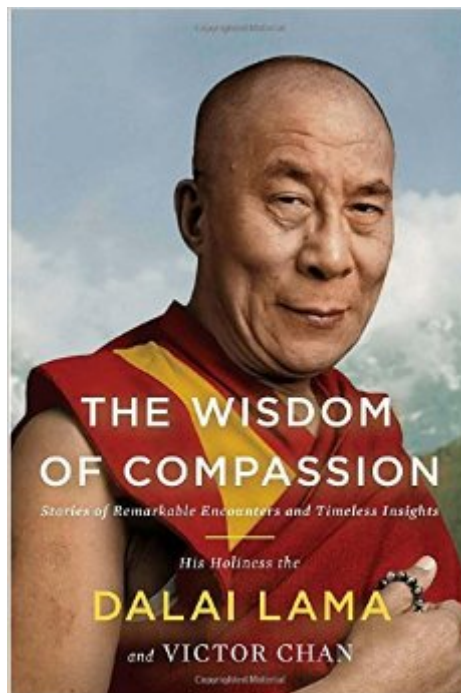


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The Wisdom Of Compassion: Stories Of Remarkable Encounters And Timeless Insights



Synopsis

The *Wisdom of Compassion* offers rare insights into the Dalai Lama's life and his efforts to translate compassion into action through deeply engaging, behind-the-scene stories about his interactions with remarkable people from all walks of life. This is the Dalai Lama at his most human, and most humane. We see how he approaches the world with playfulness, optimism, and a profound empathy for the suffering of others. Through his own conduct, he shows us the tangible benefits of practicing kindness, forgiveness and compassion. And he demonstrates that opening our hearts and minds to others is the surest path to true happiness. *The Wisdom of Compassion* is an intensely personal portrait of the Dalai Lama. It recounts the story of his friendship with a blind Irishman, how they first met and how in later meetings the Dalai Lama comes to call him his one and only hero. It explores the Dalai Lama's collaboration with a neuroscientist and how it results in significant discoveries about the human brain. It also brings to life poignant accounts of his uncommon encounters with a little beggar girl, a disabled boy in a critical care ward, a man who trains grandmothers to become solar engineers, and many others. The Dalai Lama's wisdom principles revolve around the practical application of compassion. Enhanced by his seven decades of practice and elucidated through captivating anecdotes of his own experiences, they will help readers lead more fulfilling lives. As the Dalai Lama has written many years ago: if you want others to be happy, practice compassion; if you want yourself to be happy, practice compassion.

Book Information

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Customer Reviews

A chance series of events led a young college graduate, Victor Chan, to his first meeting with His Holiness, the Dalai Lama, in 1972. Chan did not meet the Dalai Lama again until 1994. Then, at a third meeting in 1999, the Dalai Lama agreed to collaborate with Chan on a book, resulting in "The Wisdom of Forgiveness" in 2005. The book described various meetings and discussions between the Dalai Lama, Chan, and other people. Subsequent to the 1999 meeting, Chan has continued to have close contact with the Dalai Lama. He and the Dalai Lama have now collaborated on another book (Chan is the writer), a sequel to the first, "The Wisdom of Compassion: Stories of Remarkable Encounters and Timeless Insights." (2012) The book is one of many, including Chan's earlier work, that try to offer an intimate, close-up portrayal of the Dalai Lama, who has become a world-wide revered religious figure. Chan's book describes meetings he attended with the Dalai Lama between 2000 and 2010. Some of the meetings were personal and small with no media present. Others were on a large stage, attended by many people, and with wide publicity. Again, the people at the meetings ranged from beggars, the sick, school children, and prisoners to renowned scientists, celebrities, humanitarians, and political leaders. The discussions in the book tend to be short. They focus on the Dalai Lama as a person, the essence of his teachings, and the effect he has on those around him. Chan offers the following summary of the Dalai Lama's teaching for purposes of the book. "Helping others does not mean we do this at our own expense..."

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