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Author: [Heloise](#) — Published: [Sep 19, 2011 at 4:46 pm](#)

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From the utilizing wealth for satisfaction talk: His Holiness discusses how man is given many gifts including rebirth, long life, good health factors that create a “good life” but the utilization of them depends in turn on mental faculties. In other words, a smart man lives a smart life. There’s more, leading a good moral life is needed. And when tested how does a person hold up and bear the hardships of life that will come? There are always headlines and media coverage of catastrophic events (or sudden job loss) and one observation often made consists of remarks about the grit and the grace exhibited by those who have lost their formerly happy lives filled with friends, things and sound mental health. How humans bear burdens is a part of spirituality and must be added to the education of this critical mass.

His Holiness continues with rebirth, and freedom from rebirth, which start with attachment because attachment “creates dirty things from clean things.” In any given life: wealth + health + companions = happiness formula. But material wealth is a causal factor and satisfaction the resultant factor of desire. He said its fruition was wealth: you get what you most desire in life but it may not come in the present one but another day (lifetime) due to our attachments. Ironically when perfect health and material wealth are in abundance it does not guarantee happiness but one factor for satisfaction. He concluded by saying that we call things “desired” positive, and things not desired negative.

The Dalai Lama speaks on sex and family and admits he has never been married but it is part of nature he states and its sole purpose is that of reproduction. Sexual relationships must be coupled with a sense of responsibility and commitment. He mentions that marriage is good but “hasty

marriage” not so good because people need time to know each other. Marriage is integral to humanity because without it we would resemble animals (dogs) where the male participates in the mating and pleasure but leaves before the responsibility of the offspring settles in. And adds wryly that birth control is a necessity because “compared to violence sex is better.”

The DVD *A Practical Way of Directing Love & Compassion* includes the following topics: “Like a Mother and her Child;” “The Exact Meaning of Love and Compassion;” “Importance of Developing Equanimity & Affection;” “Buddhism Emphasizes the Unity of Wisdom & Compassion;” “Compassion is a Source of Inner Strength.” In both DVDs His Holiness repeats his default advice “attitude it everything.” I found the most impactful statements from the talks on the exact meaning of love and the nature of “pure profits.” I think His Holiness was on to something what’s more showed prescience in his 1993 observation about “the right and wrong demarcation” created by human compassion. For example, he said that Tibetans believe that the warmth of the doctor’s heart is the healer. And when a cure is not affected the doctor is blamed. That thinking wouldn’t wash in the West.

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[Dalai Lama, H.H. - Contentment, Joy And Living Well](#)

Release date: 2011-08-23

Running time: 165 minutes

Publisher: GONZO DISTRIBUTION L

H.H. The Dalai lama discusses how our essential human nature is compassionate and affectionate, and how when this is combined with our intellect, this balance can contribute to happier human life and ...

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1 - Randall De Trinis

Sep 20, 2011 at 4:01 am

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You might want to know more about Merton. The site below is written by someone who was taught by him and who lived in the monastery with him and his brother monks for four years.

[Thomas Merton and the Quest](#)

2 - Heloise

Sep 20, 2011 at 7:02 am

I wrote a small book on him. I have all HIS books and went to Kentucky to visit the university who maintains his work. And there listened to his tapes on Sufis and Eastern philosophy. I used wiki but I should have used the official site for him.

I KNOW Merton.

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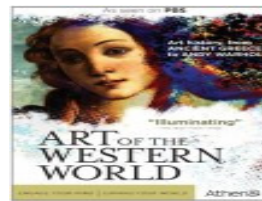
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