PREFACE

The issue concerned with a better life and better world is wide and deep. The purpose of my research work here is to explore this issue from Buddhist point of view and to discuss on how Buddhist ethics and meditation contribute to establishing a better life and better world in the contemporary situations.

Indeed, Buddhist ethics and meditation have wide aspect and deep sense. Therefore, in my doctoral thesis submitted to the University of Calcutta, I present only a brief overview of Buddhist ethics and meditation, and their contribution to the achievement of a happy life and peaceful world relevant to my research work on the title of ‘Buddhist Ethics And Meditation For A Better Life And Better World’.

I feel that good conduct and pure thoughts are essential for leading a happy life and creating a peaceful world. In other words, raising high moral standards and maintaining inner peace are important to establish a better life and better world. My doctoral thesis aims to draw humanity’s attention to this point.

It is my earnest wish that everybody in the world leads a happy life and the world be peaceful. And, I also believe that through the practice of Buddhist ethics and meditation, humanity’s life will be happy and the world will be peaceful.

Pinnyarwedha

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