

## The Dalai Lama in America :Culitvating Compassion (Dalai Lama in America: Beacon Theater Lecture)

His Holiness the Dalai Lama



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The Tibet Center and Gere Foundation present one of the world's great spiritual leaders and author of *The New York Times* bestsellers *An Open Heart* and *The Art of Happiness*.

In *Cultivating Compassion*, The Dalai Lama explores the three levels of understanding. Understanding derived through listening or study, understanding derived through reception and thinking, and understanding derived through meditation and practice. Through meditation, we can generate genuine compassion and by clearing away attachment and aversion, we can better practice compassion in our daily life.

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