

Q&A TRANSCRIPT
VERBATIM, TIME CODES

(Some clients like questions included in a transcript; others do not.)

Note: All transcript examples are client work that was either later published in the public media or have been authorized by my clients to be published here.

Life Positive

Interview with the Dalai Lama

[01:00:31 – 01:16:29]

You seem to exist on numerous planes—as a world figure, the temporal and spiritual head of Tibet, a world-renowned spiritual master. Yet you often refer to yourself as a simple monk. Who is the real you?

01:00:57

I see myself as a monk first, then as a practitioner of the Nalanda tradition of wisdom. Masters of Nalanda such as Nagarjuna, Aryadeva, Aryasangha, Dharmakīrti, Chandrakīrti and Shantideva have written the scriptures that we, as Tibetan Buddhists, study and Practice. They are all my gurus. I feel that I might have interacted with them in previous lifetimes. When I read their books and meditate upon their names, I feel a connect.

01:01:36

You are called the ‘Living Buddha’?

01:01:41

The term ‘living Buddha’ is a translation of the Chinese word *ho fu*. In Tibetan, the operative word is *lama*, which mean ‘guru.’ A guru is someone who is not necessarily a Buddha but is heavy with knowledge. I believe that previous Dalai Lamas were manifestations of *Avolokiteshwara*, the Buddha of compassion, and the fifth Dalai Lama is believed to be an incarnation of *Manjushreei*. I am fortunate to be the reincarnation of all these great lamas! [*Laughs.*]

01:02:24

Can anyone become a Buddha?

01:02:29

Oh, yes! All sentient being have the seed of the Buddha within them.

01:02:37