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The Middle Way: Faith Grounded in Reason

Dalai Lama

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The Middle Way: Faith Grounded in Reason Dalai Lama
The Dalai Lama opens *The Middle Way* with an elegant argument for the power of compassion in cultivating a happy life. From there, he connects core ideas of Buddhist philosophy to the truths of our shared condition. His Holiness delivers a sparklingly clear teaching on how the Buddhist ideas of emptiness and interdependency relate to personal experience and bring a deeper understanding of the world around us.

In down-to-earth style, this book sets forth a comprehensive explanation of the foundational teachings of the Mahayana tradition based on the works of two of Buddhism's most revered figures. Using Nagarjuna's *Middle Way*, the Dalai Lama explores Buddhist understandings of selflessness, dependent origination, and the causal processes that lock us in cycles of suffering. He grounds these heady philosophical discussions using Tsongkhapa's *Three Principal Aspects of the Path*, presenting a brief explanation of how to put ethical discipline, wisdom, and compassion into practice.

Through these beautifully complementary teachings, His Holiness urges us to strive, "with an objective mind, endowed with a curious skepticism, to engage in careful analysis and seek the reasons behind our beliefs."

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