



# A Profound Mind: Cultivating Wisdom in Everyday Life

*H. H. the Dalai Lama*

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**For the first time for general readers, the Dalai Lama presents a comprehensive overview of the most important teaching of Buddhism.**

Perhaps the main difference between Buddhism and other religions is its understanding of our core identity. The existence of the soul or self, which is central in different ways to Hinduism, Judaism, Christianity, and Islam, is actually denied in Buddhism. Even further, belief in a “self” is seen as the main source of our difficulties in life. Yet a true understanding of this teaching does *not* lead one to a despairing, cynical worldview with a sense that life has no meaning—Far from it, a genuine understanding leads to authentic happiness for an individual and the greatest source of compassion for others.

In 2003 and in 2007, the Dalai Lama was invited to New York to give a series of talks on the essential Buddhist view of selflessness. This new book, the result of those talks, is now offered to help broaden awareness of this essential doctrine and its usefulness in living a more meaningful and happy life.

While the Dalai Lama offers a full presentation of his teachings on these key philosophical points for contemplation, he also shows readers how to bring these teachings actively into their own lives with recommendations for a personal practice. It is only by actually living these teachings that we allow them to bring about a genuine transformation in our perception of ourselves and our lives

*A Profound Mind* offers important wisdom for those committed to bringing about change in the world through developing their own spiritual capabilities, whether they are Buddhists or not.

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