



THE DALAI LAMA

## MESSAGE

I am very happy to know that the Asian Buddhist Conference for Peace (ABCP) will be holding a conference in Ulaanbaatar, Mongolia, June 21-23, 2019.

Until recently, many people felt that disagreements and conflicts between nations and communities could only be resolved through war or the threat of force. Everyone wishes to live in peace, but we are often confused about how it can be achieved. Violence inevitably leads to more violence and therefore, if we are seriously interested in peace, it must be achieved through peaceful and non-violent means.

The ultimate purpose of Buddhism is to serve and benefit humanity. What is important is how we Buddhists can contribute to human society according to our ideas such as Buddhist philosophy and science. Buddhist psychology, for instance, has an extensive understanding of the workings of the mind and emotions, which can be helpful to people interested in seeking peace of mind. The Buddha gave us an example of contentment and tolerance, through serving others unselfishly. His teaching is essentially to help others if you can and if you cannot, at least to refrain from harming them. Part of Buddhist practice involves transforming our minds. But if our training in calming our minds, developing qualities like love, compassion, generosity and patience, is to be effective, we must put it into practice in day-to-day life.

The essence of all religions is to deal with basic human problems. As long as we continue to experience the fundamental human sufferings of birth, sickness, old age, and death, there is no question that Buddhist practices can have a role to play in how we tackle them. Inner peace is the key. In that state of mind you can face difficulties with calm and reason, while your inner tranquility remains undisturbed. The teachings of love, kindness and tolerance, the conduct of non-violence, and especially the Buddhist theory that all things are relative are a source of that inner peace.

What we need today is education among individuals and nations, from small children up to political leaders to inculcate the idea that violence is counterproductive, that it is not a realistic way to solve problems, and that dialogue and understanding are the only realistic way to resolve our difficulties.