

## The Dalai Lamas Cat

Translation of a series of lectures in Tibetan given in London, 1984.

In *The Fourteen Dalai Lamas*, author Glenn H. Mullin vividly brings to life the myth and succession of all 14 Dalai Lamas in one volume for the first time. The book contains a chapter on each Dalai Lama (except Dalai Lamas 9-12, who are covered in one chapter). Each chapter opening features an illustration of the Dalai Lama who is the subject of that chapter. Mullin has also included characteristic excerpts from the Dalai Lamas' teachings, poetry, and other writings that illuminate the principles of Tibetan Buddhism expressed in their lives. The 14th Dalai Lama, spiritual and temporal leader of the Tibetans in exile, is well-known, but the 600-year tradition to which he is heir is less familiar. From the birth of the first Dalai Lama in a cowshed in 1391, each subsequent Dalai Lama has been the reincarnation of his predecessor, choosing to take up the burdens of a human life for the benefit of the Tibetan people. For almost six centuries, the Dalai Lamas have served as the Tibetans' spiritual leader and have held secular power for almost half that time. All the Dalai Lamas are revered as incarnations of Avalokiteshvara, the Buddhist deity of compassion, but each has been a unique individual with different abilities and temperaments. Over the ages, various Dalai Lamas have been poets, statesmen, builders, philosophers; most have been disciplined monastics, but one was a lover of women. The potential of some was tragically lost when their lives were cut short, possibly the victims of political intrigue, while others lived long enough to shape entire eras of Tibetan history.

In this simple and accessible but beautifully written book, David Michie opens the door to the core teachings of Tibetan Buddhism, and shows us how he himself first began incorporating Buddhist practices into his daily life. What does it take to be happy? We've all asked ourselves this question at some point, but few of us have found the path to lasting fulfillment. David Michie thought he had achieved his life's goals--the high-level job, the expensive city apartment, the luxury car, the great vacations--but a small voice was telling him he wasn't really happy. A chance remark from a naturopath sent him to his local Buddhist center. There he began the most important journey of his life. In *Buddhism for Busy People* Michie explains how he came to understand the difference between the temporary pleasures of ordinary life and the profound sense of well-being and heartfelt serenity that comes from connecting with our inner nature.

The fourth book in the globally popular Dalai Lama's Cat series. *His Holiness's Cat* explores the four main themes of Tibetan Buddhism.

A new generation of business leaders is turning to mindfulness as a cutting-edge leadership tool. Scientific research suggests that the practice of mindfulness (a technique for learning to live in the present moment) can help individuals to gain clarity, reduce stress, optimize performance, and develop a greater sense of well-being. In *The Mindful Leader*, Michael Carroll explains what mindfulness is and how to develop it in the hectic and often stressful environment of the twenty-first century workplace. He focuses on ten key principles of mindfulness and how they apply to leading groups and organizations. Along the way, Carroll addresses a range of topics, including how to: heal the "toxic workplace," where anxiety and stress impede performance cultivate courage and confidence in the face of workplace difficulties pursue organizational goals without neglecting what's happening here and now lead with wisdom and gentleness, not just with ambition and power start a personal meditation practice to develop your innate leadership talents Full of engaging stories and practical exercises, *The Mindful Leader* will help leaders in any field to discover their innate intelligence, bravery, and joy on the job.

"If you ever doubted that your feline companion has her own inner life, just watch what happens when she falls asleep, and loses conscious control of her physical being . . . a twitching of limbs, a quivering of the jaw, sometimes perhaps a snuffling noise or a meow. . . . Cats may indeed be capable of great mindfulness. But we are thinking beings, too. In my own case, unfortunately, a being who thinks rather too much." In the latest installment of the Dalai Lama's Cat series, *His Holiness's Cat* ("HHC") is on a mission: to think less, to experience more, to live in the moment. She soon learns the proper phrase for this, being mindful, or, a concept better known to her as the power of meow. What ensues is a journey to discover her own true nature, to gain a deeper understanding of her mind, and to experience life's greatest joy, the here and now. Throughout, she shares encounters with familiar inhabitants of Dharamsala, as well as a whole new cast of characters: a senior exec from one of Silicon Valley's most famous social media companies (hint: the name rhymes with "litter"), the Pope's beloved dog (who shares a shockingly similar title: HHD, *His Holiness's Dog*), and a public health inspector who threatens to have our poor narrator banned from the Himalaya Book Café. In this follow-up to the *Dalai Lama's Cat and the Art of Purring*, readers escape to the enchanting and exotic world of the Dalai Lama's monastery in the Himalayas, and take a peek inside the mind of a delightfully imperfect creature on the path to enlightenment. By accompanying HHC on her journey, you will learn new ways to relate to your own mind: slowing down, finding peace, and abiding in the boundless radiance and benevolence that is your own true nature.

A practicing Buddhist and Oriental linguist recounts supernatural events she witnessed in Tibet during the 1920s. Intelligent and witty, she describes the fantastic effects of meditation and shamanic magic — levitation, telepathy, more. 32 photographs.

"Author of *The Dalai Lama's cat*"--Cover.

For anyone who wants to start meditating but has been struggling to get to the cushion, here are all the motivation and tools you need to achieve greater balance, better health and a more panoramic perspective of life.

Bestselling meditation author David Michie explores the deep bond we have with our pets. With insights from Buddhism and modern science, and including true stories from around the world, he shows how we can provide practical support to our pets both in daily life and when they are dying.

Derived from a Buddhist funerary text, this famous volume's timeless wisdom includes instructions for attaining enlightenment, preparing for the process of dying, and moving through the various stages of rebirth.

Two leading thinkers engage in a landmark conversation about human emotions and the pursuit of psychological fulfillment. At their first meeting, a remarkable bond was sparked between His Holiness the Dalai Lama, one of the world's most revered spiritual leaders, and the psychologist Paul Ekman, whose groundbreaking work helped to define the science of emotions. Now these two luminaries share their thinking about science and spirituality, the bonds between East and West, and the nature and quality of our emotional lives. In this unparalleled series of conversations, the Dalai Lama and Ekman prod and push toward answers to the central questions of emotional experience. What are the sources of hate and compassion? Should a person extend her compassion to a torturer—and would that even be biologically possible? What does science reveal about the benefits of Buddhist meditation, and can Buddhism improve through engagement with the scientific method? As they come to grips with these issues, they invite us to join them in an unfiltered view of two great traditions and two great minds. Accompanied by commentaries on the findings of emotion research and the teachings of Buddhism, their interplay—amusing, challenging, eye-opening, and moving—guides us on a transformative journey in the understanding of emotions.

From the authors who brought you the million-copy bestseller *The Art of Happiness* comes an exploration of job, career, and finding the ultimate happiness at work. Over the past several years, Howard Cutler has continued his conversations with the Dalai Lama, asking him the questions we all want answered about how to find happiness in the place we spend most of our time. Work—whether it's in the home or at an office—is what mostly runs our lives. We depend on it to eat, to clothe and shelter ourselves, and to take care of our families. Beginning with a direct correlation between productivity and happiness, Dr. Cutler questions His Holiness about the nature of work. In psychiatry and according to the Dalai Lama, our motivation for working determines our level of satisfaction. The book explores three levels of focus: survival, career, and calling. Once again, Cutler walks us through the Dalai Lama's reasoning so that we know how to apply the wisdom to daily life. This practical application of Buddhist ideas is an invaluable source of strength and peace for anyone who earns a living.

Take a peek inside the mind of a delightfully imperfect creature on the path to enlightenment. In the latest instalment of the Dalai Lama's Cat series, readers escape to the enchanting and exotic world of the Dalai Lama's monastery in the Himalayas. His Holiness's Cat (HHC) is on a mission: to think less, to experience more, to live in the moment. She soon learns the proper phrase for this: being mindful, or, a concept better known to her as the power of meow. What ensues is a journey to discover her own true nature, to gain a deeper understanding of her mind and to experience life's greatest joy - the here and now. By accompanying HHC on her journey, you will learn new ways to relate to your own mind: slowing down, finding peace and abiding in the boundless radiance and benevolence that is your own true nature.

Buddhist thriller written by the best-selling author of *The Dalai Lama's Cat* series, David Michie.

Powerful, profound advice on how to live a peaceful and fulfilling life amidst all the conflicts of the modern world. In this distillation of his life and teachings, the Dalai Lama paints a compelling portrait of his early life, reflecting on the personal and political struggles that have helped to shape his understanding of our world. Offering his wisdom and experience to interpret the timeless teachings of the Buddha, *The Dalai Lama's Little Book of Inner Peace* is fresh and relevant to our troubled times. He explains in a simple and accessible way how each of us can influence those around us by living with integrity. And he holds out hope that, through personal transformation, we can all contribute to a better world.

A favorite of Tibetans and recommended by the Dalai Lama and other senior Buddhist teachers, this practical guide to inner transformation introduces the fundamental spiritual practices common to all Tibetan Buddhist traditions. *The Words of My Perfect Teacher* is the classic commentary on the preliminary practices of the Longchen Nyingtig—one of the best-known cycles of teachings and a spiritual treasure of the Nyingmapa school—the oldest Tibetan Buddhist tradition. Patrul Rinpoche makes the technicalities of his subject accessible through a wealth of stories, quotations, and references to everyday life. His style of mixing broad colloquialisms, stringent irony, and poetry has all the life and atmosphere of an oral teaching. Great care has been taken by the translators to render the precise meaning of the text in English while still reflecting the vigor and insight of the original Tibetan. A preface by His Holiness the Dalai Lama, insightful introductory essays, explanatory notes, and classic illustrations enhance this quintessential introduction to Tibetan Buddhist practice. This new edition includes translations of a postface to the text written a century ago (for the first printed edition in Tibetan) by the first Jamgon Kongtrul Rinpoche, and a new preface by the late Dilgo Khyentse Rinpoche. The notes, glossary and bibliography have been expanded and updated, Sanskrit names and terminology have been given their proper transliterated form, and the illustrations have been improved in quality and supplemented with new material.

“A magnificent achievement. In its power to touch the heart, to awaken consciousness, [The Tibetan Book of Living and Dying] is an inestimable gift.” —San Francisco Chronicle A newly revised and updated edition of the internationally bestselling spiritual classic, *The Tibetan Book of Living and Dying*, written by Sogyal Rinpoche, is the ultimate introduction to Tibetan Buddhist wisdom. An enlightening, inspiring, and comforting manual for life and death that the New York Times calls, “The Tibetan equivalent of [Dante’s] *The Divine Comedy*,” this is the essential work that moved Huston Smith, author of *The World’s Religions*, to proclaim, “I have encountered no book on the interplay of life and death that is more comprehensive, practical, and wise.”

Palden Gyatso was born in a Tibetan village in 1933 and became an ordained Buddhist monk at 18 — just as Tibet was in the midst of political upheaval. When Communist China invaded Tibet in 1950, it embarked on a program of “reform” that would eventually affect all of Tibet’s citizens and nearly decimate its ancient culture. In 1967, the Chinese destroyed monasteries across Tibet and forced thousands of monks into labor camps and prisons. Gyatso spent the next 25 years of his life enduring interrogation and torture simply for the strength of his beliefs. Palden Gyatso’s story bears witness to the resilience of the human spirit, and to the strength of Tibet’s proud civilization, faced with cultural genocide.

Here is a powerful new program that can clear away the unconscious agreements patterns that undermine even your best intentions. Through their own marriage and through twenty years' experience counseling more than one thousand couples, therapists Gay and Kathlyn Hendricks have developed precise strategies to help you create a vital partnership and enhance the energy, creativity, and happiness of each individual. You will learn how to: Let go of power struggles and need for control; Balance needs for closeness and separateness; Increase intimacy by telling the "microscopic truth"; Communicate in a positive way that stops arguments; Make agreements you can keep; Allow more pleasure into your life. Addressed to individuals as well as to couples, *Conscious Loving* will heal old hurts and deepen your capacity for enjoyment, security, and enduring love.

The Dalai Lama's cat is back - older, a bit wiser and as curious as ever. "What makes you purr? Of all the questions in the world, this is the most important... Because no matter whether you are a playful kitten or sedentary senior, whether you're a scrawny alley Tom, or sleek-coated uptown girl, whatever your circumstances you just want to be happy. Not the kind of happy that comes and goes like a can of flaked tuna, but an enduring happiness. The deep down happiness that makes you purr from the heart." In this book, the Dalai Lama sets for his lovable feline companion the task of investigating *The Art of Purring*. Whether it's the humorous insights gained from a visiting Ivy League Psychology Professor, the extraordinary research of a world-famous biologist, or the life-changing revelations of a mystical yogi, His Holiness's Cat encounters a wealth of wisdom about happiness. And what she

discovers changes the way she sees herself forever. With a much loved - and growing - cast of characters from the local community and His Holiness's residence, as well as encounters with intriguing strangers and celebrities from far and wide, *The Art of Purring* will transport readers in another unforgettable story. Along the way they will come to understand how elements of contemporary science and Buddhism converge. And, once again, they will feel the warmth of compassion and non-attachment that radiate from the heart of the Dalai Lama's teachings about our quest for enduring happiness.

When novice monk Tenzin Dorje is told by his lama that the Red Army is invading Tibet, his country's darkest moment paradoxically gives him a sense of purpose like no other. He accepts a mission to carry two ancient, secret texts across the Himalayas to safety. Half a century later, in a paradox of similarly troubling circumstances, Matt Lester is called upon to convey his own particular wisdom as a scientist, when Matt's nanotech project is mysteriously moved from London to a research incubator in Los Angeles. Tenzin and Matt embark on parallel adventures which have spine-chilling connections. Tenzin's perilous journey through the Himalayas, amid increasing physical hardship and the ever-present horror of Red Army capture, is mirrored by Matt's contemporary, but no less traumatic challenges, as his passionate relationship with his fiancée, Isabella, and his high flying career undergo escalating crises. It is at the moment when both Tenzin and Matt face catastrophe that their stories converge, spectacularly transforming our understanding of all that has gone before.

An instant New York Times bestseller Two spiritual giants. Five days. One timeless question. Nobel Peace Prize Laureates His Holiness the Dalai Lama and Archbishop Desmond Tutu have survived more than fifty years of exile and the soul-crushing violence of oppression. Despite their hardships—or, as they would say, because of them—they are two of the most joyful people on the planet. In April 2015, Archbishop Tutu traveled to the Dalai Lama's home in Dharamsala, India, to celebrate His Holiness's eightieth birthday and to create what they hoped would be a gift for others. They looked back on their long lives to answer a single burning question: How do we find joy in the face of life's inevitable suffering? They traded intimate stories, teased each other continually, and shared their spiritual practices. By the end of a week filled with laughter and punctuated with tears, these two global heroes had stared into the abyss and despair of our time and revealed how to live a life brimming with joy. This book offers us a rare opportunity to experience their astonishing and unprecedented week together, from the first embrace to the final good-bye. We get to listen as they explore the Nature of True Joy and confront each of the Obstacles of Joy—from fear, stress, and anger to grief, illness, and death. They then offer us the Eight Pillars of Joy, which provide the foundation for lasting happiness. Throughout, they include stories, wisdom, and science. Finally, they share their daily Joy Practices that anchor their own emotional and spiritual lives. The Archbishop has never claimed sainthood, and the Dalai Lama considers himself a simple monk. In this unique collaboration, they offer us the reflection of real lives filled with pain and turmoil in the midst of which they have been able to discover a level of peace, of courage, and of joy to which we can all aspire in our own lives.

""What makes you purr? Of all the questions in the world, this is the most important. Because no matter whether you are a playful kitten or sedentary senior, whether you're a scrawny alley Tom, or sleek-coated uptown girl, whatever your circumstances you just want to be happy. Not the kind of happy that comes and goes like a can of flaked tuna, but an enduring happiness. The deep down happiness that makes you purr from the heart." His Holiness's cat is back-older, a bit wiser, and as curious as ever. In this book, the Dalai Lama sets for his lovable feline companion the task of investigating *The Art of Purring*. Whether it's the humorous insights gained from a visiting Ivy League Psychology Professor, the extraordinary research of a world-famous biologist, or the life-changing revelations of a mystical yogi, His Holiness's Cat encounters a wealth of wisdom about happiness. And what she discovers changes the way she sees herself forever. With a much loved-and growing-cast of characters from the local community and His Holiness's residence, as well as encounters with intriguing strangers and celebrities from far and wide, *The Dalai Lama's Cat* and *The Art of Purring* will transport readers in another unforgettable story. Along the way they will come to understand how elements of contemporary science and Buddhism converge. And, once again, they will feel the warmth of compassion and nonattachment that radiate from the heart of the Dalai Lama's teachings about our quest for enduring happiness"--

The story of Tibet at the turn of the century as seen through the eyes of a boy. T. Lobsang Rampa was preordained to be a Tibetan priest, a sign from the stars that could not be ignored. When he left his wealthy home to enter the monastery, his heart was filled with trepidation, with only a slight knowledge of the rigorous spiritual training and physical ordeal that awaited him... This is his story, a hauntingly beautiful and deeply inspiring journey of awakening within Chakpori Lamasery, the temple of Tibetan medicine. It is a moving tale of passage through the mystic arts of astral projection, crystal gazing, aura deciphering, meditation, and more, a spiritual guide of enlightenment and discovery through the opening of the all-powerful, the all-knowing...

Ex-Buddhist monk turned private eye Tenzing Norbu is back with a new case, a new love—and a whole new set of problems In *The Second Rule of Ten*, Norbu is faced with not one but two cases. While he investigates the unexplained death of his former client—a Hollywood mogul named Marv Rudolf—he must also search for the missing sister of a wizened L.A. philanthropist. But when an unforeseen family crisis that sends him back to Tibet, Ten finds himself on the outs with his best buddy and former partner, Bill, who is heading up the official police investigation into Marv's death. Cases and crises start to collide. When Ten mistakenly ignores his second rule, he becomes entangled in an unfortunate association with a Los Angeles drug cartel. As he fights to save those he loves, and himself, from the deadly gang, he also comes face to face with his own personal demons. Working through his anger at Bill, doubts about his latest lady love, and a challenging relationship with his father, Ten learns to see the world in a new light—and realizes that in every situation the truth is sometimes buried beneath illusion.

In *His Holiness*, award-winning photographer Raghu Rai has captured the Dalai Lama's journey in India since exile from Tibet in 1959. Rai presents an intimate photographic portrayal of the life of one of the most popular twentieth-century spiritual leaders. Since the fourteenth Dalai Lama's forced exile from Tibet in 1959, Raghu Rai, one of the world's most famous photographers, has documented his life in India. Now leading Tibetan Buddhists from afar, His Holiness is respected around the world as a pillar of peace and moral strength while he remains separated from his country. Enhanced by historical commentary and archival photos of the Dalai Lama and Tibet, Rai's work follows the spiritual leader's journey from exile through his present worldwide influence in a stunning and intimate photo series. Born to a peasant family in 1935, Lhamo Thondup was recognized at age two as the reincarnation of the Dalai Lama and became the temporal leader of Tibet at age fifteen. In 1959, he was forced into exile in India after the Chinese military occupation of Tibet. Since 1960, he has resided in Dharamsala, aptly known as "Little Lhasa," the seat of the Tibetan government-in-exile. Award-winning photographer Raghu Rai has spent over four decades charting the changing face of India. Photographing subjects from Indira Gandhi and Mother Teresa to the victims of Bhopal, he is one of the most prominent and well-known visual chroniclers of the country. In *His Holiness*, Raghu Rai has captured the journey of the Dalai Lama in India, presenting an intimate photographic portrayal of the life of one of the most popular twentieth-century spiritual leaders, the Dalai Lama.

\*Why do seemingly rational, intelligent people commit acts of cruelty and violence? \*What are the root causes of destructive behavior? \*How

can we control the emotions that drive these impulses? \*Can we learn to live at peace with ourselves and others? Imagine sitting with the Dalai Lama in his private meeting room with a small group of world-class scientists and philosophers. The talk is lively and fascinating as these leading minds grapple with age-old questions of compelling contemporary urgency. Daniel Goleman, the internationally bestselling author of Emotional Intelligence, provides the illuminating commentary—and reports on the breakthrough research this historic gathering inspired. Destructive Emotions Buddhist philosophy tells us that all personal unhappiness and interpersonal conflict lie in the “three poisons”: craving, anger, and delusion. It also provides antidotes of astonishing psychological sophistication—which are now being confirmed by modern neuroscience. With new high-tech devices, scientists can peer inside the brain centers that calm the inner storms of rage and fear. They also can demonstrate that awareness-training strategies such as meditation strengthen emotional stability—and greatly enhance our positive moods. The distinguished panel members report these recent findings and debate an exhilarating range of other topics: What role do destructive emotions play in human evolution? Are they “hardwired” in our bodies? Are they universal, or does culture determine how we feel? How can we nurture the compassion that is also our birthright? We learn how practices that reduce negativity have also been shown to bolster the immune system. Here, too, is an enlightened proposal for a school-based program of social and emotional learning that can help our children increase self-awareness, manage their anger, and become more empathetic. Throughout, these provocative ideas are brought to life by the play of personalities, by the Dalai Lama’s probing questions, and by his surprising sense of humor. Although there are no easy answers, the dialogues, which are part of a series sponsored by the Mind and Life Institute, chart an ultimately hopeful course. They are sure to spark discussion among educators, religious and political leaders, parents—and all people who seek peace for themselves and the world. The Mind and Life Institute sponsors cross-cultural dialogues that bring together the Dalai Lama and other Buddhist scholars with Western scientists and philosophers. Mind and Life VIII, on which this book is based, took place in Dharamsala, India, in March 2000.

A collection of the absurd, ridiculous, sublime and characteristically anarchic verse from the brilliant Spike Milligan. With his very own illustrations, this collection, which includes the famous On the Ning Nang Nong will make you laugh from the bottom of your belly - just like Spike did.

In a remote, Himalayan monastery, Matt Lester has devoted five years of spiritual preparation for this moment: it is his destiny to open an ancient, sealed scroll containing prophetic wisdom the world urgently needs. But when his time comes, violent assailants steal the scroll. Matt is caught up in a dangerous, high-stakes hunt to recover it, turning him from the pursuer to the pursued. On the other side of the world, the results of scientist Alice Weisenstein’s mind-body healing research are about to be revealed. Things take a sinister turn when her supervisor goes missing - and she realizes she is being followed. Guided by the lamas, Matt’s search for the scroll takes him to Alice. The pair become caught between powerful influences and escalating threats. Together they must decide who they can really trust. The Secret Mantra weaves breakthrough science and spiritual insights into a heart-stopping storyline. It won't just have you turning the pages. It will shake up your whole idea of who you are, and the transformation of which you are capable.

A stunning indictment of the fourteenth Dalai Lama and his decades-long public relations war with China.

"In the months that followed I watched His Holiness working on a new book . . . I began to think that perhaps the time had come for me to turn my paws to a book of my own . . . one that tells my own tale . . . How I was rescued from a fate too grisly to contemplate, to become constant companion to a man who is not only one of the world’s greatest spiritual leaders and a Nobel Peace Prize laureate, but who is also a dab hand with the can opener." Not so much fly-on-the-wall as cat-on-the-sill, this is the warmhearted tale of a small kitten rescued from the slums of New Delhi who finds herself in a beautiful sanctuary with sweeping views of the snow-capped Himalayas. In her exotic new home, the Dalai Lama’s cat encounters Hollywood stars, Buddhist masters, Ivy-league professors, famous philanthropists, and a host of other people who come visiting His Holiness. Each encounter offers a fresh insight into finding happiness and meaning in the midst of a life of busy-ness and challenge. Drawing us into her world with her adorable but all-too-flawed personality, the Dalai Lama’s cat discovers how instead of trying to change the world, changing the way we experience the world is the key to true contentment. Featuring a delightful cast of characters, timeless Buddhist wisdom, and His Holiness’s compassion pervading every chapter, The Dalai Lama’s Cat is simply enchanting.

The Dalai Lama's Cat is getting old. A visit to the vet confirms. Is a future of decrepitude inevitably a cause for despair? She soon finds that a startling reminder of life's transience renews our gratitude for life.

This biography of the Dalai Lama--blessed by His Holiness himself--is the most authentic and intimate profile of the world's greatest living spiritual figure. Tenzin Geyche Tethong, a close aide of His Holiness for forty years who became family, offers readers unprecedented access to the Dalai Lama in this beautifully illustrated book. The Dalai Lama's youngest brother, Ngari Rinpoche Tenzin Choegyal, who was only 12 years old when he accompanied His Holiness on his dangerous 1959 escape to India, is a personal friend of Tethong and the mentor for this book project. As "elders" to the Tibetan community in exile, these men have come together to tell the true story of His Holiness--their brother, friend, and leader. Featuring previously unpublished photographs, as well as interviews and memories of those closest to him, this book renders unparalleled insights into the Dalai Lama's experiences as the preeminent leader of Tibet, and the wealth of his compassion and gentle humor in the face of the ongoing conflict. This is in no small part due to Tethong and Ngari Rinpoche's unique perspectives on many sensitive issues. Richly compelling, His Holiness the Fourteenth Dalai Lama: An Illustrated Biography is a stunning visual celebration of the Dalai Lama, sketching a memorable portrait of an icon and a cause that have won the attention and hearts of billions across the world. \* As his long-time personal secretary, Tethong was privy to the Dalai Lama's difficult relationship with India during his exile, with many challenges arising from his host country's ambivalence to Tibet. Tethong candidly discusses India's lackluster attempts at uplifting his people--denying them official documentation, restricting employment, and crowding refugees in the remote location of Dharmasala--citing its fear of angering China as the reason behind its ambivalence towards Tibet. \* Ngari Rinpoche revisits his own profound memory of their exile: his time in the Special Frontier Force, or the "22" of the Indian Army, a period of his life for which there had previously been little recorded information. Ngari Rinpoche and his wife, Rinchen Khando, were one of the many Tibetans who joined this covert force with the intent of fighting the Chinese, under the guidance of intelligence agencies such as India's RAW and the American CIA. For the very first time, they discuss their American colleagues, the disappointments they faced as part of the "22," and the experiences that led to Ngari Rinpoche's depressive episode. \* Tethong also sheds much-needed light on the Dalai Lama's Nobel Prize-winning campaign for the spiritual and political liberation of his people. He adopts a nuanced approach towards the Dalai Lama's non-violent struggle for Tibetan autonomy, writing frankly about their attempts to mediate the political differences between younger Tibetans in Dharmasala and the Tibetan administration. He also explores the numerous political difficulties faced by the Dalai Lama's cause in the years before its worldwide recognition.

Deep in the heart of Tibet, Shan Tao Yun, an exiled Chinese national and a former Beijing government Inspector, is caught between the brutal Chinese army and a Western oil company. Shan has agreed to lead an expedition to return the eye of an idol, stolen almost a century ago and recently, clandestinely recovered, to a distant valley, an act that will fulfill an important Tibetan prophecy. But the pilgrimage turns into a desperate flight when the monk who is to lead them is murdered. Shan also discovers that the stone was stolen back from a brigade of the Chinese army that is now in hot pursuit. Still possessing an investigator's love of truth, Shan faces a perplexing tangle of mysteries. Why are the Chinese so desperate to retrieve the stone eye, why has an American geologist abandoned the oil company's drilling project and fled into the mountains, and why are rumors sweeping the countryside that an ancient lama is returning to liberate this country? As he digs into these questions, Shan realizes that there is more at stake than mere justice: the spiritual survival of his people is in danger as well. Complex and compelling, Bone Mountain is a spectacular achievement from a major voice in crime fiction.

The Dalai Lama's Cat is back! Latest title in the ever-popular and bestselling series. The Dalai Lama's Cat is back: irreverent, vain-and delightfully insightful as ever! When the Dalai Lama's inner circle is set the task of providing His Holiness with a book he can give his visitors, an unexpected volunteer stretches out her paws. The book is to summarise the four key elements of Tibetan Buddhism-and, importantly, to communicate how it feels to be in the profoundly reassuring presence of His Holiness. Who better to do this than his much-loved feline? Through encounters with celebrity visitors and her own intriguing adventures, the Dalai Lama's Cat explains all four key themes, not so much as ideas but as practices to be embodied. Along the way she even gets a new title: "Therapy Cat". If you have ever sought a summary of Tibetan Buddhist wisdom, albeit from an unusual and whiskery source, this may just be the book to get you purring!

"Don't ignore intuitive tickles lest they reappear as sledgehammers."That's the first rule of Ten. Tenzing Norbu ("Ten" for short)—ex-monk and soon-to-be ex-cop—is a protagonist unique to our times. In *The First Rule of Ten*, the first installment in a three-book detective series, we meet this spiritual warrior who is singularly equipped, if not occasionally ill-equipped, as he takes on his first case as a private investigator in Los Angeles. Growing up in a Tibetan Monastery, Ten dreamed of becoming a modern-day Sherlock Holmes. So when he was sent to Los Angeles to teach meditation, he joined the LAPD instead. But as the Buddha says, change is inevitable; and ten years later, everything is about to change—big-time—for Ten. One resignation from the police force, two bullet-wounds, three suspicious deaths, and a beautiful woman later, he quickly learns that whenever he breaks his first rule, mayhem follows. Set in the modern-day streets and canyons of Los Angeles, *The First Rule of Ten* is at turns humorous, insightful, and riveting—a gripping mystery as well as a reflective, character-driven story with intriguing life-lessons for us all.

As kittens we feel it often. All it takes is a wind-blown feather, an unexpected delicacy, or the alluring rush of water and instantly we are caught up in it- wonderment. Enchantment. Being fully absorbed in the here and now. By the time we reach senior status, way beyond the point of being impressed by such trivia, we have become knowing and indifferent. But we have lost something, have we not? Which begs answers to some intriguing questions. Is it possible to recover the unaffected zest for life which once came to us so naturally? To become un-blase? Can you and I, dear reader, awaken the kitten within? The Dalai Lama's Cat is confronted by a most unpleasant truth- she is getting old. A routine visit to the vet confirms this. But is a future of decrepitude and senior cat biscuits inevitably a cause for despair? As it happens, she soon finds that a startling reminder of life's transience is exactly what's needed to renew our gratitude for life. To lighten up, accept ourselves, and value what truly matters. With irrepressible mischief, the Dalai Lama's Cat explores the intriguing insight that reality is a projection of our mind. In so doing, she comes to discover that awakening the kitten within is not just possible - it is our purpose! For when we do so with a particular wisdom, we catch a glimpse of our own sublime nature. With a benevolent energy that reaches from the pages, this is the Dalai Lama's Cat at her most tender, irreverent, joyful best.

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