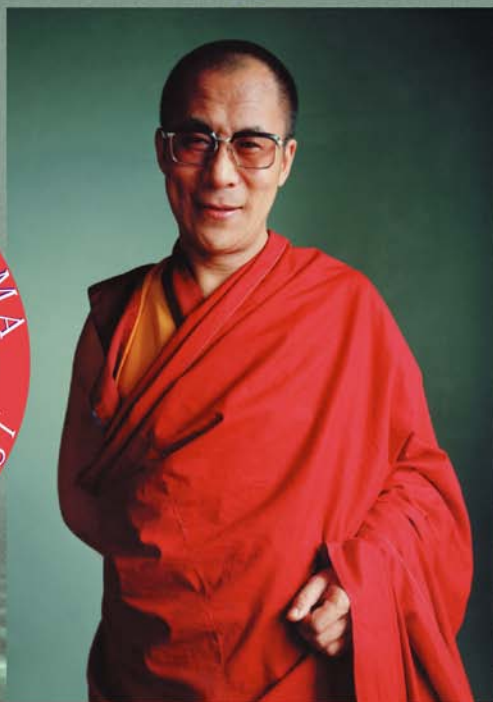


Kindness, Clarity, AND Insight



The DALAI LAMA

translated & edited by JEFFREY HOPKINS co-edited by ELIZABETH NAPPER

KINDNESS, CLARITY, & INSIGHT

∴ THE FOURTEENTH DALAI LAMA
∴ His Holiness Tenzin Gyatso

Revised and Updated

Edited and translated by Jeffrey Hopkins

Co-edited by Elizabeth Napper

SNOW LION PUBLICATIONS

ITHACA, NEW YORK • BOULDER, COLORADO

Snow Lion Publications
P. O. Box 6483
Ithaca, NY 14851 USA
(607) 273-8519
www.snowlionpub.com

Copyright © 2006 His Holiness the Fourteenth Dalai Lama

All rights reserved. No part of this book may be reproduced without prior written permission from the publisher.

Copyright in the photographs is held by the respective photographers with the following exceptions:

Brian Beresford's photographs © Brian Beresford/Nomad Pictures
Alison Wright's photographs © Alison Wright Photography
Jacqui Walker's photograph © Dalai Lama Trust New Zealand
Mitchell Layton's photograph © The Mind and Life Institute

Printed in USA on acid-free recycled paper.

ISBN-10 1-55939-251-7
ISBN-13 978-1-55939-251-8

*The Library of Congress catalogued the previous edition
of this book as follows:*

Bstan-'dzin-rgya-mtsho, Dalai Lama XIV, 1935-
Kindness, clarity, and insight / the Fourteenth Dalai Lama, his Holiness
Tenzin Gyatso ; translated and edited by Jeffrey Hopkins ; co-edited by
Elizabeth Napper.

p. cm.

ISBN 0-937938-18-1 (pbk.)

1. Buddhism—Doctrines. 2. Buddhism—China—Tibet.

I. Hopkins, Jeffrey. II. Napper, Elizabeth.

BQ7935.B774K56 1984

294.3'4—dc19

84-51198

Designed and typeset by Gopa & Ted2, Inc

CONTENTS

Preface	7
Editors' Note	13
Religious Values and Human Society	15
The Luminous Nature of the Mind	25
Four Noble Truths	29
Karma	35
Medicine of Wisdom and Compassion	39
Altruism and the Six Perfections	43
Religious Harmony	57
Treasures of Tibetan Buddhism	63
Compassion in Global Politics	71
Meditation	79
Buddhism East to West	99
Deities	111
Eight Verses for Training the Mind	117
Oṃ Maṇi Padme Hūṃ	135
The Path to Enlightenment	137

Self and Selflessness	179
Tibetan Views on Dying	191
Transforming the Mind through Meditation	207
The Two Truths	217
Union of the Old and New Translation Schools	227
Notes	255