

The Dalai Lama's Little Book of Wisdom



His Holiness the Dalai Lama

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**The Dalai Lama's
Little Book of Wisdom**

«HarperCollins»

His Holiness the Dalai Lama

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With characteristic humour and a down-to-earth approach to the Buddhist path, the Dalai Lama offers us an inspirational way to transform our hearts and minds and create the happiness we seek. He shows us how our state of mind, in terms of our attitudes and emotions, plays a crucial role in shaping the way we experience happiness and suffering. This ebook brings together His Holiness the Dalai Lama's thoughts on a variety of subjects, including contentment, compassion, dealing with anger and emotion, giving and receiving, transformation and facing death.

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FOREWORD

The Dalai Lama's Little Book of Wisdom is a collection of teachings given by His Holiness the Dalai Lama in a series of talks, lectures and question and answer sessions in the UK during 1993, 1996 and 1999.

His Holiness the Dalai Lama is the spiritual and temporal leader of the Tibetan people. In 1989 His Holiness the Dalai Lama was awarded the Nobel Peace Prize for his non-violent struggle for the liberation of Tibet. Since 1959 His Holiness has been living in exile in India. Tibet continues to be occupied by Communist China.

It is hoped that *The Dalai Lama's Little Book of Wisdom* will bring His Holiness the Dalai Lama's message about the importance of love, compassion, forgiveness, balanced attitudes and positive thinking to a wider audience.

The Office of Tibet would like to thank Jane Rasch and Cait Collins for transcribing His Holiness the Dalai Lama's talks and lectures, and Dr Thupten Jinpa and Dominique Side for interpreting and editing His Holiness' teachings into English.

PREFACE

I am a Buddhist and my whole way of training is according to the Buddhist teaching or Buddha *Dharma*. Although I speak from my own experience, I feel that no one has the right to impose his or her beliefs on another person. I will not propose to you that my way is best. The decision is up to you. If you find some point which may be suitable for you, then you can carry out experiments for yourself. If you find that it is of no use, then you can discard it.

His Holiness the XIV Dalai Lama

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