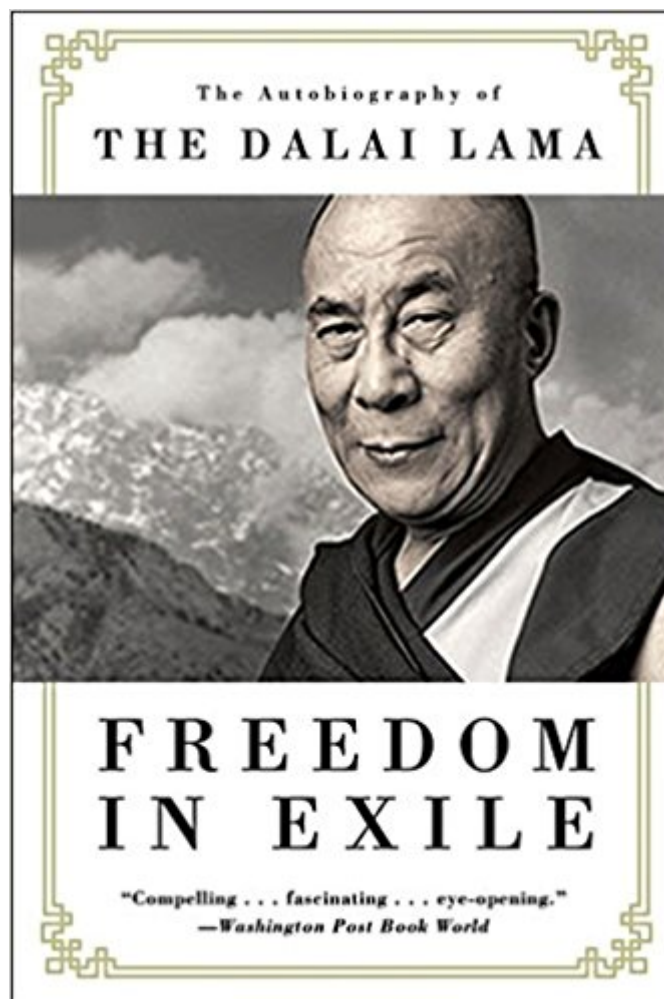


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# Freedom In Exile: The Autobiography Of The Dalai Lama



## Synopsis

In this astonishingly frank autobiography, the Dalai Lama reveals the remarkable inner strength that allowed him to master both the mysteries of Tibetan Buddhism and the brutal realities of Chinese Communism.

## Book Information

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## Customer Reviews

The Dalai Lama's autobiography should leave no one in doubt of his humility and genuine compassion. Written without the slightest hint of pretense, the exiled leader of Tibet recounts his life, from the time he was whisked away from his home in 1939 at the age of 4, to his treacherous escape from Tibet in 1959, to his winning of the Nobel Peace Prize in 1989. The backdrop of the story is the 1950 Chinese invasion of Tibet. He calmly relates details of imprisonment, torture, rape, famine, ecological disaster, and genocide that under four decades of Chinese rule have left 1.25 million Tibetans dead and the Tibetan natural and religious landscapes decimated. Yet the Dalai Lama's story is strangely one of hope. This man who prays for four hours a day harbors no ill will toward the Chinese and sees the potential for good everywhere he casts his gaze. Someday, he hopes, all of Tibet will be a zone of peace and the world's largest nature preserve. Such optimism is not naive but rather a result of his daily studies in Buddhist philosophy and his doctrine of Universal Responsibility. Inspiring in every way, Freedom in Exile is both a historical document and a fable of deepest trust in humanity. --Brian Bruya

This book gives some picture of Tibetan daily life and a few anecdotes, but because the reign of the 14th Dalai Lama of Tibet has been conducted largely in exile, it is not surprising that much of his story is concerned with the tangled problem of Tibet's relationship with China over the past 40 years. One striking feature of the book is one's sense that the Dalai Lama is a fundamentally ordinary individual despite a life that--beginning with his being "discovered" as the reincarnation of the 13th Dalai Lama at the age of three--was always most out of the ordinary. His winning the 1989 Nobel Peace Prize will increase curiosity about this man and his world view, so perhaps more readers will explore the quiet wisdom of his philosophy and see the eloquent result of a tradition that has the abiding sense not to divorce statesmanship from true spirituality. Highly recommended.- Mark Woodhouse, Gannett Tripp Lib., Elmira Coll., N.Y. Copyright 1990 Reed Business Information, Inc. --This text refers to an out of print or unavailable edition of this title.

Deeply moving....My heart is cracking open. I'm midway through it and just humbled by it all....

I recommend this book highly. I relished reading it and it has changed my viewpoint in ways that I value. The Dalai Lama himself and his culture are fascinating. As a spiritual culture, Tibet is so different from materialistic, commercially-focused majority U.S. culture. This book gave me a first glimpse into what it's like to have been acknowledged by other people as the reincarnation of a famous person. Short version: the Dalai Lama didn't seem to remember passing that crucial test at a young age. That fits with my understanding that we do not remember past lives much after the age of three. The relationship between the man who lives today and all his predecessors, in particular the most recent thirteenth Dalai Lama, as told, is more like a relationship with an uncle than a remembered experienced life. It was profoundly moving to read how the Dalai Lama tried to embrace the Chinese and potential good for his people after their abrupt arrival in Tibet, tried thoughtfully to see how Marxism and Buddhism could be harmonious and benefit Tibetan society. This began before the violent repression and degrading treatment of monks and nuns. While clearly objecting to Chinese violent suppression of this people, the Dalai Lama still could see potential benefit of some aspects of Marxism. How powerful to learn how the world events such Korean War look to someone for whom nonviolence is the only sane approach to conflict! It made me see that I still thought violence and war was sometimes necessary. What a benefit to read how the Dalai Lama interacted with those who disagreed with him, whether they were family members or world leaders! I view current events differently now that I followed this great leader's thinking.

The Dalai Lama, a winner of the Nobel Prize in 1989, tells his life's story in this readable, gripping account of himself and his country. He clarifies that this is not a book about Buddhism, and he is correct. He does not expound upon Buddhist philosophy much, but he does present some of his own core views: such as the essentially universal nature of human beings all over the world, and basic core ethics of loving kindness, non-violence, and justice. Readers will learn who this man is, where he was born, how he became the Dalai Lama, and how the Chinese government cruelly and savagely ripped away Tibet's independence. Written in clear, simple English, the book nonetheless succeeds in painting a rich portrait of Tibet. It illustrates also some of the customs of Tibetan culture that are in so much danger of being forgotten, or at least drown-out in a country that is rapidly becoming subsumed under the Chinese influence. A strongly recommended read.

Haven't finished it yet, but it is interesting information.

This is a great book to pick up for anyone interested in expanding their knowledge on the teachings of Buddha, or simply finding out who, and what the Dalai Lama is. Unfortunately, I would not recommend this book to llama enthusiasts. Nonetheless, a llama enthusiast would benefit from a great read!

Great book. It is worth reading because it makes you think. Great read if you are looking for something meaningful to learn about.

Here is the self reported life of his Holiness. Nothing like getting the facts straight by this brilliant mans life story from the man himself. He is a world shaker like no one else in the geopolitical environment, a man of peace we should all try to emulate.

The greatest deep thinker of our lifetime. The discussions of Chinese atrocities is shocking, shameful, and embarrassing to the Chinese - but is not the main point of this book. The DL's focus on love, compassion, and warmheartedness is a lesson for any reader.

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