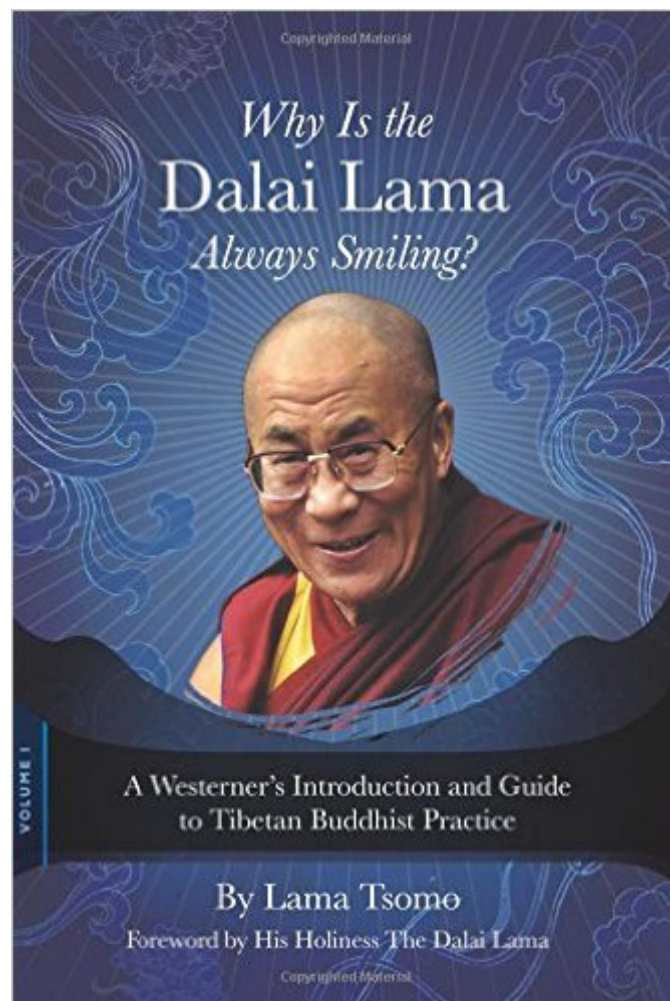


The book was found

Why Is The Dalai Lama Always Smiling?: A Westerner's Introduction And Guide To Tibetan Buddhist Practice



Synopsis

Ancient Wisdom for Today If you think meditation is only for monks, think again. Today's world seems to be growing more and more stressful by the minute--for all of us. So now, as a teacher of Tibetan Buddhist practice and a 21st-century woman, Lama Tsomo offers us time-tested tools for getting underneath our everyday worries and making our lives richer and more fulfilling. In *Why Is the Dalai Lama Always Smiling?* she acts as our lively, approachable guide to using the ancient traditions and practices of Tibetan Buddhism to find happiness and peace in this modern world. Through step-by-step instructions, photographs, and helpful explanations, Lama Tsomo shows how we can start experiencing the many benefits of meditation for ourselves. She offers proven techniques for sharpening our focus, enhancing our relationships, and living each day more mindfully and joyfully. Laced with humor, compassion, and stories from Lama Tsomo's own life, *Why Is the Dalai Lama Always Smiling?* meets us where we are and guides us onto, and along, the path to a deeper awareness of our world and ourselves. Lama Tsomo's personal and spiritual journey to greater happiness can now be ours as well. As she invites in the Prologue, "Won't you come along?" The book features an introductory letter from H.H. Dalai Lama, portable meditation cards, "Science Tidbits", glossary of buddhist terms and lessons used in Namchak Foundation eCourses and retreats.

Book Information

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Customer Reviews

I bought the CDs because I do so much driving, and I couldn't be happier with my "choice" (I believe it wasn't a choice at all, but just the way it's supposed to be). Lama Tsomo has a smooth and

melodious way of sharing her story, and when she makes a tiny error in the voice over, she calmly and cutely fixes her error. I suspect Lama Tsomo is unaware that the audio engineer left her flubs on the CDs, but I also suspect that she will read the reviews, because she is obviously enlightened but not yet Buddha. ;) When she does, I hope she appreciates the pleasure her new devotee receives from this. I say devotee, because whatever follows, I have found so much power and value in Namchak that I am deeply involved in the research and practice, and of course my goal is to meet Lama Tsomo in Montana and listen to her there. She is a beautiful vessel of the wisdom she delivers.

To begin with, most of us in the West have only a slight understanding of the Dalai Lama as a religious and symbolic leader. From that, we recognize he is a symbolic political thorn to the Chinese government and is recognized globally as generally an apolitical, but inspiring person. The title of the book itself causes one to step back and say - why is he always smiling? I read an average 2 books per week, but I must share this book has caused me to read it in tiny, bite size morsels that cause me to reflect and think. I haven't been affected by a book like this in years. The book itself is very unusual. Under 300 pages in length, the book must weigh at least 2 pounds due to very thick paper. The high quality, slick copy stock includes literally dozens of photographs. Many are not precisely labeled but match the story lines in the chapter which makes it more personal than a travel guide or a who's who. What makes this book so interesting to me is the way the author shares the detailed story of her journey and how she makes the experience of relevance to others besides herself. This is not an autobiography, but an invitation to readers to step back from the information overload we face daily and to pause. To think. To meditate. To simply "be" for a short time. I have reviewed several hundred books and items and have never offered a preliminary review, but am pleased to do so for this very moving story. I will plan to update it after I complete it, which will be awhile. I continue to read my average of 2 or so books per week after I began this one 4 weeks ago, but plan to continue to really enjoy the messages found here. Highly recommended

John J Hogan
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I was somehow disappointed. I have read many books on Buddhism and probably shouldn't have gone also with this one. Kind of a coffee table format, shiny glossy pages and beautiful pictures. Some good info and all. But I really couldn't connect. You should check it out in a bookstore to see if it has the info you really want.

This is a delightful introduction into Tibetan Vajrayana. Lama Tsomo teaches these important practices in a fun, witty humor that keeps you engaged. Soon you will be smiling just like the Dalia Lama!

I loved this book. It was very helpful for me as a beginner to meditation, mindfulness, and Buddhist philosophy.

nice read

This is a beautifully written and illustrated book. One woman's personal journey, well documented and presented. Highly recommended.

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