

Ancient Wisdom: Modern World

Dalai Lama XIV Bstan-'dzin-rgya-mtsho



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At a time and in a culture where science and technology have taken over from religious belief, when ethics are understood primarily in terms of aesthetic choice or legality, how are we to formulate moral principles to guide us in our daily lives? Though religion can certainly help in this, the Dalai Lama demonstrates that there are universal principles we can draw on which transcend the dilemma of belief or unbelief. And whilst many have been content to speak of spiritual matters as something mysterious or evanescent, the Dalai Lama explains his approach in terms that are as clear and concise as they are compelling. With wit, gentle good sense and with penetrating insight, the Dalai Lama shows how the truths that have stood the test of generations of practise can provide us with the tools to live happy, fulfilled and meaningful lives. In the process, it becomes apparent that he does not merely espouse the 'feelgood' religiosity some accuse him of. The reader is left admiring not just the wisdom of the author, but the wisdom of the culture he represents.

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