



THE DALAI LAMA

FOREWORD

An excessive focus on materialism and the neglect of spiritual values such as love, compassion, and generosity have, I believe, prevented us from realizing our potential as a human society. While technological and scientific advancements have contributed to a better quality of life for many, the lack of attention to our inner lives is reflected in the persistent and pervasive emotional troubles and the growing socio-economic and ideological divides at the root of so many of the problems affecting us today.

Various spiritual traditions and thinkers have, for millennia, recognized that an understanding of the nature and function of consciousness, and an appreciation of the interdependent nature of our world, are fundamental to human flourishing.

However, it is only in recent decades that modern science has begun to address these topics. It has been my privilege to explore these ideas with leading physicists, neuroscientists and other thinkers. It has been very encouraging to me to see the real possibility for a convergence of science and spirituality to benefit humanity.

As there is still much work to be done in this area, I'm pleased to see that the noted author Dr. Stephen Post is addressing themes such as consciousness and interconnectedness in his new book, *God and Love on Rt 80*. It is my hope that this book will contribute to the flourishing of humanity.

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