

WORLD

By His Holiness The Dalai Lama

*H*ow are we to achieve world peace? Through anger, hatred, through the arms race? No. True world peace can be achieved only through mental peace. And mental peace is based on the understanding of or conviction in the importance of compassion and the concept of impermanence. Through such an understanding or conviction one can then genuinely practice tolerance and respect for others and recognize that all human beings are brothers and sisters, even though we may be different in terms of our ideological, political or economic system. These are secondary issues. The most important thing is that we are all the same human beings wishing for happiness and seeking to avoid

recognize that the most secure foundation for a new world order is not simply broader political and economic alliances, but rather each individual's genuine practice of love and compassion. For a better, happier, more stable and civilized future, each of us must develop a sincere, warm-hearted feeling of brother and sisterhood.

Naturally, global peace cannot occur all at once. Since conditions around the world are so varied, its spread will have to be gradual. But there is no reason why it cannot begin in one region and then spread gradually from one continent to another.

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HIS HOLINESS, THE 14TH DALAI LAMA

suffering. We are interdependent because we need each other for our very survival. We survive in dependence upon other human beings. It is quite clear that in order to achieve genuine, lasting world peace, we must first develop peaceful relations with others, and I believe we can only achieve that if we have inner peace within ourselves.

Whether you advocate a new world order or the *status quo*, today's world requires that we accept the oneness of humanity. We can no longer afford to think of one another as separate, nor can we exist in total isolation. Today, events in one part of the world eventually affect areas far away in other parts of the world. Therefore, we have to treat each major local problem as a global concern from the moment it begins. We can no longer invoke the national, racial or ideological barriers that separate us without destructive repercussions. In the context of our new interdependence, considering the interests of others is clearly the best form of self-interest.

I view this fact as a source of hope. The necessity for co-operation can only strengthen mankind, because it helps us

inner peace and the foundation of that is a sense of understanding and respect for each other as human beings, based on compassion and love. Some may dismiss love and compassion as impractical and unrealistic, but I believe their practice is the true source of success. Compassion is, by nature, peaceful and gentle, but it is also very powerful. It is a sign of true inner strength. To achieve it we do not need to become religious, nor do we need any ideology. All that is necessary is for us to develop our basic human qualities.

In the present circumstances, no one can afford to assume that someone else will solve our problems. Every individual has a responsibility to help guide our global family in the right direction and we must each assume that responsibility. Living in peace in an interdependent world is not only about rights, but also about responsibility and participation. Since periods of great change such as the present one comes so rarely in human history, it is up to each of us to use our time well to help create a happier, more peaceful and an environmentally friendly world.

PEACE

Whenever we pursue noble goals, obstacles and difficulties are bound to occur. As human beings, we may lose hope. But as there is nothing to be gained from discouragement, our determination must be very firm. According to my own limited experience, we can transform ourselves and make a difference. Therefore, if we all were to spend a few minutes every day thinking about these things and trying to develop a sense of universal responsibility, eventually it will become part of our lives and then everything we do will contribute to peace in the world. ☸

[This article was written for the UK-based magazine, *Caduceus*, by His Holiness to celebrate publication of its first fifty issues. Reprinted with permission of Caduceus Journal, 38 Russell Terrace, Leamington Spa, Warwickshire, CV31 1HE, UK. Tel: ++ 44 1926 451897 Fax ++ 44 1926 885565 Email: caduceus@oryx.demon.co.uk.]



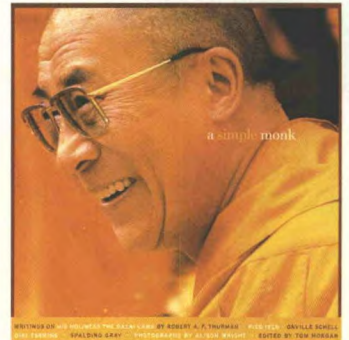
His Holiness the Dalai Lama blesses one of the guards outside his residence. The photograph is taken from *A Simple Monk*, a new visual biography of His

Holiness the Dalai Lama that blends words and pictures.

A Simple Monk was edited by Tom Morgan with an introduction by Robert Thurman. It includes writings and observations on His Holiness by an eclectic collection of celebrities – writer and performer Spalding Gray, filmmakers Martin Scorsese and Melissa Mathison, actor Steven Seagal, author Pico Iyer, Beastie Boys member Adam Yauch, Buddhist writer Dinty Moore, Christian monk and writer, the late Thomas Merton and others.

Its full-colour images are the work of freelance photographer Alison Wright, website: www.alisonwright.com. The book is published with the cooperation of New York's Tibet House, which will receive a portion of the book's proceeds.

Released in October 2001 by New World Library (www.newworldlibrary.com). Price: \$US35, Hardcover. Toll free ordering: 1(800) 972.6657. ☸



THE DALAI LAMA RESPONDS TO THE SEPTEMBER TERRORIST ATTACKS

In a show of kindness, the impoverished government of Tibet has donated \$30,000 to the New York search and rescue effort, a beautiful gesture on the part of His Holiness the Dalai Lama. He also wrote to the US President, George Bush, on September 12, the day after the terrorist attacks:

“Your Excellency,

“I am deeply shocked by the terrorist attacks ... and the immense devastation these caused. It is a terrible tragedy that so many innocent lives have been lost ... We are deeply saddened. On behalf of the Tibetan people I would like to convey our deepest condolence and solidarity with the American people during this painful time. Our prayers go out to the many who have lost their lives, those who have been injured and the many more who have been traumatized by this senseless act of violence. I am attending a special prayer for the United States and its people at our main temple today.

“I am confident that the United States as a great and powerful nation will be able to overcome this present tragedy. The American people have shown their resilience, courage and determination when faced with such a difficult and sad situation.

“It may seem presumptuous on my part, but I personally believe we need to think seriously whether a violent action is the right thing to do and in the greater interest of the nation and people in the long run. I believe violence will only increase the cycle of violence. But how do we deal with hatred and anger, which are often the root causes of such senseless violence? This is a very difficult question, especially when it concerns a nation and we have certain fixed conceptions of how to deal with such attacks. I am sure that you will make the right decision.

“With my prayers and good wishes ...”