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Lama Zopa Rinpoche

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Making Life Meaningful

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Making Life Meaningful Lama Zopa Rinpoche
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In this book, Lama Zopa Rinpoche gives us the answer to the perennial question of how to integrate Dharma with our daily lives - not only Dharma, but the best Dharma, bodhicitta: the determination to attain enlightenment for the sake of all sentient beings. It contains a public talk explaining the purpose of life in general and the practice of guru devotion, a wide array of techniques for transforming ordinary actions into causes for enlightenment and advice on establishing a daily practice. By putting these precious teachings into practice, beginners and advanced students alike will truly be able to make the lives highly meaningful.

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