

## MCN Columnists

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Posted Friday, November 25th, 2011 - [No Comments »](#)



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### **H.H. Dalai Lama: Essence of Mahayana Buddhism**

### **H.H. Dalai Lama: Message of Peace and Compassion**

The latest entries in MVD's collection of lectures conducted by the **Dalai Lama** captures His Holiness as he consoles westerners interested in following Buddha's path. In his 165-minute lectures, which are mostly in English, he summarizes the essence of Mahayana Buddhism as the unified practice of compassion and wisdom. He also adds practical advice to westerners practicing dharma and takes questions from the audience.