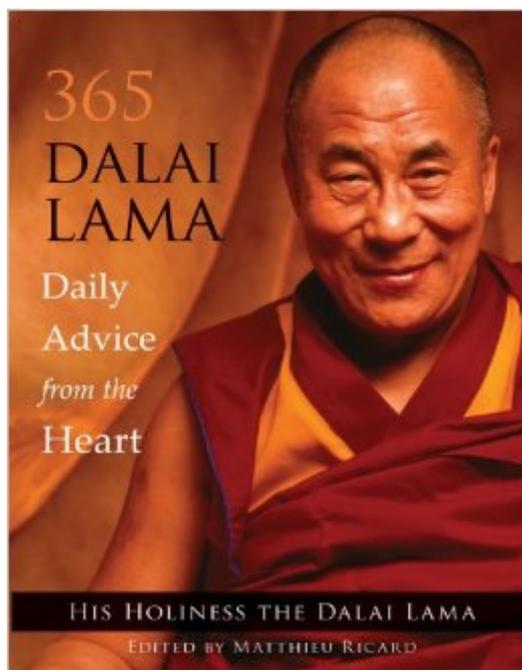


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# 365 Dalai Lama: Daily Advice From The Heart



## Synopsis

Imagine having an audience with the Dalai Lama every day, receiving personal advice about how to make your life better and more joyful. 365 Dalai Lama offers exactly that: short and inspiring words offering enlightening advice for everyday living. The teachings in 365 Dalai Lama offer an opportunity to feel the focus and presence of the Dalai Lama as never before. His holiness shares his advice from the heart on a variety of topics including: Living and Growing Old, Young People and Families, Sickness and Dying, Living in Poverty and Wealth, Anger, Jealousy, Pride, and Desire, Religion and Faith, Sexual Desire and Homosexuality, War and Politics, Mindfulness and a Contemplative Life

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## Customer Reviews

This book is a compilation of quotations from the Dalai Lama (spiritual leader of Tibet). It is not an essay or story, though the quotes are loosely grouped by category. The quotations are written simply and directly, and contain a great degree of insight into the human emotions and the human spirit. It serves as an excellent daily inspiration for living or meditation.

I love the Dalai Lama's writing, have read quite a few of his books. I think that there are some insights here, but didn't come away from it as inspired from other writings. The chapters are organized into subject categories. So, if you use it as a meditation guide you'll be meditating on "living a life of plenty" or "prison and prisoners" for a few days at least. I didn't find this as useful as 365 Tao (which I've used regularly) by Deng Ming-Dao. I felt 365 Tao provided different ways to

approach each topic, you could choose your meditation. 365 Dalai Lama is something that you can read through, and think about the topics. I wasn't motivated to meditate on them. The one thing that I didn't like about it was the fact that some topics went on for days and days. I didn't necessarily feel I wanted to meditate on pessimism for 13 days, a day of thought about a topic provides me conscious investigation. Revisiting it helps bring up subconscious learning later. But banging my head against a topic for days and days wasn't an enjoyable task. For a monk maybe, eating rice every day. I rather enjoy the variety of reflection on different topics daily however. That quality made the book spartan, somewhat bland. Maybe it was just me, but I'd probably get his lectures, or expanded treatises on topics (i.e. The Art of Happiness) instead - I think this is where his thought processes, reasoning, and ability to convince you about quality of life choices shine.

Maybe it has a lot to do with the positive insight that the Dalai Lama has to offer for ANY situation. A paragraph a day, one page, can make a huge difference in your mindset; either starting the day or dealing with a difficult situation as your day progresses. This book is not overly religious, and it's written in plain terms. Thank you Dalai Lama for your kind and gentle presence.

I deeply respect, admire, love the Dalai Lama, so this review should not be taken as a negative about him or what he writes or says. However, I had thought I was getting one of those books where one can read and contemplate one section at a time. Instead, the organization is topical, so you go through a bunch of readings on one subject at a time. I'll keep it, but beware if you want daily variety.

This is one of those books which I treasure and page through on occasion. It's a nice book to have on the nightstand. I don't meditate. I pray. I guess some people would read one quotation a day and meditate on it, but this isn't my style. I enjoy reading several quotes in one session--there's so much wisdom here.

This is a great collection of small simple daily lessons. Very easy to read a lesson a day. Quite inspirational.

Super read. Will make you smile and think about the thought of that day. His Holiness is not like a casual passer by might think. Super read.

The Dalai Lama is such a wise man. I appreciate just about anything he has to say and wish more could be aware of his wisdom.

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