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# My Tibet, Text by his Holiness the Fourteenth Dalai Lama of Tibet

*Dalai Lama*

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**Dalai Lama : My Tibet, Text by his Holiness the Fourteenth Dalai Lama of Tibet** before purchasing it in order to gauge whether or not it would be worth my time, and all praised My Tibet, Text by his Holiness the Fourteenth Dalai Lama of Tibet:

0 of 0 people found the following review helpful. This book is truly beautiful! By Brenda Clark Prompt service. This book is truly beautiful! 0 of 0 people found the following review helpful. A very special look at Tibet By Edward C. Carpenter I agree with Brenda Clark -- like all of Rowell's books, this is spectacular. Can't figure out why someone would rate the book badly because gave them a copy with a torn cover. The bad rating should go to the store, not the author and photographer. 0 of 3 people found the following review helpful. One Star By Diane Stelly Dust jacket missing which destroys collection value.

One of the world's spiritual leaders and a renowned wilderness photographer combine their vision of Tibet in this stunningly beautiful book. Essays by the Fourteenth Dalai Lama appear with Galen Rowell's dramatic images in a moving presentation of the splendors of Tibet's revered but threatened heritage. When Chinese communist troops invaded Tibet in 1950, the author was fifteen years old and the spiritual and temporal ruler of a nation the size of western Europe. Tenzin Gyatso, the Fourteenth Dalai Lama of Tibet, appealed to the United Nations for help and then fled across the Himalaya in winter to a border town, where he anxiously awaited political aid that never came. Like the mythical kingdom of Shangri-La, Tibet had sought isolation from the rest of the world. Diplomatic relations and

foreign visitors had been shunned, and few people in the West knew what cultural and natural treasures lay threatened there. In the years that followed, the Dalai Lama struggled to maintain peace in Tibet and to protect his people's ways, but in 1959 he was forced to flee to India, where he remains today. There he has established a government in exile in Dharamsala that has endeavored to preserve Tibetan culture while preparing for a peaceful return to a free Tibet. As the Chinese cautiously opened select Tibetan doors to visitors in the 1980s, a sickening realization stole over the rest of the world: Tibet had been ravaged by the Chinese occupation. All but a dozen of Tibet's six thousand monasteries had been destroyed. Much of the once-bountiful wildlife had disappeared. A sixth of the population had perished. The picture seemed so bleak that many wondered whether there was anything worth saving in this wounded land. The Dalai Lama's heartening answer and Galen Rowell's magnificent photographs leave no doubt that the mystery and enchantment of Tibet, though seriously endangered, are still alive. To Tibetans the Dalai Lama is an incarnation of the Buddha of compassion. He has spent the last thirty years tirelessly advocating nonviolence and compassion to all living things as the answer to Tibet's plight. "My religion is simple," he says, "my religion is kindness." My Tibet movingly elaborates this message: here the Dalai Lama offers his views on how world peace, happiness, and environmental responsibility are inextricably linked. He explains the meaning of pilgrimage for Tibetan Buddhists and gives an engaging account of his early life in Lhasa, the capital of Tibet. In addition, he reveals many sides to his nature: compassion, profound faith, common sense, generosity, a playful sense of humor. Personal reflections matched here to 108 photographs of the land he hasn't seen since 1959. Together the breathtaking photographs, which express Rowell's own commitment to the natural world, and the Dalai Lama's observations help preserve the enduring meaning of Tibet's culture, religion, and natural heritage.

From Library Journal Some partnerships seem to produce particularly felicitous results. Such is the case with this effort, a brilliant combination of Rowell's photographs of a much-loved country he has visited often and the Dalai Lama's sensitive commentary on his homeland. Both are so pleasing that it is impossible to praise one over the other. Both men speak from their hearts, to great effect. The Dalai Lama, the political and spiritual leader in exile of the Tibetan people, is the winner of the 1989 Nobel Peace Prize. Rowell's work for National Geographic and his books such as *Mountain Light* have won him a wide following. Highly recommended. - Mary Morgan Smith, Northland P.L., Pittsburgh Copyright 1991 Reed Business Information, Inc. "A sumptuous and touching glimpse of his country and people." -- Paul Jordan-Smith, Los Angeles Times Book "In decades to come this remarkable volume may well qualify as one of the most beautiful and important publications of the 20th century." -- Virginia Quarterly "In the opinion of the Snow Lion editors, this is one of the most important books to appear on Tibet. The combination of Galen's 118 stunning photographs with the words of His Holiness both describing the scenes and discussing various aspects of Tibetan life make this a truly fabulous book." -- Snow Lion Newsletter "Mr. Rowell is an artist-adventurer, a risk-taking athlete, and, more than all that, a sensitive observer of people, animals and plants, who brings to the mountains a sense of history and a reporter's eye for human detail." -- Raymond Sokolov, The Wall Street Journal "Rowell has caught the natural beauty of that nation as no other photographer has done before. . . . [His] photographs, whether of nomads or the abundant animal life or landscapes and town scenes, reveal changes but they also underscore the idea found in the Dalai Lama's comments on each one (that there are hidden and enduring truths to be found here." -- Rembert G. Weakland, New York Times Book From the Inside Flap "I accept the Nobel Peace Prize in a spirit of optimism. . . . We must seek change through dialogue and trust. It is my heartfelt prayer that Tibet's plight may be resolved in such a manner and that once again my country, the Roof of the World, may serve as a sanctuary of peace and a resource of spiritual inspiration at the heart of Asia." His Holiness the Dalai Lama