

Chapter 1

TRANSFORMING DISSATISFACTION AT WORK



It had been a long day for the Dalai Lama. Even by the time he had eaten his meager breakfast of *tsampa*¹ and tea at 7:30 A.M., he had already been up for four hours, completing his rigorous daily regimen of prayer, study, and meditation. After breakfast he began his usual workday, and that day there was a full line-up: meeting with one person after another, he saw an Indian government liaison officer, the head lama of one of the ancient lineages of Tibetan Buddhism, the president of a member republic of the Russian Federation, a high official in the Tibetan government-in-exile, and various members of his private office staff. And scheduled among these private meetings, I watched with admiration as he met with a group of newly arrived Ti-

¹ *Tsampa* is a traditional Tibetan staple food. It is made from roasted barley flour eaten in the form of a dryish dough mixed with tea.