

The Examined Life (Parts 1-4)

For thousands of years, philosophers have struggled with and debated the answers to the most important questions that we can ask about what is a good and meaningful life? What is true happiness and is it attainable? At the end of my life, what do I want to be able to say?

For most of us, however, instead of thinking deeply about the answers to these fundamental questions, we are simply too busy living our lives, doing our work, caring for our families, and managing our day-to-day tasks.

This series of talks gives us the opportunity to spend a few hours thinking about what we really want from our lives and how to create such a life. Perhaps the ancient wisdom of Buddhist philosophy can help to answer these questions. We know of no one better to discuss these issues than Geshe Pema Dorjee, a world-renowned scholar and a dedicated follower of the Dalai Lama.

Tibetan Buddhists base their philosophy of life on pure reason and critical thinking. Geshe Pema Dorjee will devote four evenings to an analysis of the following questions:

1. Monday, February 8, 2016

Examining how I live my life, am I happy and content? Could things be better? In what ways am I dissatisfied?

2. Thursday, February 11, 2016

Why do I get upset, hurt, angry, jealous? What is the underlying cause for these disturbing and destructive emotions?

3. Saturday, February 20, 2016

What can I do to improve my life and the lives of those around me? Can I face difficulties, demands, and needs in a calm, clear, and joyful way? Can I become less upset, more loving, more compassionate?

4. Wednesday, March 9, 2016

How can I achieve dependable, lasting happiness and an authentic and meaningful life?