



The Dalai Lama's Book of Awakening

Dalai Lama XIV

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A little book for those in search of words to calm and inspire. In this mini ebook His Holiness the Dalai Lama teaches us how to deal with suffering.

The Dalai Lama's Book of Awakening contains His Holiness thoughts on The Four Noble Truths – the very foundation of Buddhist teaching.

The Four Noble Truths – the truth of suffering, the truth of the origin of suffering, the truth of the cessation of suffering, the truth of the path leading to this cessation – was the first sermon the Buddha gave after he was enlightened. In this little book, His Holiness presents a comprehensive explanation of the subject, helping us to gain a better understanding of the Four Noble Truths.

'Whenever I have been given the opportunity to introduce Buddhism I always make it a point to explain Buddhism in terms of two principles. One is the development of a philosophical viewpoint based on the understanding of the interdependent nature of reality. And the second principle is that of non-violence which is the actual action of a Buddhist practitioner and which derives from that view of the interdependent nature of reality.'

His Holiness the Dalai Lama

The Dalai Lama's Book of Awakening Details

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From Reader Review The Dalai Lama's Book of Awakening for online ebook

Janet Bruce says

I truly EnJoY & appreciate this book ! This is my 3rd time reading it ! One who wishes to gain knowledge of & undestand how the Mind, Body & Feelings can work together in Harmony MUST read this ! Namaste.

Tanya says

This book is a fast read, although you do need to read over some parts a bit slower than others. What the Dalai Lama is trying to pass on to you is that in order for you to be happy and find a sort of self awakening is to first get a hold of what is troubling you. Work thru these things and move on from them. Learn from them and learn to really love yourself and the world around you. It creates a good circle of Karma. I guess, the next thing, if you don't believe in karma, then try to believe that happiness will generate happiness. Try not to wallow in what gets you down. Believe in a higher power.. it doesn't have to be Buddhism, it can be Christianity or Muslim or whatever is out there that gives you a sense of strength and empowerment.

Lourdes Cambridge says

THE TIBETAN MONKS VISITED MY HOME AREA IN 2001...RIGHT BEFORE 911...AND THEY VISITED A LITTLE SOUTH OF HERE, IN BIRMINGHAM...RIGHT AFTER NASA/COLUMBIA. THEN THE DALAI LAMA VISITED IN 2015...FOR A SYMPOSIUM ON THE PLASTICITY OF THE BRAIN. NOW THE DALAI LAMA IS IN HOSPITAL...UNDERGOING PROSTATE TREATMENTS...ACCORDING TO HIS OWN ACCOUNTS. THE ESSENCE OF THE VISIT HERE WAS LONGEVITY. THE ESSENCE OF THE VISIT TO BIRMINGHAM FOCUSED ON THAT WHICH LASTS FOREVER. THE PLASTICITY OF THE BRAIN EVENT CONCENTRATED ON EXERCISING AND ENLIGHTENING AWARENESS AND ON DEVELOPING NEW PATHS THAT LEAD TO THE SAME GOAL...ALBEIT PERHAPS, ROADS LESS TRAVELLED BY SOME. THIS CONFERENCE WAS COMBINED WITH NEURO SCIENCE STRIVING TO REGENERATE FROM DEVASTATING NEURO TRAUMA. AND THE CAPACITY TO RAISE AWARENESS IS INTIMATELY LINKED WITH SPONTANEOUS HEALING AND HAPPINESS.

Anantha Krishna says

Book has a lot of theories and jargons which might be an overkill for a quick read. Especially without examples/relatable explanations to common people.

And if all the points are important to go into the content demands Larger volume.

Finally a revelation for me was to know how Buddhism too is so complex with multiple schools and theories contrary to what I had heard about Buddha having simplified a lot of things during his time.

Brandon says

Granted this is an abridged version of a much longer book. Still, it's a great in depth breakdown of the four noble truths and the three jewels.

Naushadali Rangoonwala says

This review might be biased since I'm not a fan of any books propagating religion/spirituality. I read this on my trip to Ladakh. While the book does have some interesting lessons, there are too many teachings filled without satisfactory examples.
