

***Rebel Buddha*** by Dzogchen Ponlop

TOPICS , TALKING POINTS

### **The World**

1. There's so much distress in the world -- wars, natural disasters, oil spills, global warming . . . How can the Buddhist teachings can help us find freedom in today's world?
2. Buddhist meditation seems like a luxury in our busy life. What benefits could it really bring making it worthwhile for us to adopt it?
3. What could we learn from the Buddha who lived over 2500 years ago in India?
4. In the West, Buddhists are often criticized for not getting involved in social issues. If we activate our rebel buddha, would that change the way we engage with social or humanitarian issues?
5. What's your recommendation to young people around the world who are curious about spirituality and looking for meaning in life? How does one begin that search?