

impressions of Western society and his ideas on how people can improve their lives. He contrasts the West with less developed societies to make his points clearer.

PREVIEWING THE VOCABULARY

Before reading, preview the vocabulary in context. Read these key sentences based on the text, and choose the best meanings for the underlined words.

- 1 My formative years were spent largely cut off from the realities of the twentieth century. This reflects the fact that we Tibetans had chosen—mistakenly, in my view—to remain isolated behind the high mountain ranges which separate our country from the rest of the world.
 - a. in touch with / in contact with others
 - b. unconcerned about / in a peaceful state
 - c. out of touch with / having little contact with others

- 2 We all want to be happy. Everything we do, not only as individuals but also at the level of society, can be seen in terms of this fundamental aspiration.
 - a. basic freedom
 - b. basic way of breathing
 - c. very important and strong desire

- 3 The desire to be happy and to avoid suffering knows no boundaries.
 - a. limits
 - b. reasons
 - c. fulfillment

- 4 Everywhere, people are striving to improve their lives.
 - a. too lazy
 - b. forgetting
 - c. trying hard

- 5 If we compare the rich with the poor, it often seems that those with nothing are, in fact, the least anxious, though they are plagued with physical pains and suffering.
 - a. seldom bothered by
 - b. continually troubled by
 - c. concerned about the victims of

- 6 People in the West are so caught up with the idea of acquiring more things that they make no room for anything else in their lives.
 - a. unaware of
 - b. involved in
 - c. unconcerned with

- 7 They actually lose the dream of happiness. As a result, they are constantly tormented, torn between doubt about what might happen and the hope of gaining more.
- suffering
 - comforted
 - unable to decide
- 8 This paradox whereby inner suffering is so often found amid material wealth is so pervasive that we might wonder whether there is something in Western culture which predisposes people living there to such kinds of suffering.
- rare / protects people from
 - difficult to find / makes people blind to
 - common, found everywhere / creates a tendency for
- 9 The increasing autonomy that people enjoy as a result of advances in science and technology has its good points. In fact, it is possible today to be far more independent of others than ever before.
- dependence
 - independence
 - interdependence
- 10 In place of the sense of community and belonging, which is a common characteristic of less wealthy societies, we find a high degree of loneliness and alienation.
- feeling of independence
 - feeling of belonging to the group
 - feeling of separation from the group

 **Follow-up** Check and discuss your answers in pairs or with the class.

D Reading for overall meaning

Read the selection at a quick but comfortable pace. Then answer this question:

According to the Dalai Lama, how have urbanization and advances in technology affected modern life?