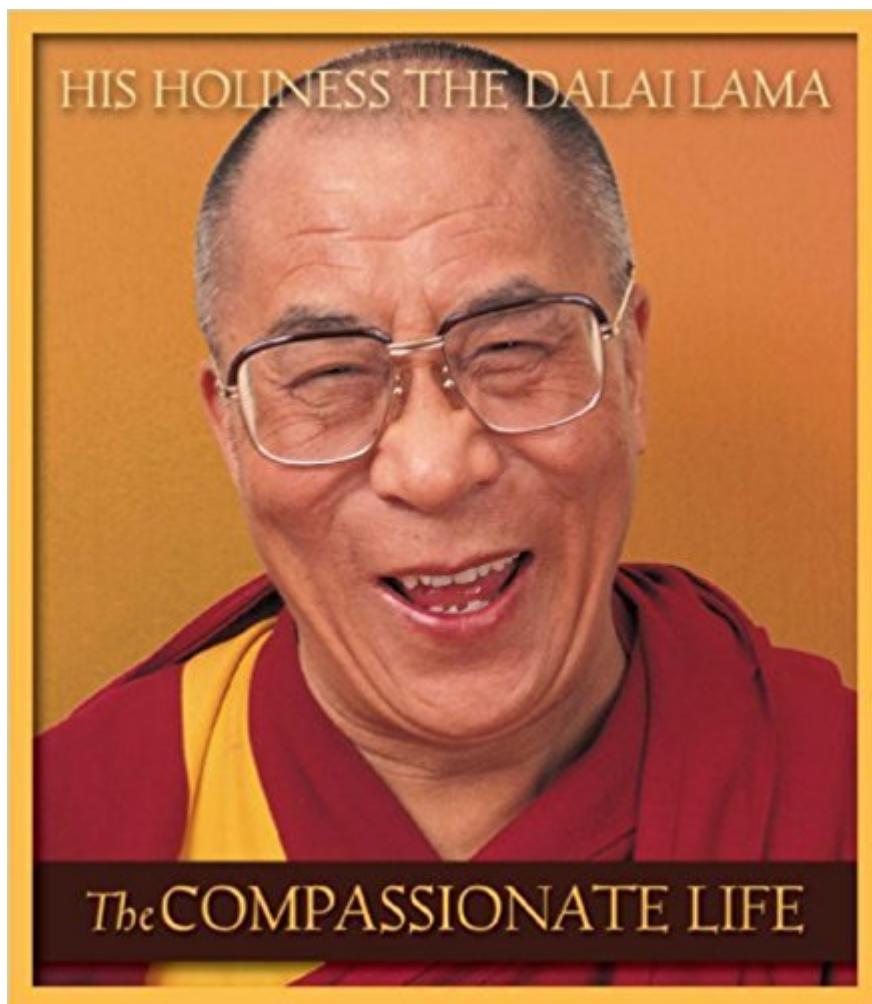


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The Compassionate Life



Synopsis

"The key to a happier and more successful world is the growth of compassion." --His Holiness the Dalai Lama Giving and receiving affection is the key to happiness, and compassion is the key that opens our hearts to affection. Illuminating themes touched upon in *The Good Heart* and *The Art of Happiness*, this generous and gentle book contains some of the most beloved teachings on compassion that the Dalai Lama has ever offered. Touching and transformative, *The Compassionate Life* is a personal invitation from one of the world's most gifted teachers to live a life of happiness, joy, and true prosperity. Collected here for the first time are four of the Dalai Lama's most accessible and inspiring teachings on compassion. The purpose of life is to be happy, His Holiness reminds us. To be happy, we should devote ourselves to developing our own peace of mind; the more we care for the happiness of others, the greater our own peace of mind. Therefore, we must develop compassion for others in order to be truly happy. In these four teachings--imbued with the gentle humor and extraordinary kindness of this incomparable teacher--His Holiness explores altruism and the need for compassion on an individual as well as a global scale. He offers specific practices for developing loving-kindness and compassion in even the most difficult situations.

Book Information

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Customer Reviews

This collection of writings hones in on the Dalai Lama's most fundamental belief: that the purpose of life is to be happy. And one of the main ways to be happy is to practice love and compassion.

According to the Dalai Lama, it's that simple. Well, maybe it's a bit more complicated. But this world-renowned spiritual leader does have a knack for making any and all Buddhist teachings feel completely easy and accessible. He is also a living, breathing example of how happiness can be found in any circumstance. As he points out: "In my lifetime I have lost my country and have been reduced to being totally dependent on the goodwill of others. I have also lost my mother, and most of my tutors and lamas have passed away." Even so, this exiled Buddhist monk states that he is almost always happy. How does he do it? By overcoming anger and hatred (a big piece of work) and looking at the world through the wide-angle lens of compassion and love for others. When your scope is that wide and your heart is truly open, he assures us that happiness will always follow. The editors at Wisdom Publications have done an excellent job in organizing the Dalai's teachings. We begin with a motivational discussion about cultivating love and compassion then move onto specific techniques for doing so. (Yes, it does require constant awareness and daily practice.) Further along, the Dalai Lama integrates compassionate living with lessons on "The Bodhisattva Way" and "The Eight Verses for Training the Mind" (which delve into handling negative emotions and recognizing the illusion of reality). Beginners will delight in this excellent primer. And Buddhist old-timers will appreciate the more advanced teachings toward the back of the book. And almost everyone knows that the Dalai Lama is worth reading and re-reading on any given day. --Gail Hudson

"This generous and gentle book contains some of the most beloved teachings on compassion that the Dalai Lama has ever offered-- a personal invitation to happiness from the Nobel Peace Prize-winner himself." (Cambridge's Harvard Bookstore (Bookseller of the Year 2002))"Into this deceptively simple little book, the Dalai Lama has poured the goodness of his own heart and the distilled wisdom of lifetimes of work and teachings aimed at refining heart and mind. It is all here, everything we need to enact in our own lives, even in the most trying of times, if we are to realize our own beauty and that of others, and the possibilities of true happiness and peacefulness in this very life, right here and right now. This sorely needed prescription for sanity and kindness in the world is unbelievably simple and unbelievably important, and therefore a practice worthy of our wholehearted commitment." (Jon Kabat-Zinn, author of *Wherever You Go, There You Are*)"Simple but not simplistic; readers will enjoy this gentle, lucid call to the compassionate life." (Publishers Weekly)"The Dalai Lama argues convincingly that putting others before ourselves is the key to both a happier life and a better society, and offers proven Buddhist techniques for how we can cultivate the mind of compassion and equanimity." (Melvin McLeod, Editor, the *Shambhala Sun*)"A cogent and edifying little book about the art of cultivating compassion....In addition to his commentary on

several passages from Eight Verses for Training the Mind by Langri Tangpa, the Dalai Lama also presents his spiritual readings on the ideas of global demilitarization and defense systems designed to insure protection against attack by enemies. All of this substantive material results in a deep and practical vision of the compassionate life." (Spirituality and Health)"The editors at Wisdom Publications have done an excellent job in organizing the Dalai's teachings. Beginners will delight in this excellent primer. And Buddhist old-timers will appreciate the more advanced teachings. And almost everyone knows that the Dalai Lama is worth reading and re-reading on any given day." (.com)

Everyone should read this book. The Dalai Lama's offering of the idea of one actually practicing compassion is quite humbling when care is taken to be meticulously introspective when reading and doing so a "teaspoon" at a time.

Simply Compassionate, Simple Read, Great Book 4.5 StarsIn my opinion His Holiness The Dalai Lama has two types of books - those that are incredibly complicated and difficult to read and those that are easy to read and more easily understandable - don't get me wrong they are all great books and I always get a lot out of them. The Compassionate Life is one of the easier ones. One of the easier reads and less complicated to digest. It's focused on compassion and how to achieve a compassionate view - as well as the benefits of compassion. I know this sounds somewhat simplistic as a description, but that's really what this boils down to - a simple and easy read - a focused topic for the student/listener - compassion. I love reading what His Holiness The Dalai Lama has to say - like all his books - I closed this one with a smile on my face.

Very readable and approachable. I especially liked the final chapter, although the entire book is well worth reading. I would recommend reading a little at a time to let it sink in.

This book represents the Dalai Lama and his beliefs. I highly recommend it to everyone who wants to experience something good and amazing. His happiness reflects through every single page but also reminds us as human beings we are making mistakes. Thank you for taking me on this journey.

It is an amazing book, so easy to understand and follow. I love how the Dalai teaches us through simple words the compassion's path...

It was well written and I loved reading it, but since have passed it on for someone else to read.

I am very happy to have been able to read this book concerning a topic so much worthy of thought in this day and age!

Everyone should read this book

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