

[from the Dalai Lama]

"However, it is clear that despite this [remarkable material development] human problems have not been entirely eliminated. War, violence, and oppression... [indicate] that material development alone is not sufficient; there is an urgent need for a corresponding inner, mental development. An excellent means for achieving this is meditation.

There are many varieties of meditation, but what they generally have in common are techniques for making the mind peaceful. Two of the features which distinguish Buddhist traditions of meditation are insight and compassion. The more we become familiar with the mind and come to realize impermanence, suffering, and selflessness in our own lives through meditation, the more we empathize with other sentient beings and kind heart of compassion grows naturally within us. This is important in both the individual's pursuit of happiness and in his contributing to the peace of the world."

- "Foreword" in Joseph Goldstein and Jack Kornfield, Seeking the Heart of Wisdom: The Path of Insight Meditation (Boston, MA: Shambhala Publications, 1987), p. ix.