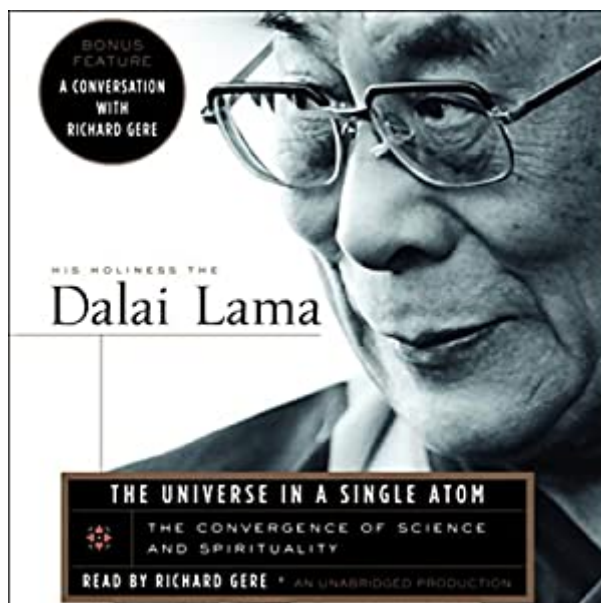


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# The Universe In A Single Atom



## Synopsis

Galileo, Copernicus, Newton, Niels Bohr, Einstein. Their insights shook our perception of who we are and where we stand in the world, and in their wake have left an uneasy coexistence: science vs. religion, faith vs. empirical inquiry. Which is the keeper of truth? Which is the true path to understanding reality? After forty years of study with some of the greatest scientific minds, as well as a lifetime of meditative, spiritual, and philosophic study, the Dalai Lama presents a brilliant analysis of why all avenues of inquiry—scientific as well as spiritual—must be pursued in order to arrive at a complete picture of the truth. Through an examination of Darwinism and karma, quantum mechanics and philosophical insight into the nature of reality, neurobiology and the study of consciousness, the Dalai Lama draws significant parallels between contemplative and scientific examinations of reality. This breathtakingly personal examination is a tribute to the Dalai Lama's teachers—both of science and spirituality. The legacy of this book is a vision of the world in which our different approaches to understanding ourselves, our universe, and one another can be brought together in the service of humanity.

## Book Information

Audible Audio Edition

Listening Length: 6 hours

Program Type: Audiobook

Version: Unabridged

Publisher: Random House Audio

Audible.com Release Date: September 15, 2005

Language: English

ASIN: B000BG1MEQ

Best Sellers Rank: #23 in [Books > Politics & Social Sciences > Philosophy > Eastern >](#)

[Buddhism > Dalai Lama](#) #36 in [Books > Christian Books & Bibles > Theology > Creationism](#)

#3028 in [Books > Religion & Spirituality > Religious Studies > Theology](#)

## Customer Reviews

as a scientist, I found it fascinating and very refreshing to read a guy who is obviously religious in nature, acting with such an open mind and spirit. I felt proud when he lauded the scientific community for their dogma, and yet was humbled when he proposed challenges and examples of the 'leaps of faith' that us scientists make in our thinking. his open and curious mind came through in the book well, and kept me from taking a defensive posture which allowed me to thoroughly enjoy

this book. The Dalai Lama really made an impression on me. I can see why so many think of him a great person.

The Dalai Lama is intellectually a physicist which was news to me....and probably to many a reader who only know him as a holy man. And he is, in the deepest meaning of the word a mystic who, for his time and age comprehended the history of Quantum physics as the discoveries were gradually unfolding throughout the 20th century. He is therefore the finest liason to date for explaining the non duality of both the spiritual and quantum Reality.

The Dalai Lama does not pretend to be a scientific expert-- he is characteristically modest. But he has sought and found opportunities to meet at length and repeatedly with mentors during his life, and with a number of internationally leading scientists, in several fields. In my own field (biology, evolution) it is clear he has reflected deeply on some of the fundamentals and what they mean for understanding the world. He brings deep reflection and commitment to his efforts to integrate science into his worldview. He's a wonderful example- I found this book valuable in the quest to integrate my own understanding of humanity and science.

I love this book. It's interesting, it's compelling, it's well-written. I never thought I would end up reading the Dalai Lama write about quantum mechanics, but I'm sure glad I did.

Everyone wants to talk about how science contradicts religion and spirituality or, the opposite perspective, that to be spiritual you must ignore science-- this is a great book for those people. It really delves into the need for science to include a human factor (mainly compassion) and for religions to adapt and accept science as it reveals new truths about the universe we live in. Wonderfully written (how can you not love everything that the Dalai Lama says and writes??) and about a very important topic in our increasingly scientific and technologically driven world. I love hearing religious authorities say that they not only accept scientific advances but that they truly embrace and are very interested in such events. I also love hearing someone give a friendly reminder that our physical world is not the absolute only way to view life and that with great scientific advances come a great need for humans to remember their place in this world-- that we are all connected with each other and with this earth and must act with compassion and awareness while we change this world.

I expected so much more because of the status of the author but that's my failing not that of HHDL and while at times it annoyed me that he sounded somewhat self depreciating he did in fact make some excellent points regarding the necessity and inevitability for merging science and spirituality. I did like how in some respects the book is a good primer on at least some aspects postmodern physics and neurobiology which could introduce and inspire further readings for many who don't currently pursue knowledge of such knowledge. It also alerted me to the Mind Life Conferences which are on YouTube and which I intend to view. The book also served to inform me of certain aspects regarding the Tibetan tradition of cosmology.

Not written to explain the tenets of Buddhism ...it was written to demonstrate the Dalai Lama's interest in modern science's latest breakthroughs and ideas....through his thoughtful questions with some of the world's great scientists we learn as all is explained to him....first to admit that he does not know but wants to know...a" is told to him in simple examples and terms....the reader will learn along with the "DL"...hint, when you come across some utterly unpronounceable Tibetan name just skip it and continue..actually one of the small better science books

I have read many other books by the Dalai Lama, but the reason I liked this one the most, is as I become more interested in spirituality I have some struggle reconciling it with science, and understanding what ways it is in synch with science, and being able to have dialogue with people who see nothing existing outside of science. Reading this book helps me reconcile these things and (as the title suggests) see how/when these things converge. It also deals with bioethics well, going over the morality of all these new advances in science and putting it in a historical context. I never knew how deep the Dalai Lama's understanding of science was before reading this.

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