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The book of joy pdf script printable page template

That's the main reason that I'm not sad and morose. Love flowers? If I remained in the Potala in Lhasa, I would have stayed in what has often been described as a golden cage: the Lama, holy Dalai Lama." He was now sitting up stiffly as he once had to when he was the cloistered spiritual head of the Forbidden Kingdom. Paste up an old atlas. I wondered how the Dalai Lama's ability to shift his perspective might relate to the adage "Pain is inevitable; suffering is optional." Was it truly possible to experience pain, whether the pain of an injury or an exile, without suffering? This new opportunity arrived because I became a refugee. "There are different aspects to any event. "Those vegetables are great, we love the pictures. You may be able to find more information about this and similar content at piano.io The owners of chic vegan food chain Le Botaniste devised a delightful custom wall in the bathroom of their latest outpost—all for under \$100. "He taught that when you experience some tragic situation, think about it. But if you look from another angle at that same tragedy, that same event, you see that it gives me new opportunities. Try a book of botanical prints. "But when I look at the world, there are a lot of problems, even within the People's Republic of China. And we especially love a statement wallcovering in a bathroom—it's the perfect, eye-catching addition to a small space. As a new eatery in Manhattan proves, sometimes a little bit of creativity is worth much more than a lot of money. So I practice that." The Dalai Lama was referring to the eighth-century Buddhist master Shantideva, who wrote, "If something can be done about the situation, what need is there for dejection? The Dalai Lama squeezed the Archbishop's hand and began. Swapping wallpaper for book pages. Joy is something different from happiness. For me personally, I had more opportunities to meet with different people, different spiritual practitioners, like you, and also scientists. "You know, that it doesn't help worrying. "You've been in exile fifty-what years?" "Fifty-six." "Fifty-six years from a country that you love more than anything else. "For the two of you, joy seems to be something much more enduring. So, it's wonderful. Just as if they were to shoot a man with an arrow and, right afterward, were to shoot him with another one, so that he feels the pain of two arrows." It seems that the Dalai Lama was suggesting that by shifting our perspective to a broader, more compassionate one, we can avoid the worry and suffering that is the second arrow. At the age of fifteen he found himself the ruler of six million people and facing an all-out and desperately unequal war. The odds of successfully escaping to India were frighteningly small, but to avoid a confrontation and a bloodbath, he left in the night dressed as a palace guard. When we see these things, we realize that not only do we suffer, but so do many of our human brothers and sisters. Therefore, if you look from one angle, you feel, oh how bad, how sad. It's more useful, more opportunity to learn, to experience life. There is a Sutta, or teaching of the Buddha, called the Sallatha Sutta, that makes a similar distinction between our "feelings of pain" and "the suffering that comes as a result of our response" to the pain: "When touched with a feeling of pain, the unstructured, ordinary person sorrows, grieves, and laments, beats his breast, becomes distraught. He was not contrasting his situation with others, but uniting his situation with others, enlarging his identity and seeing that he and the Tibetan people were not alone in their suffering. This content is created and maintained by a third party, and imported onto this page to help users provide their email addresses. After the Chinese invasion of Tibet in 1950, the Dalai Lama was thrust into politics. It's made you more joyful. For example, we lost our own country and became refugees, but that same experience gave us new opportunities to see more things. In the case of Le Botaniste, the book in question is John Derian's Picture Book, a compilation of the designer and decoupage artist's work—which already features prominently in Le Botaniste cafés. "Then another thing," the Dalai Lama continued. That doesn't mean you can't get the look, even if you're on a budget. The combinations of the pictures with the flowers and the drawings made it perfect." Of course, the genius of this design DIY is you can do it with any book. "One of my practices comes from an ancient Indian teacher," the Dalai Lama began answering the Archbishop's question. As Jinpa hurried to translate morose into Tibetan, the Archbishop clarified, "Sad." The Dalai Lama took the Archbishop's hand in his, as if comforting him while reviewing these painful events. So he feels two pains, physical and mental. Your spiritual practice hasn't made you somber and serious. But, let's face it: Most wall treatments, especially custom ones, don't come cheap. He had to take off his recognizable glasses, and his blurred vision must have heightened his sense of fear and uncertainty as the escape party snuck by garrisons of the People's Liberation Army. But they still worry." "Many of us have become refugees," the Dalai Lama tried to explain. "and there are a lot of difficulties in my own country. There he was raised in opulent isolation as the future spiritual and political leader of Tibet and as a godlike incarnation of the Bodhisattva of Compassion. And if you'd like to visit the John Derian bathroom in person, Le Botaniste's newest location is now open at 666 Third Avenue. "So, personally, I prefer the last five decades of refugee life. So how can people cultivate that sense of joy as a way of being, and not just a temporary feeling?" The Archbishop and the Dalai Lama looked at each other and the Archbishop gestured to the Dalai Lama. For nine years he tried to negotiate with Communist China for his people's welfare, and sought political solutions as the country came to be annexed. "Is joy a feeling that comes and surprises us, or is it a more dependable way of being?" I asked. "It fits what we're doing," Francois says of John Derian's images. Use some old copies of House Beautiful. When I use the word happiness, in a sense I mean satisfaction. Want to be inspired by great design? Why are you not morose?" "Morose?" the Dalai Lama asked, not understanding the word. Often we hear about another's tragedy, and it makes us feel better about our own situation. Follow House Beautiful on Instagram. Mad about maps? "Yes, but I think people know it with their head." He touched both index fingers to his scalp. This is quite different from what the Dalai Lama was doing. The trick? And then outside China, there are many more problems and more suffering. Sometimes we have a painful experience, but that experience, as you've said with birth, can bring great satisfaction and joyfulness." "Let me ask you," the Archbishop jumped in. And if nothing can be done about it, what use is there for being dejected?" The Archbishop cackled, perhaps because it seemed almost too incredible that someone could stop worrying just because it was pointless. This was not a denial of pain and suffering, but a shift in perspective—from oneself and toward others, from anguish to compassion—seeing that others are suffering as well. They endured sandstorms and snowstorms as they summited nineteen-thousand-foot mountain peaks during their three-week escape. The Dalai Lama's storied discovery as the reincarnation of the Dalai Lama meant that at the age of two, he was swept away from his rural home in the Amdo province of eastern Tibet to the one-thousand-room Potala Palace in the capital city of Lhasa. You may be able to find the same content in another format, or you may be able to find more information, at their web site. Let your imagination run wild. So when we look at the same event from a wider perspective, we will reduce the worrying and our own suffering." I was struck by the simplicity and profundity of what the Dalai Lama was saying. This recognition that we are all connected—whether Tibetan Buddhists or Hui Muslims—is the birth of empathy and compassion. This was far from "don't worry, be happy," as the popular Bobby McFerrin song says. "Yes, it is true. In 1959, during an uprising that risked resulting in a massacre, the Dalai Lama decided, with a heavy heart, to go into exile. This content is imported from Instagram. The remarkable thing about what the Dalai Lama was describing is that as we recognize others' suffering and realize that we are not alone, our pain is lessened. "We've had the John Derian vegetable plates since day 1," says Laurent Francois, COO of Le Botaniste. "When we were shopping for plates for the new location, I saw the book, we bought it, and then on a beautiful morning I arrived and Alain had had some fun with it." Alain Coumont is Le Botaniste's founder (also the founder of Le Pain Quotidien), and he's "had fun" by decoupageing the book's pages onto the wall, using nothing more than traditional wallpaper paste to transform a coffee table book into the perfect powder room wallpaper. There's a Tibetan saying: "Wherever you have friends that's your country, and wherever you receive love, that's your home." Courtesy Le Botaniste It's no secret that we at House Beautiful love a good wallpaper. When I look only at that," he said, cupping his hands into a small circle, "then I worry." He widened his hands, breaking the circle open. If there's no way to overcome the tragedy, then there is no use worrying too much. For example, the Hui Muslim community in China has a lot of problems and suffering.

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