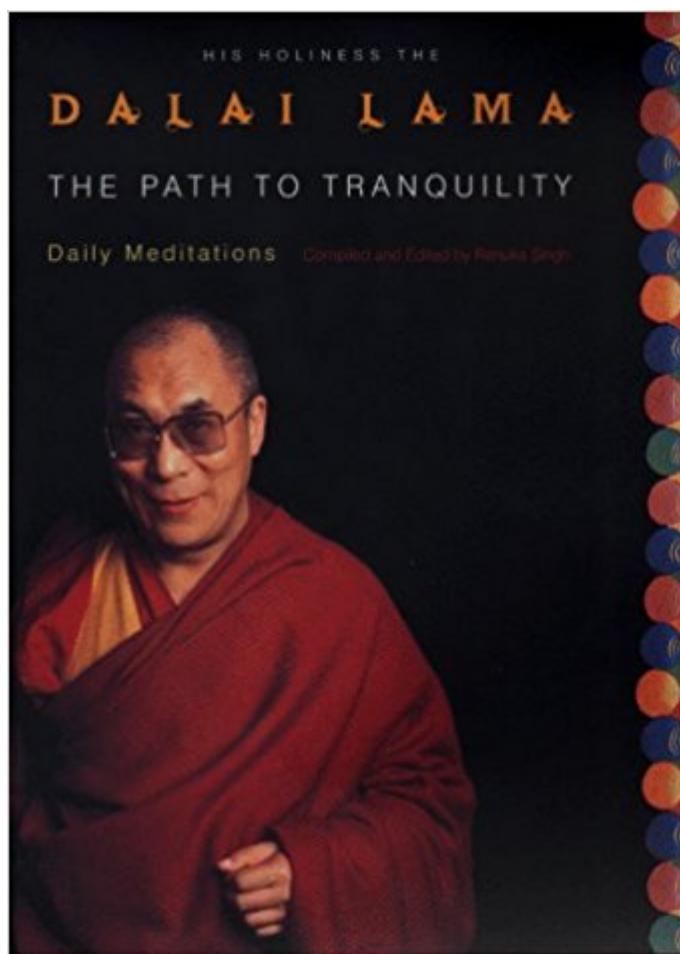


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# The Path To Tranquility: Daily Meditations By The Dalai Lama



## **Synopsis**

A guide and an inspiration for every day of the year, from a leading spiritual figure of our timesDecember 29. "The essence of all spiritual life is your emotion, your attitude toward others. Once you have pure and sincere motivation, all the rest follows."The Dalai Lama, a living symbol of holiness and selfless triumph over tribulation, has shared his philosophy of peace with today's turbulent world. Yet rarely do we hear him speak with such directness, intimacy, and immediacy as in this collection of daily quotations drawn from his own writings, teachings, and interviews. The Path to Tranquillity, a fresh, wonderfully accessible introduction to his inspirational wisdom, offers words of guidance, compassion, and peace. It covers almost every aspect of human life, secular and religious--happiness, loneliness, enlightenment, suffering, and anger--with endearing informality, warmth, and practicality. How can we resolve painful memories? Awaken our minds with meditation? Heal by expressing our inner conflicts? Overcome ignorance, self-delusion, and excessive attachments? Here, day by day, are answers as down to earth as they are rich in spirit.Elegantly designed and hand-sized, The Path to Tranquillity includes a special foreword by His Holiness on the power of compassion, meditation, and personal responsibility. It is a gift to be treasured by the novice and seasoned practitioner alike.

## **Book Information**

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## **Customer Reviews**

Wouldn't it be nice to have a handy collection of highlights from the Dalai Lama's writings and teachings? Renuka Singh, a student and friend of the Dalai Lama, brings together a sampling of his

words for each day of the year in *The Path to Tranquility*. In her selections you can sense the intimate encouragement of the student-teacher relationship. The Dalai Lama's words are not distant platitudes or profound proclamations but rather small insights and patient exhortations to keep trying. "We can deny everything except that we have the possibility of being better." "As a spiritual trainee, you must be prepared to endure the hardships of being involved in a genuine spiritual pursuit." "Nothing is more important than guarding the mind." These thoughts are germane to practical cultivation, and pondering a daily passage is a great way to keep the mind coming back to its center. Take a page from the Dalai Lama, and set yourself on the path to tranquility. --Brian Bruya

A mezzo-mezzo book from the Dalai Lama (*Ethics for the New Millennium*, p. 1044). This collection of excerpts from the the Tibetan leader's writings and speeches is organized like *Meditations for Women Who Do Too Much*the reader is encouraged to meditate on a different snippet each day. The excerpts range from a description of a Calcutta hospital to a cautionary note about marriage, from a pronouncement that the media should worry more about the common good than ratings to musings on generosity. The Dalai Lama combats the deconstructionists, asserting that whenever one reads a book, one must consider the context in which the author wrote it. He trots out the clich that ``there is nothing like teaching to help one learn" and suggests that, in order to change the world, one should start with changing one's own behavior. One wishes for a more heavy-handed editor. The readings seem thrown together randomly, and too many of the selections are utterly banal. Do we really need to spend May 12 reflecting on the fact that when the Dalai Lama loses his temper with someone, he later apologizes? Dip into this book, but don't make it your daily companion for a year. -- Copyright Â©1999, Kirkus Associates, LP. All rights reserved.

I am happy to have any book with wisdom from the Dalai Lama. This is a little gem with a paragraph of wisdom to enlighten each day of the year. I have a few books that I read a little out of each morning and I am pleased to add this to my daily routine.

This book hasn't arrived yet but I already have a copy and am buying it for my friends. It is such a sweet book of daily wisdom. Not devotionals; not religious; just information about what's going on in the world and how an individual can take a tiny step to help and, thereby, become at peace with oneself and others. I'm not one to preach anything; but sometimes a book comes along gives me an early morning thought which carries me through the day. And I want my friends to share in that

pleasure. The daily statements are short and concise and thought-provoking.

Love starting each day with this book - Really good buy.

## I LOVE IT

I read the daily entry every morning when I wake up and carry his message with me throughout the day. A great source of well being and goodness.

This book is a compilation of daily thoughts to think and meditate about, a different one for each day of the year. Really good on mobile as it provides daily inspiration and thought provoking ideas. I was hoping for more insight and expansion from the Dalai Lama but maybe my expectation was misguided. I'm going to go meditate on that!

This reviewer finds that the product works quite well for reminding him about the spiritual side to life, but wishes the wisdom would continue for more than three CD's, as they seem a bit short.

Repeating the albums works for some time, but the reviewer gets distracted by music stations and songs such as Black Sabbath's "I Sold my Soul for Rock and Roll", which do nothing for the reviewer's spiritual growth but he finds that it is a timeless classic. All in all, this is recommended for keeping yourself in touch with more important things, like self development, and inner awareness. It also inspired the reviewer to learn more about Buddhism, but found that he could not force himself to believe that there is more than one lifetime for each creature. He couldn't discount the notion, but nor was he able to prove it to himself. So the path continues...

I bought this book many, many years ago and it was sitting on my bookshelf until about 3 years ago when I was ready to receive and understand what this book has to offer. I have read daily since then as part of my daily devotion. I bought an additional copy as a gift and recommends it to all like minded people.

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