



Making Life Meaningful

Lama Zopa Rinpoche

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It is extremely important for us to know how best to lead our daily lives. This depends upon our knowing what is a spiritual action and what is not, the difference between what is Dharma and what is not Dharma. The benefits of having this knowledge are incredible, infinite.

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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