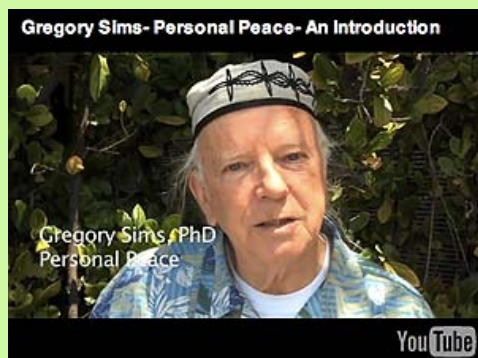


News from The Dalai Lama Foundation —

April 2010

New *Personal Peace* Audiobook

In the *Learning Zone* this month we've just launched the podcast audiobook version of [Personal Peace](#). It consists of an 11-segment "audio exploration" of the underlying qualities of and some of the expressions of personal peace. If you've ever thought about why some people seem to almost naturally walk peacefully through life and others carry turmoil and turbulence along with them everywhere they go, then *Personal Peace* may challenge you to think deeply about these issues.



You've already been able to "take the course" online, or print the modules to take with you during your daily commute, but now you can also download the modules as mp3 files or load them into iTunes in podcast format.

In *Personal Peace*, Gregory Sims helps us look at three internal qualities: *caring presence*; *self-relating relationship*; and *thoughtful syntactic awareness*. And then he helps us relate those to three external characteristics of personal peace: *voice* (the expression of peace); *view* (or peaceful world view); and *demeanor* (how we interface with the outer world).

The audiobook version of *Personal Peace* is the perfect companion to the printed explorations—[download it now](#).

New Study Guide Translations and Study Circles



This month we have added two new translations of the *Study Guide for Ethics for the New Millennium*.

The new guides, in German and in Hebrew, were created by volunteer translators under our Creative Commons license, which encourages translation, modification and addition of new materials to our *Study Guides*.

The German version for *Das Buch der Menschlichkeit* as it is titled in German, was translated by Cornelia Shonkweiler.

The Hebrew translation was "set in motion" by Hana Weisz. Janna Weiss, Michal Sahaf and Tami Shelef translated or helped with the translation effort.

These new guides join existing guides in English, Portuguese, Chinese and Spanish. And we also have a guide for prison inmates entitled *Discovering Ethics: A Path to Virtue*.

All of the study guides are available for download from the [Study Guides page on our website](#).

You can also find [Study Circles in the Learning Zone](#).

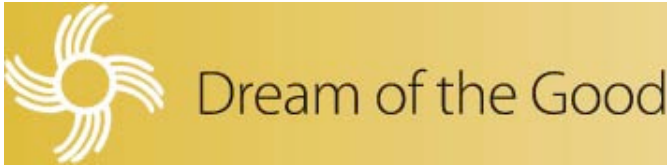
In addition to downloadable versions, the English-language guides can be [ordered in printed form](#), delivered to your door almost anywhere in the world.

For study circle coordinators, we have just reactivated our [Study Circles blog](#) and if you've started a circle, or are studying on your own, we urge you to share your experiences with others.

For more information about circles, you can also contact [Emmanuel Ande Ivorgba](#), who is the Foundation's study circle coordinator.



Awareness and inner calm in the school curriculum... Dream of the Good



15 years ago while interviewing the Dalai Lama for her book *The Dream of the Good* author and journalist Anna Bornstein asked him "If you were a father and had children in the West, what would you teach them?" "I would teach them, that you can learn to be calm, ...and to pay attention to your mental attitude", His Holiness answered. For the school curriculum he recommended the study of the mind and simple meditation exercises.

That interview inspired Anna to found The Dream of the Good whose main focus of initially was to make time for peace and quiet a permanent feature of the school day in Sweden, while supplying children with tools to enable them to handle the stress and problems of the world around them. Dream of the Good has since expanded into a peace and health methodology and networking program that engages principals, teachers, recreation leaders and others working with youth of all ages.

The Dream of the Good offers simple meditation and mindfulness methods for wellbeing and peace for all ages. The four methods: are stillness, peaceful touch, reflection and mindful movement as in qigong and yoga. They are 'doors' into what they call the Dream of the Good namely our human potential.

[The site](#) which is now available in Swedish and English, (look for the translate button in the upper right hand corner of the page), includes Dream of the Good films, meditations for the classroom, and other learning material. You can also network with other groups around the world and find or start a group in your country.

Periodically the Dalai Lama Foundation features an organization whose mission is aligned with ours.

Have a suggestion for a future organization that you would like to see featured? [Please let us know.](#)

The Missing Peace in Romania Brukenthal Palais - Sibiu, Romania



Pacea care lipseste. Artistii si Dalai Lama. The first part has practically the same sense as *The Missing Peace* and the second part in the Romanian translation is *The Artists and the Dalai Lama*. And so begins the upcoming exhibition in Sibiu, Ro-

mania at the lovely [Brukenthal Museum](#). The exhibition runs May 18 through July 31, 2010.

Have not been able to make it to see the exhibition in person, not to worry you can still [view the exhibit virtually online](#).



[View the Dalai Lama's current schedule](#)

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