



The Dalai Lama in America: Training the Mind (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 *An Open Heart* and the *New York Times* bestseller *The Art of Happiness*.

In *Training the Mind*, The Dalai Lama explains the basic Buddhist system and lays out a foundation for practice. Through daily practice, we pay homage to Buddha for his great kindness as teacher, we contemplate the impermanence of life, and dedicate our positive activities to the benefit of all in order to build a better world.

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