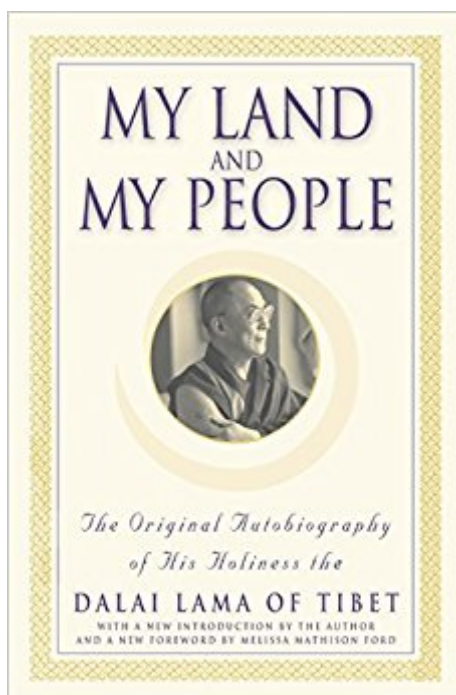


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# My Land And My People: The Original Autobiography Of His Holiness The Dalai Lama Of Tibet



## Synopsis

Schooled behind ancient palace walls to become the leader of Tibet, the Dalai Lama has become a spiritual leader to the world and a leading civil rights advocate. *My Land and My People* tells the story of his life.

## Book Information

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## Customer Reviews

H.H.the Dalai Lama, as he is known to we Tibetans, is an amazing personality. I have read this book in Tibetan when I was about 16 years old. His sincerety will touch you, his genorosity will move you and his compassion will transform you into a better human being. I live in Taiwan now. One of my Taiwanese journalist friends went on to interview him. She had prepared lot of questions for His Holiness. She later told me that when she met him in person, she forgot all her questions and just felt like asking him one question: "What is the purpose of life and why we are here on this earth?" Such is the power of his presence and the charm of his compassion. The book is one of his earliest works. A must read for anyone willing to be a better human being.

Whether you are a fan of H.H. Dalai Lama or not, this book is fascinating. It is written with the energy of a young man in a passionate struggle to save his people. It will grip, inspire and anger you. Read the book, and you'll be moved to give your support to the Dalai Lama and the people of Tibet in their fight for freedom.

The cry to "free Tibet" takes on new meaning and a more personal conviction after reading this

book. This original autobiography, published in 1962, is an intimate narrative of the Dalai Lama's life from his humble beginnings as the son of a Tibetan farmer to his evolution as the greatest spiritual leader known to the modern world. It is also the story of a young man struggling with responsibilities that are unimaginable for someone so young and of a remarkable people who were willing to give up their lives in order to protect their unique way of life. But, more importantly, this book tells the story of an attempt by a mighty military power to eliminate a small peace-loving culture thus eliminating its religion, a religion based simply on having compassion for all living things. In this regard, the efforts of the mighty power failed. The government of China may have been successful in taking the beautiful land from the Tibetans (thanks in part to the rest of the world turning a blind eye to what was happening) but the culture and religion is still thriving thanks to the efforts of His Holiness the Dalai Lama and his government in exile. In conclusion, this book reminds us that we all need to be aware of how fragile freedom is and that all peace-loving people must join hands throughout the world, regardless of cultural and religious beliefs, to protect that precious thing called freedom.

I started this book with the thought that I would gain a better sense of the history surrounding the current events in Tibet, where I recently visited. What I didn't anticipate was that the book would generate such strong feelings of compassion and emotion within me. Read it slowly and allow yourself to fully digest the Dalai Lama's simple but compelling portrayal of the suffering his people have encountered, as well as the incredible courage they displayed- as a testament of their deep devotion to him and their unwavering belief in their most valuable possession: Buddhist religion. I had to stop every so often and calm the inner turmoil I felt, as I read. While I have deep respect for the Dalai Lama and his own struggle to save his people & religion and to keep the Tibetan story alive, it is truly the Tibetan people who have proved their heroism and strength. When I read about them surrounding the Potala, armed only with sticks and determination, in order to protect their holy leader, it just overwhelmed me to remember that human struggles of the most basic kind are still occurring and need to be remembered and championed by those of us so far away. When I was in Tibet, I thought that it would be a tragedy to lose such a rich and vibrant culture but now after reading this, it's even more unimaginable. There are few cultures that cultivate such inner strength and whose people demonstrate such devotion for what is meaningful to them- I hope Tibetans will find a way to survive the continued oppression of China and that China will soon recognize the value of what they seem intent on destroying.

This book is a wonderful, simple, and quick read. Of course the subject matter does get unpleasant, but it's good to know the facts from the perspective of His Holiness at the time that he wrote it in 1962. The book tells the story which everyone knows: how the Chinese invaded Tibet and the Dalai Lama was forced to flee to India. But this book goes in to detail and as a reader, it was great to finally get the "real" details of that story, again from his perspective. Prior to reading this, I only knew the story based on films and summaries in guide books, etc. I highly recommend this book, and I would suggest reading this one prior to reading his second autobiography, "Freedom in Exile" from the early 1990's.

Having long been a fan of the Dalai Lama and his other books, I was anxious to read his autobiography. It is an amazing story that he has to tell. We should hope that our world had evolved beyond invasions after World War II, but that proved not to be true when China invaded Tibet and eventually ousted the ruling party in 1959. Having been previously familiar with the story of the exile of the Dalai Lama to some degree, I was anxious to learn about it in more detail. Truly the people of Tibet are and continue to be victims of China. China crept into Tibet saying only that it would help to modernize the "backwards" people of Tibet. After numerous broken promises the Dalai Lama exited just ahead of the first mortar blasts that rocked his palace. China's only real goal was to take possession of the land at any cost. Few religions place a greater emphasis on peace than the Tibetan form of Buddhism. While the author gives readers some of the basic principles of the faith, the language should not be confusing to those not familiar with Buddhism. This amazing story, though it ends with the Dalai Lama's arrival in India, is still fresh and eye-opening today.

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