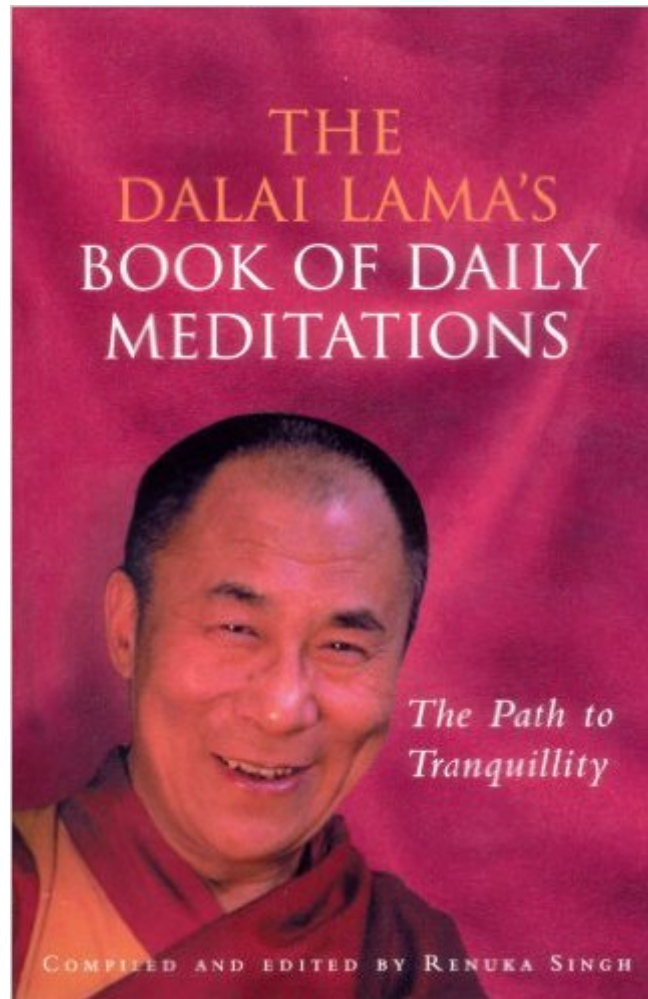


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# The Dalai Lama's Book Of Daily Meditations



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Sayings, prayers and stories drawn from the life and teachings of one of the world's greatest spiritual teachers are here brought together - for the first time - as reflections for each day of the year. His Holiness the Dalai Lama speaks with an informal practicality about almost every aspect of human life, from the secular to the religious. Reminding us of the power of compassion and meditation, he shares his thoughts about science and its relation to the spiritual life, and how we can still retain the simple values of love and courage in spite of the fact that the world is changing so fast. He also points out the interdependence between an action and its result so that we never forget the responsibility that lies in each of our deeds. Wise, humane and inspiring, these words will bring daily solace to all with their message of hope and their deep yet easily understandable philosophy of kindness and non-violence.

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