



The Perfect Mirror : Reflections on Truth and Illusion

Adrian Feldmann



In these short, profound articles, Feldmann explains the principal teachings of the Buddha and reflects on the search for a truthful way of life, the pursuit of happiness, birth, death, love, friendship, sex, marriage, and raising children. Written from the ancient Buddhist country of Mongolia where Feldmann is teaching, these pithy reflections explore how we can turn the pursuit of happiness into a lived philosophy. Peppared throughout are entertaining and astounding true stories from Feldmanns life - whether from the Mongolian steppes or in the Australian suburbs - stories of ghosts in the Nepalese mountains, the mysterious appearance of western-style breakfasts in a remote monastery in the Himalayas, and how his first parachute jump was excellent preparation for realising the sky-like nature of the emptiness of all things.

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