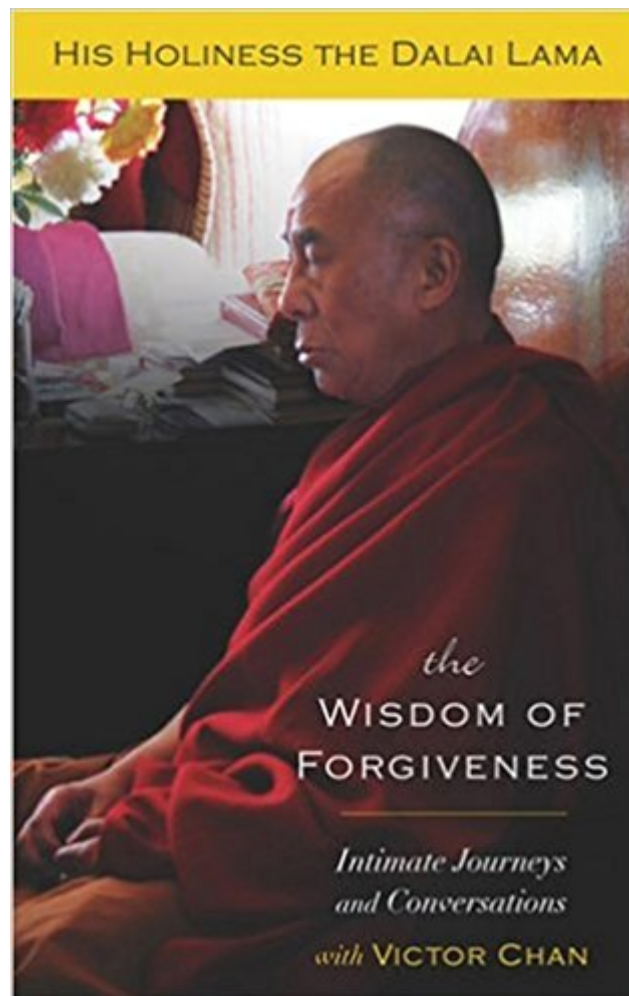




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The Wisdom Of Forgiveness: Intimate Journeys And Conversations



Synopsis

The most intimate conversation yet with the world's most famous holy man. When Victor Chan first visited the Dalai Lama in the 1970s, he assumed that, since he is a member of the race responsible for destroying Tibet, the Dalai Lama would treat him with disdain. Instead, they developed a close relationship, out of which Victor was able to pose some of the most personal questions ever asked of or answered by the Dalai Lama. From the conversations in *The Wisdom of Forgiveness*, we discover under which circumstances the Dalai Lama believes he could be capable of violence; how the experience of profound spiritual insight feels in the body and mind; how he learned to love those who anyone else would consider an enemy; what his personal fears are; what the heart of a holy man looks like in medical tests; and how a highly developed spiritual person experiences pain. *The Wisdom of Forgiveness* takes these two friends on journeys from India to Ireland; from the former Czechoslovakia to a pilgrimage to Buddhist holy sites. If you've ever wondered why we love the Dalai Lama so much, this book makes it clear by placing us in the presence of a great being.

Book Information

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Customer Reviews

"Do you hate the Chinese?" Chan asked the Dalai Lama when they first met in India in 1972. It was a live question, since Chan hailed from the country that had forced the Tibetan spiritual leader into exile and subjugated the Tibetan people. The Dalai Lama replied immediately with the English word "no," then stated through an interpreter that he had forgiven the Chinese and did not blame China's people. Drawing on Buddhist principles, this book loosely discusses His Holiness's ideas on

forgiveness, though Chan presents them gently through stories, not didactically as a step-by-step how-to manual. For example, one chapter arises in the context of the Dalai Lama's travels in war-torn Belfast, where he spoke about forgiveness to the families of victims of terrorist attacks. To research this book, Chan traveled with the Dalai Lama off and on for several years, spent time with him at home and conducted numerous interviews. Apart from the expected teachings on forgiveness, what comes through most clearly is the personality of the Dalai Lama himself: his humor, playfulness and joy. We learn that he had something of a temper as a young man and that he can't resist pulling men's beards. Somehow, the book's serious call to forgiveness becomes all the more engaging and possible because of the Dalai Lama's own lighthearted spirit. Copyright © Reed Business Information, a division of Reed Elsevier Inc. All rights reserved.

...filled with intimate experiences and conversations that bring this holy man into vivid view... --
Cleveland Plain Dealer, August 5, 2004

Much though one recites the sacred texts, but acts not accordingly, that heedless one is like a cowherd who only counts the cows of others -- one does not partake of the blessings of the holy life. Dhammapada 1.19 This book is very important especially now as security has made it very difficult to see the Dalai Lama the human being, the man who embodies what he teaches. It is notable in that Victor who is clearly part of the stories makes sure we know the story is about the Dalai Lama, not about himself. (Unlike other biographers) I have been a student of the Dalai Lama now for over 15 years. In the early days he would wade into crowds to meet people, find the one person in the crowd who would truly both need and benefit from the greatness of his compassion and give them both, answer spontaneous questions, direct obnoxious questioners to Buddhist texts for answers, and generally respond to the ignorance of us, the ordinary impoverished student, seeker or curious observer, spontaneously laugh at his own mistakes and admit his own ignorance (he still does), but the opportunity to see and know The Dalai Lama, the man, has been stifled especially in the West by the overbearing security that interferes with his mobility and puts shivers of Big Brother up one's spine. This book very much reveals to us the man behind the curtain who insists on transparency. The man who is curious and enchanting, the man who is one of the preeminent Buddhist scholars alive who can explain a difficult concept and point out a simple fact. But perhaps more than anything else Victor reveals the man who walks the walk and talks the talk and helps us understand what love and compassion really are. After reading this book for just a moment we are happy and at peace, just knowing what it truly means to be human. It gives us a

glimmer, that perhaps we too can find peace in openness, love and compassion.

Truly a lovely book! It was my first insight into the life of the Dalai Lama, and is a good starter book. Strangely, I always felt calmer after reading a chapter or two, more at peace. I would recommend it!

The author successfully capture the wisdom, kindness and humor of His Holiness the Dalai Lama in this great, quick read. I was especially happy to find some of the Dalai Lama's thoughts on meditation and emptiness. Great book.

Great look in to HH Dalai Lama's philosophy.

Thank you!

Captivating. Enlightening.

love it

An intimate insight into the Dalai Lama's practice and mastery of forgiveness through Victor Chan's down-to-earth discussions with and observations of Tibet's spiritual leader.

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