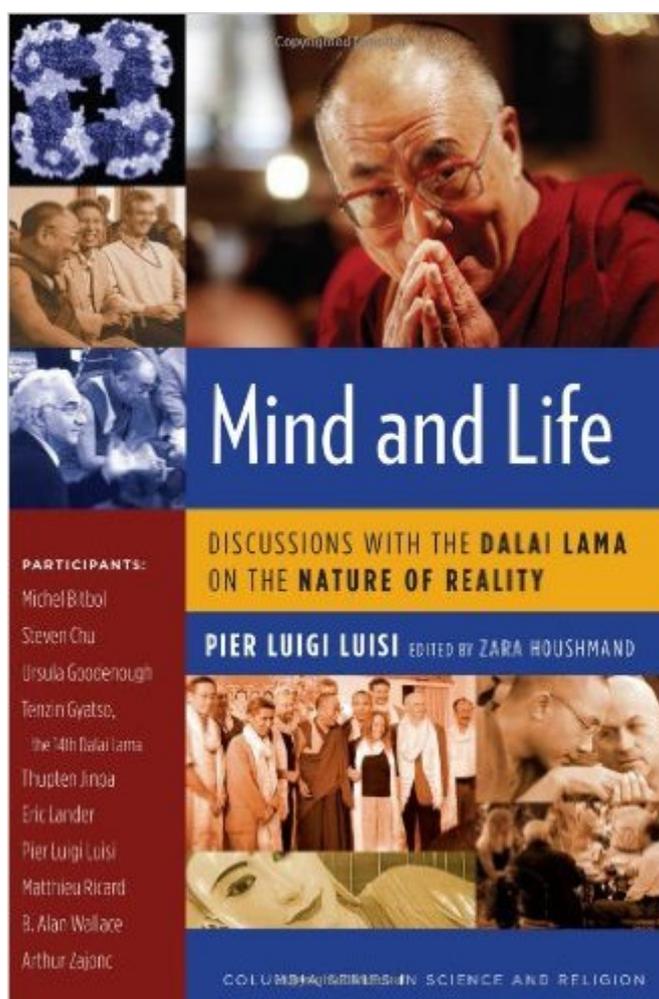


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# Mind And Life: Discussions With The Dalai Lama On The Nature Of Reality (Columbia Series In Science And Religion)



## Synopsis

For over a decade, a small group of scientists and philosophers—members of the Mind and Life Institute—have met regularly to explore the intersection between science and the spirit. At one of these meetings, the themes discussed were both fundamental and profound: can physics, chemistry, and biology explain the mystery of life? How do our philosophical assumptions influence science and the ethics we bring to biotechnology? And how does an ancient spiritual tradition throw new light on these questions? Pier Luigi Luisi not only reproduces this dramatic, cross-cultural dialogue, in which world-class scientists, philosophers, and Buddhist scholars develop a holistic approach to the scientific exploration of reality, but also adds scientific background to their presentations, as well as supplementary discussions with prominent participants and attendees. Interviews with His Holiness the Karmapa, the Buddhist monk Matthieu Ricard, and the actor and longtime human rights advocate Richard Gere take the proceedings into new directions, enriching the material with personal viewpoints and lively conversation about such topics as the origin of matter, the properties of cells, the nature of evolution, the ethics of genetic manipulation, and the question of consciousness and ethics. A keen study of character, Luisi incorporates his own amusing observations into this fascinating dialogue, painting a very human portrait of some of our greatest—and most intimidating—thinkers. Deeply textured and cleverly crafted, *Mind and Life* is an excellent opportunity for any reader to join in the debate surrounding this cutting-edge field of inquiry.

## Book Information

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## Customer Reviews

I bought this book in preparation for a 5-day seminar (entitled From the Big Bang to Consciousness) with the author Pier Luigi Luisi. Because I have no background or knowledge of biology, some scientific concepts presented in this book were difficult to understand. However, Luigi's writing style is pleasantly conversational and warm, which makes the content much more accessible. He captured the spirit of this conference which brought scientists from a number of disciplines and Buddhist scholars and religious leaders together. The discussions between these two groups focussed on their beliefs about the origins and nature of life and how both the scientific and spiritual community had much to learn from each other. I would definitely recommend it to anyone interested in the intersection of science and spirituality.

Dr. Richard Davidson and the Dalai Lama work together to explore how we can gain control of our own minds using the knowledge of neuroscience and the experience of practicing meditators. It is the story of Dr. Davidson's journey to break the restrictive bonds of behavioral psychology and discover how mindful meditation can release the power of the mind to literally change the wiring in the brain to achieve a better state of being.

Very important work. Am happy to digest this information bit by bit.

It is good for the planet. This book is tremendous and I thank everyone who is in it for being.

The book title is really arresting; Mind and life discussions with the Dalai Lama on the nature of reality. But the book is not about that. It is a set of different interviews on different topics with different Buddhist, so this is my first quarrel with the book: It is not a book that has discussions with the DL. The other one is about some of those interview, say on the topic of "how life unfolds" chapter 4 . One would spect an expert of the calibre of Richard Dawkins to be next to the Dalai Lama but the person they chose its no other than Richard Gere. My question is what does the actor of the film pretty women and Dr. T and it's women have to say about the topic? What credentials does he have apart of being the pretty face of Buddhism in the media and a good friend of the Dalai Lama? I honestly was afraid that the next chapter would have Brat Pit or Keanu Reeves talking on "the nature of the universe spending a Buddhist view" just because they happened to be in a film

that have a Buddhist topic. Anyway it seems like a great topic done in a very clumsy way.

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