



THE DALAI LAMA

## FOREWORD

The Buddha came to this world around 2600 years ago and gave his teachings in India. The universality of his teachings is evidenced by the fact that many people throughout the modern world find them beneficial in many ways. Certainly, his extensive teachings on altruism and the concept of dependent origination are not merely with a spiritual basis but their benefits are validated by science.

Obviously, it goes without saying that one has to have a proper understanding of the teachings to avail oneself of its benefits. This includes training of one's mind. The nature of our human thoughts and emotions are such that the more you develop them, the more powerful they become.

Janet Kathleen Ettele's "How Joyous Efforts Work" introduces Buddhism interweaving it with stories of our daily life. I hope this book enables the general readers to get a better understanding of the Buddhist teachings, getting conviction not because of faith, but due to reasoning.

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