

# COMPASSION RISING

WISDOM FROM THE DALAI LAMA

A Selection of Books & Films  
that Reflect the Heart  
of The Dalai Lama's Work



Join us at [CompassionRising.com](https://CompassionRising.com) or  
@CompassionRisingWorldTour on Instagram.

## Introduction

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This eBook is presented by the Compassion Rising World Tour, a global celebration of kindness, unity, and compassion inspired by the 90th birthday of His Holiness the Dalai Lama. His Holiness has authored or co-authored more than 100 books in his lifetime. The books and films featured here offer a window into His Holiness's teachings and lifelong mission: advocating for peace, human values, and the preservation of Tibetan culture. Whether you're discovering his message for the first time or deepening your connection to it, we hope this curated selection informs, inspires, and uplifts you.

## How to Get Involved: Read, Watch and Share!

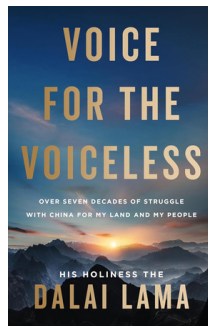
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There are so many simple and meaningful ways to take part in this global movement. Choose a book from the list for your next book club pick, host a film screening in your community or on campus, or share your favorite title with a friend. These works are not just sources of wisdom - they're sparks for dialogue, reflection, and action. As we celebrate the Dalai Lama's 90th birthday and the values he embodies, we invite you to carry his message forward in your own way. Every story shared, every act of compassion, helps strengthen the movement.

### **Host your own Compassion Rising Tour Stop!**

Be a force for change—partner with us or host your own tour stop to spread compassion. Explore the tools and resources on our website: [CompassionRising.com](https://CompassionRising.com).

## Section 1: Book Recommendations

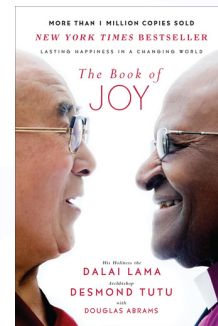


### ***VOICE FOR THE VOICELESS: Over seven decades of struggle with China for my Land and My People***

By H.H. the Dalai Lama

A powerful new book by the Dalai Lama, focusing on his quest for peace and justice for Tibet and the Tibetan people.

*Panther, India, 1962. Potala Publishing 1983*

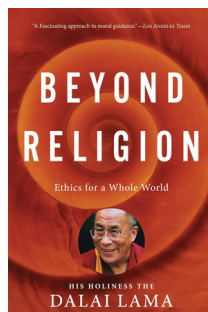


### ***The Book of Joy***

By H.H. The Dalai Lama and Archbishop Desmond Tutu with Douglas Abrams

*The Book of Joy* radiates from the close friendship between two great leaders, and spreads the underlying message that to experience joy, you must bring joy to others.

*Published By Penguin Random House, 2016*

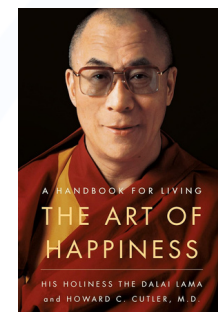


### ***BEYOND RELIGION: Ethics for a whole world***

By H.H. the Dalai Lama

An essential book proposing a way to an ethical and happy life and to a global human community based on understanding and mutual respect.

*Published By Harper One, 2012*



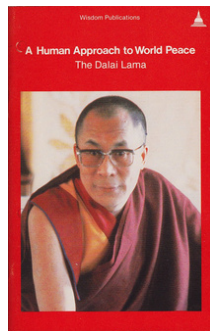
### ***The Art of Happiness***

By H.H. the Dalai Lama & Howard C. Cutler

A guide to achieving happiness, written with contemporary western preoccupations in mind.

*Published By Riverhead Books, New York, 1998*

## Section 1: Book Recommendations (continued)

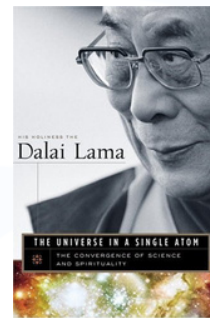


### *A Human Approach to World Peace*

By H.H. the Dalai Lama

A gem of a booklet originally published in the 1980's which ICT is honored to support a reprint, with foreword by ICT Chairman Richard Gere, in honor of His Holiness 90th Birthday.

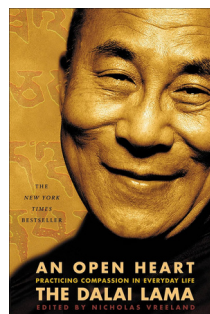
*Published By Wisdom Publications, Boston, 1981;  
Reprinted 2025*



### *The Universe in a Single Atom: The Convergence of Science and Spirituality*

By H.H. the Dalai Lama

This book offers a lens into the Dalai Lama's explorations into science, and on the nature of reality, consciousness, and the universe.

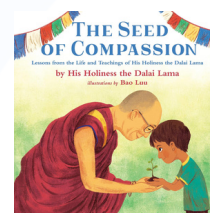


### *An Open Heart: Practicing Compassion in Everyday Life*

By H.H. the Dalai Lama

“Ancient wisdom through the mind and heart of a modern spiritual master”.

*Little, Brown and Company, 2001*



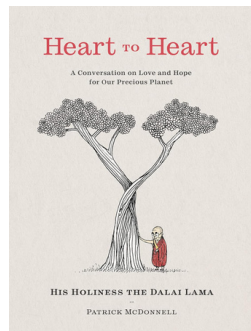
### *The Seed of Compassion: Lessons from the Life and Teachings of His Holiness the Dalai Lama*

By H.H. the Dalai Lama, Bao Luu (Illustrator)

His Holiness the Dalai Lama addresses children directly, sharing lessons of peace and compassion, told through stories of his own childhood.

*Published By Kokila, 2020*

## Section 1: Book Recommendations (continued)



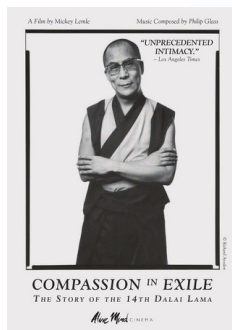
### *Heart to Heart: A conversation on Love and Hope for our Precious Planet*

By H.H. the Dalai Lama, Patrick McDonnell  
(Illustrator)

A powerful gem of a book on how to heal our relationship with the planet and each other.

*Published By Harper One, 2023*

## Section 2: Film Recommendations



### *Compassion in Exile: The Story of the 14th Dalai Lama*

Chronicles the role of compassion and forgiveness in His Holiness's leadership.

*Released 1993*

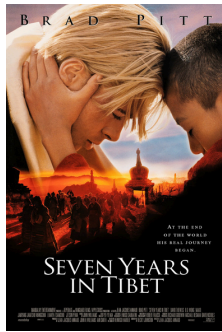


### *Kundun*

A visually stunning biopic depicting the early life of the 14th Dalai Lama, his spiritual awakening, and his escape from Tibet.

*Directed by Martin Scorsese, Released 1997*

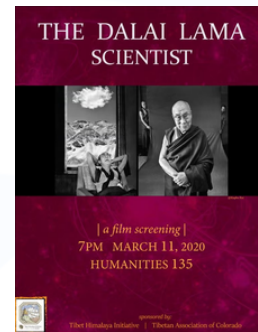
## Section 2: Film Recommendations (continued)



### *Seven Years in Tibet*

Based on the memoir of Heinrich Harrer, an Austrian mountaineer who befriends the young Dalai Lama.

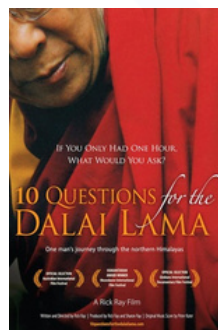
*Released 1997*



### *The Dalai Lama: Scientist*

A documentary exploring the Dalai Lama's lifelong curiosity about science.

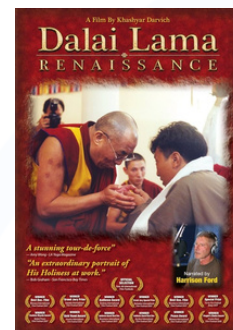
*Produced by PeaceJam, Released 2019*



### *10 Questions for the Dalai Lama*

A personal documentary by filmmaker Rick Ray, who travels to India to interview the Dalai Lama.

*Released 2006*



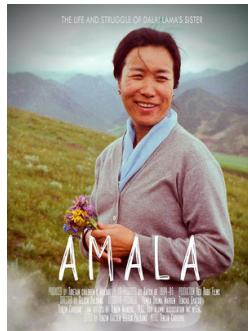
### *Dalai Lama Renaissance*

Follows 40 Western thinkers who meet with the Dalai Lama to explore solutions to global challenges.

*Narrated by Harrison Ford, Released 2007*



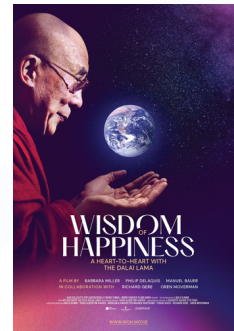
## Section 2: Film Recommendations (continued)



### *Amala: The Life and Struggle of the Dalai Lama's Sister*

Focuses on His Holiness's younger sister and her compassionate work with Tibetan refugee children.

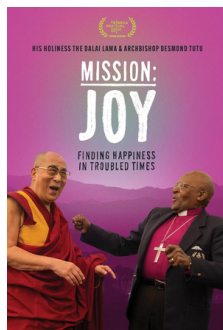
*Released 2022*



### *Wisdom of Happiness*

A powerful documentary in which the Dalai Lama speaks directly to the camera about the universal quest for inner peace, joy, and the hope for a more peaceful 21st century.

*Produced by Richard Gere, Released 2024*



### *Mission: JOY — Finding Happiness in Troubled Times*

An uplifting documentary chronicling the friendship between His Holiness the Dalai Lama and Archbishop Desmond Tutu, sharing their wisdom, laughter, and deep insights into the nature of joy.

*Directed by Louie Psihoyos & Peggy Callahan,  
Released 2021*