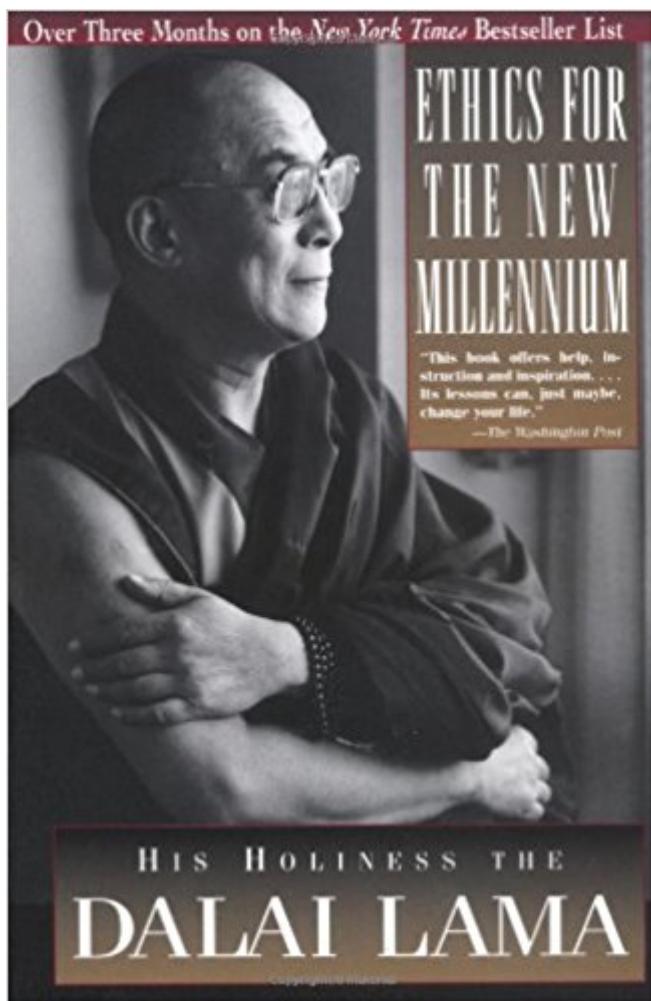


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Ethics For The New Millennium



Synopsis

Don't miss His Holiness the Dalai Lama's classic book, *The Art of Happiness*, or his newest, *The Book of Joy*,¹ named one of Oprah's Favorite Things.² In a difficult, uncertain time, it takes a person of great courage, such as the Dalai Lama, to give us hope. Regardless of the violence and cynicism we see on television and read about in the news, there is an argument to be made for basic human goodness. The number of people who spend their lives engaged in violence and dishonesty is tiny compared to the vast majority who would wish others only well. According to the Dalai Lama, our survival has depended and will continue to depend on our basic goodness. *Ethics for the New Millennium* presents a moral system based on universal rather than religious principles. Its ultimate goal is happiness for every individual, irrespective of religious beliefs. Though he³ himself a practicing Buddhist, the Dalai Lama's teachings and the moral compass that guides him can lead each and every one of us⁴ — Muslim, Christian, Jew, Buddhist, or atheist⁵ — to a happier, more fulfilling life.

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Customer Reviews

In a modern society characterized by insensitivity to violence, ambivalence to the suffering of others, and a high-octane profit motive, is talk of ethics anything more than a temporary salve for our collective conscience? The Dalai Lama thinks so. In his *Ethics for the New Millennium*, the exiled leader of the Tibetan people shows how the basic concerns of all people--happiness based in contentment, appeasement of suffering, forging meaningful relationships--can act as the foundation

for a universal ethics. His medicine isn't always easy to swallow, however, for it demands of the reader more than memorizing precepts or posing hypothetical dilemmas. The Nobel Peace laureate invites us to recognize certain basic facts of existence, such as the interdependence of all things, and from these to recalibrate our hearts and minds, to approach all of our actions in their light. Nothing short of an inner revolution will do. Basic work is required in nurturing our innate tendencies to compassion, tolerance, and generosity. And at the same time, "we need to think, think, think ... like a scientist," reasoning out the best ways to act from a principle of universal responsibility. Like a merging of the care and compassion of Jesus, the cool rationality of the Stoics, the moral program of Ben Franklin, and the psychology of William James, Ethics for the New Millennium is a plea for basic goodness, a blueprint for world peace. --Brian Bruya --This text refers to an out of print or unavailable edition of this title.

"This is not a religious book," asserts the Dalai Lama about a volume that's his most outspoken to date on moral and social issues. "My aim has been to appeal for an approach to ethics based on universal rather than religious principles." The Dalai Lama adopts this approach because, he notes, the majority of humanity ignores religion, the traditional vehicle for ethics, yet observation shows him that happiness, which he discerns as the prime human goal, depends upon "positive ethical conduct." The entire book, written in simple, direct prose, reflects this sort of step-by-step reasoning, taking on color and drama with numerous anecdotes drawn from the Tibetan leader's personal experience. Methodically, the Dalai Lama explores the foundation of ethics, how ethics affects the individual and the role of ethics in society. He resorts often to Buddhist principles (as in employing the idea of dependent originationAthat nothing arises or exists of itselfAto demonstrate the interrelatedness of all life), but also to native Tibetan ideas and, occasionally, to secular thought or that of other religions. The book represents no radical departure from his previous work, but it does present a number of forceful views on issues ranging from cloning to vivisection to excess wealth ("the life of luxury... is unworthy"), as well as personal flavor not seen in his books since his autobiography, *Freedom in Exile*. The Dalai Lama refers, for instance, to his unwillingness to sell his watch collection for money to feed the poor as an example of ethical limitation. With its disarmingly frank, kindly manner and authoritative air, the book is what one would expect from a Nobel Peace Prize winner, and could appeal as widely as the Dalai Lama's current bestseller, *The Art of Happiness*. (Aug.) Copyright 1999 Reed Business Information, Inc. --This text refers to an out of print or unavailable edition of this title.

This book is a great read!!! First, the language is very simple, it's endearing, and very easy to get into. The greatest part about the book is it isn't Buddhist-centric. Although the Dalai Lama is the most prominent figure in Buddhism, the book isn't about Buddhism. The Dalai Lama extends his views on ethics and virtues to encompass everyone; Christian, Buddhists, Muslims, Atheists, etc. You do not have to be a practicing Buddhist to gain something from this book. The Dalai Lama believes that the stability of the entire world depends on good ethical conduct. He fears that with growing secularization of modern or industrial society, that people around the world are lacking in virtue. He realizes people are pulling away from religion, but hopes to find a way that good conduct, and ethical behavior that goes beyond religious authority, will be adopted by more people of the human race. One of the most interesting things I took away from the book was his view that people of modern society avoid suffering at all costs. Of course people want to pursue happiness, that's natural. But, he argues that for all the privilege and advancement of these societies, they still suffer, but in different ways. We as modern societies suffer more psychologically and emotionally than less developed societies. Although I am no expert on psychology, I can see this to be true. I know people with so many riches but suffer with anxiety and depression. We have to except that fact that we all suffer. That's what I love about Buddhism. Everyone suffers. Everyone hurts. Embrace this, and find ways to make your life more enriching. By doing good deeds, by developing positive and healthy human relationships (which the Dalai Lama believes modern societies struggle with), and attempt to foster a positive method of thinking. According to the Dalai Lama, this will not only benefit you and add to your happiness, but will in a small way benefit society over all. These are very simple, but can be very difficult. I liked having these ideas reiterated with the eloquence of the Dalai Lama. We all have a part to do.

Great read, sometimes hard to get through.

NOT easy to read but worth the effort, especially in these times.

Very few religious leaders speak deeply about ethics in a manner that allows people to think deeply as a result. Too many religious leaders are authoritarian in their edicts about morality or lax because gaining converts and their money is foremost on their minds. (Yeah, I'm a little cynical.) In this book, Ethics for the New Millennium, HH the Dalai Lama is the answer to the overly authoritarian and the insipidly lax. In it, he answers the question that lazy, greedy, or selfish people inevitably ask: Why should I live an ethical life? To them, living ethically implies being taken advantage of by the less

ethical. They're wrong. Living ethically leads to being happy. You don't, however, have to be stupid to live ethically. This book is divided into three major sections: 1. The Foundation of Ethics - in which the Dalai Lama describes how we are all dependent on each other, from our dependency on our parents when we were children to the interconnectedness of the global society. He concludes by discussing the most important emotion that we can express: compassion. Compassion and ethical action leads to happiness. 2. Ethics and the Individual - in which the Dalai Lama discusses how people can increase their compassion and thus their happiness in life. He says that to increase compassion, we should restrain those factors that inhibit compassion, and these factors are the source of unethical conduct. Also, to increase compassion, we should encourage love, patience, tolerance, forgiveness, humility, and so on. Sounds good to me. 3. Ethics and Society - in which the Dalai Lama makes the natural extension of living an ethical life as an individual and lays out routes to help change the world. Because every act has a universal dimension, because all things are interconnected, ethical discipline, wholesome conduct, and careful discernment will lead to a better world. I'm not a Pollyanna. I don't believe that the whole world will be better if I act ethically, but I know that I feel better when I follow the teachings of the Dalai Lama, and I like the effects on my family. I don't let people take advantage of me financially or personally, but that is a matter of respecting oneself. Extending the hand of compassion, however, makes one a better human being, and that makes you happy. I'm putting this book back on my nightstand to read a little of, every night. TK Kenyon Author of *Rabid: A Novel* and *Callous: A Novel*

Wonderful book. Got me to thinking that it would be of great benefit to mankind to teach ethics and peace as an ongoing course of study, required and on par with languages, math and science from childhood through college. Beautifully written from the heart from a great mind and soul. You don't need to be a Buddhist to read and enjoy it. I could not recommend it more highly.

In *Ethics for the New Millennium*, the Dalai Lama introduces a new way to consider ethics, very different from the views of Kant, Mill, and Socrates. It is a passionate explanation that says we do not need to consider a deity or religion to understand that it is compassion that should drive our ethical behavior. A compassion for other sentient beings who seek to maximize happiness and minimize suffering: a core Buddhist teaching. After setting this foundation, the Dalai Lama then expands upon the idea, giving us examples of how we can implement these strategies into our lives as individuals and then what changes would help ease this process in society. The overhaul will not be quick and easy, but when it is applied to your life, it has the potential - he guarantees it will - to

increase your happiness; not with material happiness that lasts only temporarily, but spiritual happiness that will last for the rest of your lifetime.

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