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MCN Columnists

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Posted Wednesday, September 28th, 2011 - [1 Comment »](#)



H.H. Dalai Lama: Facing Death and Dying Well/ Interdependence, Interconnectedness and the Nature of Reality

The most recent releases in Gonzo/MVD series of lectures by the Dalai Lama deal with some of the most perplexing questions facing all human beings: existence, dying, death, decomposition and nothingness. As a demonstrably, if arguably reincarnated soul, the Dalai Lama is in a unique position to offer advice and guidance on such weighty topics. In the eyes of believers, he represents the latest reincarnation of a series of spiritual leaders who have chosen to be reborn in order to enlighten others. In these 165-minute-long seminars, H.H. encourages his followers to meditate on impermanence and the momentary changing nature of existence, in order to understand why we're here and where we're going. "**Facing Death and Dying Well**" is intended to "help us appreciate the basic unsatisfactory nature of existence, and strive towards liberation." The lecture, "**Interdependence, Interconnectedness and the Nature of Reality**" focuses on "dependent origination and emptiness and the nature of time." The journey to Buddhahood is long and loaded with distractions. These lectures, which are presented in a mixture of Tibetan and English, require a quite deal of concentration and patience. Don't be reluctant to use the rewind function when the lessons get murky. – *Gary Dretzka*