

THE ART OF HAPPINESS

By Venerable Geshe Lhakdor



There are many facets to leading a happy life. It begins by understanding the true and legitimate sources of happiness.

The Art of Happiness is based on a few basic premises:

1. The purpose of life is happiness;
2. Once a person's basic needs are met, happiness is determined more by the state of one's mind than by one's external conditions, circumstances or events;
3. Happiness can be achieved through the systematic training of our hearts and minds, through reshaping our attitudes and outlook.
4. The key to happiness is in our own hands.

Drawing upon 2500 years of Buddhist wisdom and the latest findings of modern science, this remarkable perspective offers a practical approach to human happiness—a rational approach that can be practised by individuals from any background, tradition or religion.

BIOGRAPHY:

Venerable Geshe Lhakdor is the Director of the Library of Tibetan Works and Archives in Dharamsala, India. A distinguished Buddhist scholar, he was the English translator for His Holiness, the 14th Dalai Lama, from 1989 to 2005. He has co-translated and co-produced the following books by His Holiness the Dalai Lama:

1. The Way to Freedom
2. The Joy of Living and Dying in Peace
3. Awakening the Mind and Lightening the Heart
4. Stages of Meditation
5. His Holiness' commentary on Nagarjuna's Fundamental Wisdom (Tibetan).
6. Kindness, Clarity and Insight (Tibetan).

From 1976 to 1986, Venerable Geshe Lhakdor studied specialised Buddhist philosophy in the Institute of Buddhist Dialectics, Dharamsala and received the Master of Prajnaparamita in 1982. He also received the Master of Madhyamika in 1989 and the Master of Philosophy (MPhil) from the University of Delhi.

Since 2002, Venerable Geshe Lhakdor has been an Honorary Professor in the University of British Columbia, Vancouver, Canada. In 2008, he was also conferred Honorary Professorship by the University of Delhi, Department of Psychology.

Dates: Friday 24 July 2009
7.30pm to 9.30pm

Saturday 25 July 2009
2.00pm to 5.00pm

Venue: The Buddhist Library
No.2, Lorong 24A Geylang,
Singapore 398 526

Venue Sponsor: The Buddhist Library
(All are Welcome)

Teaching Sessions by Venerable Geshe Lhakdor at Tara Buddhist Centre:

Topics: The Three Principal Aspects of the Path
Six Sessions Guru Yoga

Dates: July 20, 21, 22, 23
Time: 7.30pm to 9.30pm

Participants may register by email or sms

Patron of Tara Buddhist Centre: His Holiness, the 14th Dalai Lama

Organiser:



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