



Transforming the Mind

By Dalai Lama

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The Dalai Lama shows us how to transform difficult situations into opportunities for spiritual growth.

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Transforming the Mind By Dalai Lama Bibliography

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Editorial Review

Amazon.com Review

The mind is central to all human experience. Whether one is in harmony with the world or not depends upon one's relative emotional and spiritual health. For this reason, the core teachings of Buddhism have always emphasized various forms of mind training. In *Transforming the Mind*, based on an edited series of his lectures, the Dalai Lama provides a succinct overview of the basic techniques of spiritual development in Tibetan Buddhism. He introduces several aspects of mind training, combining the insights of traditional scholarship with his personal warmth and humanity.

The book begins with a lucid account of the basic teachings of Buddhism--the nature of the human predicament and how it can be overcome. Then two key aspects of mind training involving the development of altruism and insight are described. This is essential, since Buddhism teaches that true mental transformation requires a sense of responsibility for others, together with the attainment of insight into the dynamic working of the human psyche and the world. Included in the book is the short traditional text on mental transformation, which the Dalai Lama used to structure his illuminating presentation of Buddhist practice. As an added bonus, the book concludes with a message for the millennium, giving the Dalai Lama's views on the role of Buddhist-inspired ethics in this newly dawning era.

Though not aimed at complete beginners, this book will appeal to readers who are seriously committed to bringing about change in the world through developing their own spiritual capabilities, whether they are Buddhists or not. --*Stephen Hodge, Amazon.co.uk*

From Publishers Weekly

Based on a seminar the Dalai Lama gave in London in 1999, this slender volume offers His Holiness's reflections on *The Eight Verses of Transforming the Mind*, a short work by Langri Thangpa, an 11th-century Tibetan teacher. The book is distractingly disjointed. A Langri Thangpa's original words are hidden away in an index, and each chapter concludes with a Q&A in which the Dalai Lama offers comments that are not obviously connected to the preceding chapter. Furthermore, the reader who bears with the careless organization may be disappointed by the book's content. Many of the Dalai Lama's ruminations are familiar from his other recent bestsellers. For example, he suggests that in the new millennium, we need to work toward interfaith understanding by participating in interfaith dialogues and meetings and visiting sites that are sacred to practitioners of other religious traditions. When he turns his attention to meditation, His Holiness seems less inspired than usual: meditation is valuable, but he admits that it can be tough. Meditators tend to get distracted, drowsy, lax, and agitated. We need to take both physical and mental responses into account when trying to deal with these obstacles. If we struggle with drowsiness, we must make sure we are getting enough sleep, and we should focus on "ideas which have a naturally sobering effect" if we are agitated. These teachings may be transformative. But they add little to the many teachings by the Dalai Lama already available in book form. (May)

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From Library Journal

Another addition to the growing list of titles by the Dalai Lama, this book is a transcription of three days of teachings in May 1999 in London. The focus is on *The Eight Verses on Transforming the Mind*, an important 11th-century Tibetan work included in an appendix. Books such as these risk the excessive intrusion of the editor or interpreter, but this succinct and carefully accomplished text gives the impression that a real effort was made to convey the essence of the Dalai Lama's message as well as the characteristic

warmth and humor of his delivery. He explores the development of compassion as it is understood in Buddhism and presents interesting distinctions among various schools of Buddhist thought with regard to ideas such as the concept of self and the nature of emptiness. The teachings are at times difficult, but ambiguity is minimized, and the interspersed question-and-answer exchanges help keep the reader engaged. A bonus is "Ethics for a New Millennium," a lecture given by the Dalai Lama during the same London visit, in which his message is simple, clear, and welcome. A good choice for most libraries.

-Mark Woodhouse, Elmira Coll. Lib., NY

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Users Review

From reader reviews:

Ricky Streeter:

Nowadays reading books are more than want or need but also get a life style. This reading habit give you lot of advantages. The huge benefits you got of course the knowledge your information inside the book which improve your knowledge and information. The information you get based on what kind of book you read, if you want drive more knowledge just go with schooling books but if you want experience happy read one using theme for entertaining for instance comic or novel. The actual Transforming the Mind is kind of e-book which is giving the reader unforeseen experience.

Jonathan McLean:

A lot of people always spent all their free time to vacation or even go to the outside with them loved ones or their friend. Do you realize? Many a lot of people spent these people free time just watching TV, or perhaps playing video games all day long. If you wish to try to find a new activity honestly, that is look different you can read a book. It is really fun for you personally. If you enjoy the book that you simply read you can spent the whole day to reading a book. The book Transforming the Mind it is quite good to read. There are a lot of folks that recommended this book. They were enjoying reading this book. If you did not have enough space to create this book you can buy the particular e-book. You can m0ore very easily to read this book from your smart phone. The price is not too expensive but this book has high quality.

Dolores Young:

Reading can called brain hangout, why? Because when you find yourself reading a book particularly book entitled Transforming the Mind your brain will drift away trough every dimension, wandering in each aspect that maybe not known for but surely can be your mind friends. Imaging each and every word written in a guide then become one contact form conclusion and explanation which maybe you never get prior to. The Transforming the Mind giving you yet another experience more than blown away your thoughts but also giving you useful info for your better life in this particular era. So now let us teach you the relaxing pattern is your body and mind will be pleased when you are finished looking at it, like winning a. Do you want to try this extraordinary wasting spare time activity?

Michele Williams:

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