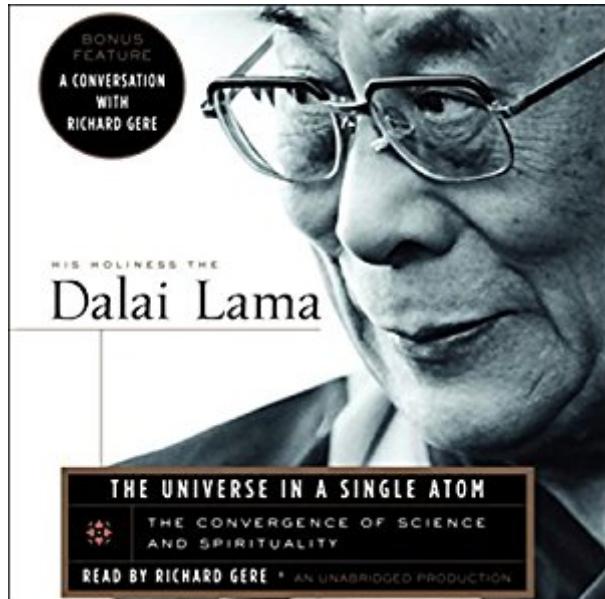


The book was found

The Universe In A Single Atom



Synopsis

Galileo, Copernicus, Newton, Niels Bohr, Einstein. Their insights shook our perception of who we are and where we stand in the world and in their wake have left an uneasy co-existence: science vs. religion, faith vs. empirical enquiry. Which is the keeper of truth? Which is the true path to understanding reality? After 40 years of study with some of the greatest scientific minds as well as a lifetime of meditative, spiritual, and philosophical study, the Dalai Lama presents a brilliant analysis of why both disciplines must be pursued in order to arrive at a complete picture of the truth. Science shows us ways of interpreting the physical world, while spirituality helps us cope with reality. But the extreme of either is impoverishing. The belief that all is reducible to matter and energy leaves out a huge range of human experience: emotions, yearnings, compassion, culture. At the same time, holding unexamined spiritual beliefs, beliefs that are contradicted by evidence, logic, and experience, can lock us into fundamentalist cages. Through an examination of Darwinism and karma, quantum mechanics and philosophical insight into the nature of reality, neurobiology and the study of consciousness, the Dalai Lama draws significant parallels between contemplative and scientific examination of reality. "I believe that spirituality and science are complementary but different investigative approaches with the same goal of seeking the truth," His Holiness writes. "In this, there is much each may learn from the other, and together they may contribute to expanding the horizon of human knowledge and wisdom." This breathtakingly personal examination is a tribute to the Dalai Lama's teachers, both of science and spirituality. The legacy of this book is a vision of the world in which our different approaches to understanding ourselves, our universe, and one another can be brought together in the service of humanity. This audio includes an interview with Richard Gere.

Book Information

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Customer Reviews

--I'd like to add another five-star vote for this gentle, insightful book. It's a gift for everyone.--The Dalai Lama has been interested in science since childhood, and has collaborated with some of the best minds in science and psychology for many years. This book gives some perspectives on that collaboration. The author discusses evolution and consciousness, "karma" and causality, how we may improve reliability in knowledge, how we can manage unprovable concepts we believe to be true, how a refined Awareness can be used to help understand our mind and consciousness, a Buddhist perspective on genetic engineering, and above all else, the benefits of combining Wisdom and Compassion. The author notes that scientists, too, can and should add wisdom and compassion to their knowledge, and suggests they not just let their discoveries be managed by political leaders, lawyers, bureaucrats, financiers, or the media (gulp!). The author also warmly introduces us to his educational background and gives marvelous insights into classical Buddhist and Hindu views of issues that still intrigue Western philosophers and scientists. He also discusses why we may encounter a "dual nature" of truth -- for instance, we are innately comfortable with a classical explanation for everyday events even when we know that we encounter a profoundly non-classical reality at the atomic or psychological level. This book makes a superb addition to all the wonderful books on quantum science, cognitive science, and cosmology.--In my opinion, BY FAR THE MOST VALUABLE GIFT OF THIS BOOK is the irreplaceably valuable perspective of a credibly Wise Human Being.

I have an extensive background in science including quantum physics at the graduate level. I have also studied world religions for 20 years and I'm currently a coach who uses integral psychology as a model. Integral psychology studies the psyche on every level and draws on the world's wisdom traditions in addition to current psychological, cognitive and neurological research. Given my background, I feel I am in a good position to give this book a fair and thorough review. On the plus side, it is obvious that the Dalai Lama is not approaching this topic with an agenda. His genuine humility, sincerity and openness comes through on nearly every page. It is also clear that he is not entrenched in particular religious ideas and openly states that he is willing to abandon them if empirical science proves them "untenable." It is also evident that the Dalai Lama has respect for science, the scientific method and a natural curiosity in this area. He has also more than casually

acquainted with numerous famous scientists and has enough scientific background to speak on a variety of intersections between Buddhism and science. The scope of this book is very broad and touches on many important and relevant questions about the nature of reality, the beginning of the universe, quantum physics, evolution and consciousness. It also addresses ethical issues especially as they relate to genetic research. For the average layperson, this is an extremely accessible book that does not make a lot of assumptions about Buddhism or scientific knowledge. This is both a strength and a weakness. For people who don't know much about either, it is a great introduction to all of the areas above.

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