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excellent 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

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Holiness's own The Art of Happiness and Ethics for the New ...

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## **Amazon.com: My Spiritual Journey: Personal Reflections ...**

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**My Spiritual Journey by Dalai Lama,**

*Page 9/30*

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## **Sofia Stril-Rever ...**

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

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## **XIV - Goodreads**

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

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Sofia Stril-Rever.

## **My Spiritual Journey Summary - Dalai Lama | 12min Blog**

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population. He also has most strongly been cultivated in the tradition of Tibetan Buddhism.

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

My Spiritual Journey by The Dalai Lama  
The point of Buddhism is to transform the mind so that we free ourselves from

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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.

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

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'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 a world leader living in exile:

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

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### **Amazon.com: Customer reviews: My Spiritual Journey**

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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## **Books | The 14th Dalai Lama**

The Dalai Lama's most accessible and intimate book, *My Spiritual Journey* is an excellent 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

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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 and Ethics for the New ...*

**My Spiritual Journey by Dalai Lama in Sri Lanka - [Jumpbooks.lk](http://Jumpbooks.lk)**

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

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tone but universal in scope.

## **Book Review: My Spiritual Journey by 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

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XIV, My Spiritual Journey 9 likes

## **My Spiritual Journey Quotes by Dalai Lama XIV**

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### **My Spiritual Journey: Lama, Dalai, Stril-Rever, Sofia ...**

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### **New Autobiography MY SPIRITUAL JOURNEY by the Dalai Lama ...**

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### **My Spiritual Journey - Dalai Lama - Paperback**

The Dalai Lama's most accessible and intimate book, *My Spiritual Journey* is an excellent 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

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**My Spiritual Journey [ebook] by Dalai Lama (epub/mobi ...**

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

En español | The Dalai Lama's new book,

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My 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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