



The Dalai Lama At Harvard: Lectures On The Buddhist Path To Peace

Dalai Lama

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His Holiness the Dalai Lama gave a series of lectures at Harvard University which fulfilled magnificently his intention of providing an in-depth introduction to Buddhist theory and practice. He structured the presentation according to the teachings of the Four Noble Truths and expanded their meaning to cover most of the topics of Tibetan Buddhism. The Dalai Lama's combination of superb intellect, power of exposition, and practical implementation are evident in these lectures. He covers a broad spectrum of topics, including:

- The psychology of cyclic existence
- Consciousness and karma
- Cessation and Buddha Nature
- Paths and the utilization of bliss
- Techniques for meditation
- Altruism
- Valuing enemies
- Wisdom
- And much more

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