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larger-than-life leader of Tibetan Buddhism—perfect for anyone curious about Eastern religion, invested in the Free Tibet movement, or simply seeking a richer spiritual life. The Dalai Lama's riveting, deeply insightful meditations on life will resonate strongly with readers of Pema Chodron, Thich Nhat Hanh, or the His Holiness's own *The Art of Happiness*

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My Spiritual Journey by Dalai Lama, Sofia Stril-Rever ...

My Spiritual Journey is a collection of the Dalai Lama's writings, speeches, and

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thoughts as they pertain to his life as a human being, as a Buddhist monk, and as the Dalai Lama. This is not a traditional autobiography or memoir.

My Spiritual Journey by Dalai Lama XIV - Goodreads

Dalai Lama's Three Commitments in Life
My Spiritual Journey consists of three parts, each of which

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chronicles the Dalai Lama's spiritual journey in one of three ways: as a human being, as a Buddhist monk, and as the Dalai Lama. The book is framed the way it is because of the impact a speech of the Dalai Lama had Sofia Stril-Rever.

My Spiritual Journey Summary - Dalai Lama | 12min Blog

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**My Spiritual Journey
by Dalai Lama
(2010-10-12):**

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My Spiritual Journey by
The Dalai Lama The
point of Buddhism is to
transform the mind so
that we free ourselves
from suffering and its
causes. First, you must
know your mind, then
how it functions so that
you can eliminate the 3
mental poisons:
ignorance, desire,
hatred. You must
analyze the stream of
consciousness.

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**My Spiritual Journey
by The Dalai Lama -
Self Improvement**

'My Spiritual Journey,'
by The Dalai Lama By
His Holiness The Dalai
Lama The following is
an excerpt from the
Dalai Lama's latest
book, "My Spiritual
Journey," a collection
of personal memories,
anecdotes and
reflections on his
boyhood in Tibet, his
early life as a monk
and his experiences as

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a world leader living in
exile:

'My Spiritual Journey,' by The Dalai Lama | HuffPost

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Dalai Lama

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My Spiritual Journey by Dalai Lama in Sri Lanka - Jumpbooks.lk

For the first time and in his own words, the Dalai Lama charts his spiritual journey from

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his boyhood days in rural Tibet to his years as a monk in the capital city of Dharamsala, to his life in exile as a world leader and symbol of peace. My Spiritual Journey provides a vivid and moving portrait of the Dalai Lama's life journey that is personal in tone but universal in scope.

**Book Review: My
Spiritual Journey by**

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Dalai Lama XIV | Mboten

My Spiritual Journey
Quotes Showing 1-30
of 79 “Historically, the
East was more
concerned with
understanding the
mind and the West was
more involved in
understanding matter.”
— Dalai Lama XIV, My
Spiritual Journey 9 likes

My Spiritual Journey Quotes by Dalai Lama XIV

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**My Spiritual Journey:
Lama, Dalai, Stril-**

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Dalai Lama Xiv
Rever, Sofia ...

My Spiritual Journey provides a vivid and moving portrait of the Dalai Lama's life journey that is personal in tone but universal in scope.

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introduction to the larger-than-life leader of Tibetan Buddhism—perfect for anyone curious about Eastern religion, invested in the Free Tibet movement, or simply seeking a richer spiritual life. The Dalai Lama's riveting, deeply insightful meditations on life will resonate strongly with readers of Pema Chodron, Thich Nhat Hanh, or the His Holiness's own

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The Art of Happiness
and Ethics for the New

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**My Spiritual Journey
[ebook] by Dalai**

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**My Spiritual Journey
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Stril-Rever ...**

En español | The Dalai Lama's new book, My

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Spiritual Journey, would attract a much smaller audience, of course, were its author not a world celebrity. Coming from anyone else of similar renown, the author's characterization of himself as "a simple Buddhist monk" would sound falsely self-effacing.

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