

A few words of wisdom from His Holiness the Dalai Lama

SIMPLICITY

If one's life is simple, contentment has to come. Simplicity is extremely important for happiness. Having few desires, feeling satisfied with what you have, is very vital; satisfaction with just enough food, clothing, shelter to protect yourself from the elements. And finally, there is an intense delight in abandoning faulty states of mind and in cultivating helpful ones in meditation.

ANGER

If your mind is dominated by anger, you will lose the greatest part of your human intelligence-wisdom that is the ability to discern between good and evil. Anger is one of the greatest problems that we have to face in the world today. In the course of our daily human relations, if we speak straight forwardly and in a reasoned way, anger is not necessary. Any point of difference can be discussed. Whenever we cannot justify ourselves through reason, that is when anger rises. It is when reason ends that anger begins. In my experience, even if anger gives us the strength to reach or to respond in the event of conflict, the energy it gives us is blind and difficult to control. Anger is a sign of weakness.

OUTLOOK

Our feeling of dissatisfaction, unhappiness, loss of hope and so forth are in fact related to all phenomena. If we do not adopt the right outlook, it is possible that anything and everything could cause us frustration. Yet phenomena are part of reality and we are subject to the laws of existence. So this leaves us with only one option: to change our own attitude. By

bringing about a change in our outlook towards things and events, all phenomena can become friends or sources of happiness, instead of becoming enemies or sources of frustration.

UNIVERSAL RESPONSIBILITY

I believe that to meet the challenge of the next century all human beings will have to develop a greater sense of universal responsibility. Each of us must learn to work not just for his or her own self, family or nation, but for the benefit of all mankind. It is very old-fashioned to think in terms of my nation, or my country, Universal Responsibility is the real key to human survival.

KINDNESS

Having a heart and a kind and warm disposition is an enormous advantage. Not only does this bring us joy, but we can share this joy with others. Relations with individuals, nations and continents deteriorate only from lack of goodwill and kindness, even though these qualities are so valuable and necessary for the quality of life in society. That is why it is worth trying to develop them.

GENUINE COMPASSION

It must be said that genuine compassion is not like pity or a feeling that others are somehow lower than you. Rather with genuine compassion you view others as more important than yourself. Genuine compassion is based on the recognition that others have the right to happiness just like yourself, and therefore even your enemy is a human being with the same wish for happiness as you, and the same right to happiness as you. A sense of concern developed on this basis is what we call compassion; it extends to

everyone, irrespective of whether the person's attitude towards you is hostile or friendly.

TOLERANCE

True tolerance is a stand or a response an individual adopts in relation to a particular incident, or towards another person or event. When the individual has the ability to act in a contrary manner as a result of his or her considerations, taking into account many factors and so on, but decides against taking negative action, this is true tolerance. This is quite different from a situation in which an individual has no capacity whatsoever to take such a strong counter-measure. Then he or she is in a helpless position, and can't do otherwise.

PATIENCE

Many people think that to be patient in bearing loss is a sign of weakness. I think this is a mistake. It is anger that is a sign of weakness, whereas patience is a sign of strength. For example, a person arguing a point based on sound reasoning remains confident and may even smile while proving his case. On the other hand, if his reasons are unsound and he is about to lose face, he gets angry, loses control and starts talking nonsense. People rarely get angry if they are confident in what they are doing. Anger comes more easily in moments of confusion.

PARADOX OF OUR AGE

We have bigger houses but smaller families; more conveniences but less time. We have more degrees but less sense; more knowledge but less judgment; more experts but more problems; more medicines but less healthiness. We've been all the way to the moon and back, but have trouble in crossing the street to meet our new neighbour. We built more computers

to hold more copies than ever, but have less real communication. WE have become long on quantity, but short on quality. These are times of fast foods but slow digestion; Tall men but short characters; steep profits but shallow relationships. It's a time when there is much in the window but nothing in the room.