



Worlds in Harmony: Compassionate Action for a Better World

The Dalai Lama

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This is the ebook version of *Worlds in Harmony*>. In *Worlds in Harmony*, the Dalai Lama explores the nature of suffering and its release through compassionate action. The book focuses on the understanding that a deep awareness of our shared desire to avoid pain leads to an awareness of our responsibility to relieve others of suffering. *Worlds in Harmony* offers the reader insight into the relation between awareness and right action, and bridges personal consciousness and global concerns. With the knowledge that insight is of no use unless it results in action, the Dalai Lama teaches ways of being, thinking, and acting in the world that are based on equanimity and understanding.

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