



THE DALAI LAMA

FOREWORD

I marvel at the advancements that have been made in science and technology, particularly developments in stem cell transplantation, where a person's own cells are used to treat previously incurable ailments. I therefore welcome this book that details several cases of individuals who have benefited from such medical developments.

Coincidentally, I came to know two of the individuals mentioned in the book who were witness to Tibetan demonstrations in Lhasa in 1987 and thereafter did much to spread awareness of the plight of the Tibetan people.

This book celebrates individual accounts of the human spirit prevailing despite intense physical suffering and odds. The personal experiences mentioned also emphasize the importance of the loving support of family and friends in these stories of triumph over desperation and hopelessness.

I hope the book "Everyday Miracles" by Dr. Richard K. Burt, will be an inspiration for people to continue looking for ways to benefit from scientific developments and acts of loving kindness by near and dear members of our human family.

A handwritten signature in black ink, appearing to be the name 'Lama' followed by a flourish. The signature is written in a cursive, fluid style.

18 May 2022