



My Spiritual Autobiography. the Dalai Lama

Sofia Stril-Rever

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This book is a first. There has never been one entirely dedicated to the spiritual life of the Dalai Lama. Yet as one of the world's most recognised, and respected, spiritual leaders there is already great interest in such a work from His Holiness' thousands of friends and followers around the world. The Dalai Lama sees himself first and foremost as a human being, secondly as a monk and thirdly as the former political leader of Tibet. In this extraordinary autobiography we read many hitherto unknown stories from his childhood, his formation as a monk and his gradual development as a leader of his people. We are offered a view of his daily spiritual practise, invited to listen in on the dialogue he has been pursuing with other religions, with non-believers and with scientists in his search for ethical and environmental principles, and shown how he brings a sense of goodness and conscience to political life around the globe. In a world that is so profoundly interdependent, the Dalai Lama explains how he transforms himself through spiritual means in order to have a positive effect on the world, and he encourages us to do the same by working on ourselves first of all.

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