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Dalai Lama /dɑːlɑː lɑːmɑː/ (US); /dælɑː lɑːmɑː/ (UK) is a title given to spiritual . Dalai Lama, long ago Avalokite?vara had promised the Buddha to guide and protect . At the age of 50, he entered meditation retreat at Narthang.

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030: david michie: meditate to know thyself (author of the dalai

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