

Mindfulness, Compassion, And Secular Ethics



***Geshe Lhakdor** is Director of the Library of Tibetan Works and Archives in Dharamsala, India and one of the Tibetan diaspora's most important leaders in the effort to both preserve and share the endangered Tibetan culture by articulating its relevance in the 21st century.*

Geshe Lhakdor's talk will include a guided meditation for those attending.

Ancient Wisdom for a Modern World

The Dalai Lama has long called for a “spiritual revolution” that emphasizes teaching basic human values such as empathy, compassion, and discernment. As a close collaborator with the Dalai Lama, Geshe Lhakdor is uniquely qualified to both articulate the Dalai Lama's vision for Secular Ethics as well as demonstrate how the practice of mindfulness and compassion can enhance and promote the cultivation of these universal values. After discussing these principles, the audience will have the opportunity to participate in a guided meditation.

Monday, March 21 5:00 – 6:00 pm

Free and Open to the Public

Michael C. Carlos Museum Reception Hall, Emory University

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