Art of Happiness" that recounts an American psychiatrist's conversations with the Dalai Lama.

The first three verses from the Eight Verses of Training the Mind along with the commentary by His Holiness the Dalai Lama were given on 8 November 1998 in Washington D.C. The remaining five verses are extracted from the book Transforming the Mind by His Holiness the Dalai Lama.

Lojong, or Tibetan mind training practices, enable us to stay strong and positive in how we face the challenges of life. Through training our minds, we can transform any negative circumstance into an opportunity to develop love, compassion and understanding.

Another addition to the growing list of titles by the Dalai Lama, this book is a transcription of three days of teachings in May 1999 in London. The focus is on The Eight Verses on Transforming the Mind, an important 11th-century Tibetan work included in an appendix.

Wishing and praying alone will not transform your mind, but with conviction and reason, reason based ultimately on your own experience, you can transform your mind. Time is quite an important factor here, and with time our mental attitudes can certainly change.

Transforming the Mind: Teachings on... book by Dalai Lama XIV
HH Dalai Lama Transforming the Mind NY 1999 Part 1

Transforming The Mind Dalai Lama

In Transforming the Mind, based on an edited series of his lectures, the Dalai Lama provides a succinct overview of the basic techniques of spiritual development in Tibetan Buddhism. He introduces several aspects of mind training, combining the insights of traditional scholarship with his personal warmth and humanity.

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His Holiness the Dalai Lama speaking at the Pacifico Yokohama Exhibition Hall in Yokohama, Japan, on November 4, 2012. Photo/Office of Tibet Japan All humans have the chance to eliminate afflictive emotions, he said, and so to end suffering, so long as we mix compassion with discernment, the Four Noble Truths with an understanding of emptiness.

Amazon.com: Transforming the Mind (9780722540305): Dalai ...

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Recorded in New York in 1999 and introduced by Richard Gere. One of my favourite teachings of HH Dalai Lama on Transforming the Mind, Based on the text by Geshe Langri Thampa (1054-1123 CE) Eight ...

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The Dalai Lama (LOJONG 1)

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Amazon.com: Customer reviews: Transforming the Mind

Warm Heart Open Mind. By H.H. the Dalai Lama. Comprising talks given while the Dalai Lama was in New Zealand in 2002, this book promotes the basic human values of love, tolerance, compassion, forgiveness and self-discipline. Published By The Dalai Lama Trust, New Zealand, 2003

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I have just read the Dalai Lama's book, "Transforming the Mind". I found the book worth my while to read. Although my personal beliefs are highly theistic, I refuse to condemn as "pagan" or ungodly a religion that does not express belief in a Divine Creator.

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His Holiness the Dalai Lama teaches on... | The 14th Dalai Lama

The Dalai Lama has a wonderfully peaceful way of sharing this wisdom and reminding us how we can free ourselves from the suffering we create with our attachments. Whether you are Buddhist, or not, the information and wisdom teachings in this book transcend religion -- all humans with a mind would benefit from reading this book.

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