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Giving the Gift of Peace

Author: [Bob Etier \(/people/missbobetier/\)](#)

Published: [December 19, 2011 at 6:15 pm \(/archive/2011/12/?F%2Ftechnorati.com%2Flifestyle%2Farticle%2Fgiving-the-gift-of-peace%2F&t=Giv+ing%20the%20Gift%20of%20Peace%20-%20Technorati%20Lifestyle&src=sp\)](#)

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In August of this year, the [first two DVDs \(/http://www.examiner.com/documentary-in-national/hh-dalai-lama-leads-the-way-to-happiness-and-contentment-review\)](#) in a series released by The Meridian Trust on the teaching of H.H. Dalai Lama were released. In tumultuous times (such as the holiday season), the Dalai Lama videos introduce a bit of sanity into one's overstressed world. Could there be a better gift for friends trying to attain inner peace than a few hours with a man who has mastered it? All titles in the series are presented in Tibetan and English.

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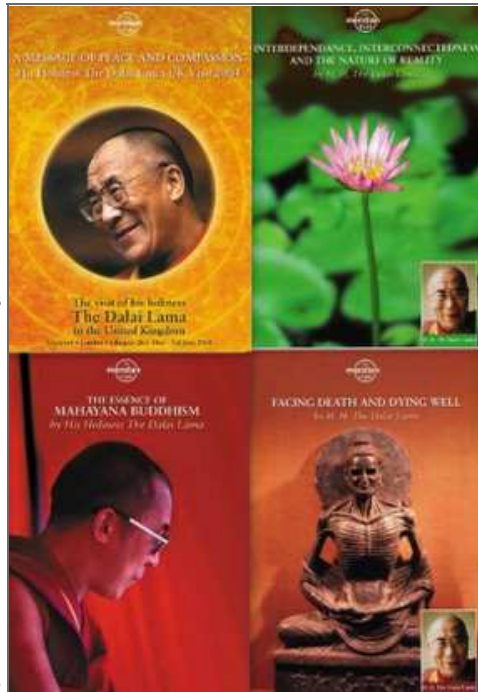
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In a profound teaching on dependent origination and emptiness, [Interdependence, Interconnectedness & the Nature of Reality](http://www.amazon.com/Dalai-Lama-H-H-Interdependence-Interconnectedness/dp/B0058OR3SU/ref=sr_1_29?ie=UTF8&qid=1324333380&sr=8-29) (http://www.amazon.com/Dalai-Lama-H-H-Interdependence-Interconnectedness/dp/B0058OR3SU/ref=sr_1_29?ie=UTF8&qid=1324333380&sr=8-29), the Dalai Lama discusses the nature of time and explains that time is a concept that doesn't exist beyond its use to describe a relationship between the past, present, and future. The DVD was released September 27, 2011.

Also released on September 27 is [Facing Death and Dying Well](http://www.amazon.com/Dalai-Lama-H-H-Facing-Death/dp/B0058OR3TO/ref=sr_1_5?ie=UTF8&qid=1324333203&sr=8-5) (http://www.amazon.com/Dalai-Lama-H-H-Facing-Death/dp/B0058OR3TO/ref=sr_1_5?ie=UTF8&qid=1324333203&sr=8-5) in which the

Dalai Lama expounds on suffering, existence, impermanence, death, and liberation. Viewers are encouraged to “develop [an] awareness of death and move from gross understanding to more subtle levels.” The Dalai Lama teaches that we must train our minds “in virtuous mental states because our state of mind at the moment of death conditions our next rebirth.” Like many of the titles in the series, *Facing Death and Dying Well* focuses on causes.



Both *Essence of Mahayana Buddhism* and *A Message of Peace and Compassion: His Holiness The Dalai Lama UK Visit 2004* (http://www.amazon.com/Dalai-Lama-H-Compassion-Holiness/dp/B005HWA0ES/ref=sr_1_42?ie=UTF8&qid=1324333487&sr=8-42), released November 22, 2011, are documentaries that continue to follow the path of Buddhism. In the first, the Dalai Lama “summarizes the essence of the Mahayana path as the unified practice of compassion and wisdom,” and offers practical advice to Westerners regarding the practice of Dharma. The second film documents is a record of the Dalai Lama’s 2004 visit to the United Kingdom (Liverpool, London, Glasgow) where he met various political figures and journalists, as well as members of the public. The film includes a lecture given in England and a public talk to over 10,000 people in Scotland.

With the exception of *A Message of Peace and Compassion: His Holiness The Dalai Lama UK Visit 2004* which runs 60 minutes, the disks have a running time of 165 minutes.

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Article Author: [Bob Etier \(/people/missbobetier/\)](#)

Two words describe Bob Etier: "female" and "weird." Like many freelance writers, there's something about her that isn't quite right. Read her stuff and find out what.

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