

ROUGH EDITED COPY

Syracuse University
One World Concert - Carrier Dome

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Sally Maiorano, CRR, RMR, CCP, CSR
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[No audio available]

>> -- when I do talk I have I feeling we are same; mentally, emotionally, physically, we are same.

Actually, whenever I talk or meet people I always so often too much emphasis, secondary level of differences.

One level.

More sameness, of oneness with humanity.

So we need effort to make you all have the same potential family level, community level. And those people who received maximum affection when they are here, I think such people rest of whole life those people who are truly very smart but childhood lacking affection everybody receive maximum affection from mother.

Mythology says some people, dogs, cats, and birds, many animals, they are survivor, entirely dependent on care of their mother, my mother.

Very clear.

So in that case I consider myself as quite fortunate because my mother illiterate, uneducated, just a farmer, but very, very

kind-hearted, kind-hearted.

So I often people when I was young, I'm youngest person, children, so usually mother paying more attention for the youngest, so I -- the youngest child, so get affection from my mother.

So that too much kindness towards me, I think that a little spoiled me.

[laughter]

Maybe.

So I become more bold. One reason is a religious child no others came to play, so my mother used to carry me on her shoulder and walk here and there while she working she carried me like that.

So I try to control my mother's movement, holding mother's two ear.

[laughter]

When I want to go this way...

[laughter]

This way, go like that.

[laughter]

If my mother not listen my order, then I shout and the feet go like that.

So I remember these things so my mother very, very kind.

Actually, not only her children, but other people knew her better, when she facing difficulties she often weep. And whatever her kitchen, some bread or something there, she always give like that.

So I always consider and often telling people the teaching of importance for compassion I got from my mother.

So that just for my life there.

And then of course through training, so special training, the importance of warmheartedness.

Certainly nurtured.

So I want to tell you also happiness or inner peace.

Yes?

It's in ourself.

Not on money, not on power, not on just mere knowledge here.

Happiness is the key factor, sometimes knowledge may bring more a lot of expectations and fears.

Like that.

[laughter]

So therefore the ultimate source of happiness, inner peace, is warmheartedness.

That we already equipped from
childhood, biological factor, we already
equipped.

So now please pay more attention about
that.

Some of my friend highly educated of
course I cannot mention the name, individual
name but actually not you, but some chancellor,
some chancellor of big universities --

[laughter]

Big universities obviously highly
educated, very respected.

And their salary also very good, so
therefore everything there, but as a person
unhappy deep inside.

Not you.

[laughter]

So when I first met, when I invited
University go to talk that University,
chancellor with me and after exchange a few
words, then really touch life, then the
chancellor told me, hate everything there, but
deep inside something too much stress and that
brought fear.

And little bit isolated.

And deep inside lonely feeling.

Then I said to him my own experiences, difficulties.

Inside always overcome these things if we think our intelligence properly and warmheartedness.

Then eventually his face becoming more pleasant face.

People who have everything in material, but as a person, unhappy person.

On the other hand, poor people, but very happy person, so therefore ultimate source happiness joyfulness is within ourself because we have this level of consciousness and mental level of consciousness.

Sensory level of experience is common with other animals, but we have this unique thing of brain, human brain.

Because of this very marvelous, very smart brain we also have a lot of different visions or ambitions and these things, so that brings more fear, more suspicion, like that.

So therefore if we more balance our intelligence and warmheartedness go side by side, then our intelligence really I myself sometimes difference of emotions, attachment and jealousy come.

Then intelligence tell me these emotions are very harmful for your well-being, including your physical health.

So intelligence show me some of the emotions are destructive, so then try to reduce these negative emotions.

And my intelligence showed me some feeling like compassion.

With compassion, forgiveness or tolerance.

You should not consider tolerance and forgiveness as signs of weakness.

No.

Rather, it should be a sign for strength.

[applause]

So all this intelligence and positive emotions, combination, then we can maintain peace or satisfaction or joyfulness at the mental level no matter what physical sort of conditions like that.

So that I think I want to share you.

My own experience, my own little experiences, my life, age 16 I lost my own freedom.

Age 24 I lost my own country.

So my life went to terrible experiences.

But I think my mind sort of difficulties, but inside I think quite peaceful mind.

So as a result saw my doctor, my doctor in India described -- then my age already was 73 or -- like that, so the doctor described me young patient.

Then I told him I'm not young, over 70 years old.

Then he told me, yes, he knows my age, but your physical condition looks like around 60.

So he described me as a young patient.

[applause]

Now I realize my mental state, no matter how difficult it is, I keep this mind quite peaceful.

So that I think helps to physical health.

So now some scientists, medical scientists begin to realize a healthy body very much with healthy mind.

So in order to take care of our body, not only medicines or like that, but should take

care about our emotions, try to maintain more tranquility, more calm.

That immensely help.

That we can do.

[applause]

That we can do.

Then usually I use three way, first common experience, that I already mentioned, everybody come from all matter, everybody receive affection from our mother, number one.

So we already seeded.

The seed of compassion already there.

Second, use common sense.

Look your neighbor, those family who often once a day in their whole family I think lacking friendly atmosphere, and all members not happy.

Affluent, but all the family members completely trust each other, mutual trust, mutual respect.

Trust is basis of friendship.

We are social animal, no matter how powerful single person, no matter how powerful, it cannot a happy life without community.

And very survival from that single person, very much to community.

So community is part of a successful life.

So therefore you see too much self-centered attitude, forget about worst thing, exploit them, hating them, bully them, actually destroyed your own ultimate source of happiness.

So therefore I often tell --

[applause]

Biologically we -- it is necessary for our own survival.

So selfish anyway is logical, biological factor, it's good.

But selfish there are two kinds.

I usually call wise selfish, that means it's for your own interest, for your own well-being, taking care of other's well-being, that is the wise selfish.

In order to your own successful or happy life.

Bully other, hitting other, deceiving other, this foolish selfish.

So we should be wise selfish rather than foolish selfish.

Okay.

So therefore now think, use our

intelligence, long-term interest from wider perspective, then we can develop full conviction, for my own interest I have to take care of well-being of others.

Like that.

[applause]

So therefore -- that's use common sense.

Then third, most important is so even some of you students, few years they already carry some sort of experimental sort of project few people give them some kind of training or some consulting.

Some learn the importance of love, compassion, forgiveness, these things.

Then let them carry some kind of serious think about these matters, two weeks, three weeks.

Before they start this experiment, they check blood pressure, amount of stress, they have some different methods.

>> Testing, for example, stress response, particularly by examining the saliva.

>> Like that.

[laughter]

So after two, three weeks, begin test

or check, blood pressure reduce.

Significantly.

And amount of stress also reduce as the person become much happier.

Because of individual person, person himself, herself happier, so their relations with their friends, with their family or classmate, you see then much happier.

So that's scientific.

And then some scientists to say constant fear, constant anger, hatred, actually eating our immune system.

So other hand, more warmheartedness, very, very helpful to maintain our immune system.

So those scientist sort of finding.

So on these sort of basis we can make the usefulness about this warmheartedness.

This is not religious matter, not talking about heaven, not talking about next life, but simply how to build healthy person, a healthy person.

Through that way healthy, happier family.

Then one family, ten family, 100 family, 1,000 family, that's community.

So how to build happy community.

Once that happens, crimes --

[applause]

-- crimes certainly will reduce.

Sometimes you see those affluent, material affluent society suicide also you see happening.

And obviously the drug problem, nobody who are very happy no need taking drug.

Those people who taking drug mentally, not very happy.

So therefore some philosophy unhappy state of mind, so then relying on drugs or tranquilizers, like that.

So I think real tranquilizer within our own mind.

Now the possibility of promoting these things seed already there.

Now we also have marvelous intelligence.

Now we need educate, not relying on, education.

I think education something universal.

Religious faith if ethics based on religious faith, then no matter how wonderful religion, but never the universal, so we need

universal way to educate these things.

So therefore education is the key factor.

Of course it is not proper, I'm not educated through modern education, it seems and also many of my friend, some American educationist, some American scientist, many, many people from here also, from India also, many think existing model education system is lacking about moral education.

[applause]

So now the secular education system, if moral education based on religious faith, then something filters there.

So obviously we must approach education about model ethics through secular way.

It is very possible.

As I mention earlier, not based on religious beliefs, simply use of common experience, common sense, scientific findings, through that way we can educate people.

Important for warmheartedness.

[applause]

[cheering]

So now as model discretion about a social problem and also the global level, just

like national level and also global level.

So these ultimately very much linked with sense of custom of well-being of others.

So if we put some effort in education about moral ethics entirely based on secular way, I think next generation I often telling people now I think I willing to ask around the audience those people whose age below 30, how many?

First, first I think below 15, how many?

Below 15.

Few.

Below 20?

[cheering]

Below 30.

[cheering]

[laughter]

Okay, okay, okay.

Then above 70, how many?

[cheering]

[laughter]

So my other brother, sisters whose age above 40, 50s, we are the generation of twentieth century, so our century already gone, so we generation who belongs that now ready to say bye-bye.

[laughter]

So the people whose age below 30, 20,
you truly generation of the 21st century.

[cheering]

Now twentieth century gone.

The past we can learn, past event for
experiences.

On memory.

Nothing can be done.

But future yet to come.

Future no sort of certainty.

But not fixed, but always can change.

So future entirely different from
present.

So now 21st century only 12 years past,
about 88 years yet to come.

So the twentieth century according to
some history, twentieth century too violent,
war, Civil War, over 200 millions of people
killed.

So therefore, one way we can say
twentieth century become century of bloodshed,
century of violence.

So in this violence really brought
better shape of the world, that's not the case.

The 21st century some unhealthy, unhappy

event.

These all I feel symptoms of the past mistake.

Past negligence.

So now people in general and particularly those generation, those people who are 21st century generation, now you should think seriously how to build this 21st century, be peaceful century, happy century.

That's in your own hands.

[applause]

[cheering]

So you should think very seriously, your individual sort of happy life depend all the rest of the Americans, American future depend on rest of the world.

That's a reality.

Heavily independent.

Not like past.

Past people more or less isolated, not modern economy and also global issue, global warming, these things come from entire human beings, so therefore nature, reality, now tell us now time come, you should act as a global citizen.

Global citizen and sense of global

responsibility.

And that entirely depend on oneness of entire community.

[applause]

So now as a report since last year we already engaged more drafting the secular ethics in how to introduce in modern education field.

So we have some sort of professors, some scientists, we already now initiate it.

Perhaps next year we might have some philosophy draft.

So out here is several thousand people, those people who really think that a secular ethics and then other point if you feel these are important, then first you should tell to your friend, because it's a change originally must start from individual.

Sometimes I often feeling vast, huge, and then me just one, one person out of 7 billion human being.

Feel helpless.

But then I think we have to do something.

Who start?

One individual.

One individual make effort.

Then ten people.

100 people.

1,000 people.

100,000 people.

That's the way.

[Cheering]

So therefore don't think helpless as individual; one person should not think that way.

Society or community means combination of individual.

So initiative must start from individual.

So think more these lines.

So try to share more people these.

And then make effort.

I'm quite sure later part of 21st century will be different world if it make attempt now.

[applause]

Thank you!

[applause]

Thank you, thank you!

[cheering]

>> First question from Susan Simone in Syracuse. The question is: Sadly, religion has been a common theme for creating division

among people.

It has been this way throughout history; trying to build religious tolerance has not seemed to work effectively.

How can we get better at this?

>> Harmony is my lifelong commitment.

Religion I think basically two groups.

Differences there.

But all matter practice for now.

And with that practice for tolerance, practice for forgiveness and self-discipline.

All this, all religions carry same message.

So the philosophy, big differences, but doesn't matter.

I usually telling people we need different medicine according to different illness, including climate, different climate.

So therefore, the human mind, human being quite sophisticated, so simply one view to give satisfaction to millions of different people, therefore we need different philosophy views.

All this views, their final is try to become good human being, sensitive human being, compassionate human being.

So that's important.

All religion, same goal.

So taking that level, then this tradition in the past and the present, in future also I think millions of people get sort of inspiration from this religion.

So therefore if we positively look these different religions, then naturally we will develop respect, admiration.

And in meantime faith towards one religion.

I usually make distinction, faith and respect.

I am Buddhist, my practice according to Buddhist tradition.

I have faith, but feels I have argument with others with philosophy views, and sort of past an intelligent many great Indian masters they raise all sort of questions and sort of debate, so I'm a student of these master of values, writings.

So therefore I know.

But as I mention earlier, whether we like it or not, there are religious tradition there, and if you look carefully, all in spite different philosophy, all have same message this

philosophy way approach.

Also you see necessary because different.

Written Buddhist sort of disciple, Buddhist own teaching, I found contradictory philosophies.

I offer philosophy come from one teacher, Buddha, doesn't mean Buddha's own mind not very clear.

One day give some philosophy review some different something, and the next different, not due to some confusion in own life.

All Buddha tried to create more confusion among his followers?

No.

That answer is among his own follower, they are different, therefore tell different philosophy views.

So that we can learn.

That one example.

There are so many difference of people historically, different area, different climate, different way of life, that way, different culture.

So different teaching, so therefore it is necessary.

So through that way look that way we can develop understanding and admiration and respect.

Then I think one important thing is we should make distinction, love must make distinction.

Love.

There are two levels of love.

One, that's always mixed with attachment.

Always others' attitude.

However, that is the seed, then use our intelligence, our reasoning and that sort of limited biased affection or love can promote unbiased.

So that's changing compassion.

For example, a teaching used philosophy we all created by God or by Allah.

Some my friend -- some friend told me should extend love towards entire creator of Allah.

Buddha also say creator, then also look all religion realize most destructive emotion rooted in self-centered attitude.

So for that use one philosophy review selflessness.

No independent self.

Other religion not use that sort of way of approach, but emphasis faith towards God, towards creator.

So that once you philosophy simple point of faith towards God, towards Allah, you complete educated yourself, that reduce self-centered arrogance.

So different method but same end.

We could easily develop respect other through different [inaudible] one thing. So second level of love or compassion through reasoning, that practice in order to train in these things.

First you should detect, then develop love or sense of concern of well-being.

So that develop can extend including your enemy.

Now here it is very important make distinction, actor and actions.

Your enemy, so-called enemy is people who create some problem for you, usually you call it enemy.

Now here this make distinction, there are wrong actions and the actor himself/herself, we can -- we have the ability to make

distinction.

First off, when we confess, you make distinctions.

Although I done that, now I realize that's wrong.

So I confess.

So at that moment you make distinction. Myself and wrong actions.

So similarly, others make distinction, they are wrongdoings, wrong action and after himself or herself.

So as far as that action is concerned, sometimes necessary to oppose, to confirmation, but actor we must keep our compassion, our well-being.

To that way actually the motivation take combination of try to stop the wrongdoing out of sense of concern of their well-being.

So that kind of sort of action is actually act of compassion, not just think one self, but thinking more their concern like that.

So I think and also the meaning of forgiveness also like that.

Forgiveness just doesn't mean forget.

If you forget there's no basis for forgiveness.

You keep their own greed and meantime because of that wrongdoing, injustice, and keep anger.

Should not do that.

You remember their wrong-doing and even necessary, confirmation, try to stop their wrong action.

But keeping, keep compassion, sense of custom that way.

So I think generally religious harmony now I think in many part of the world increasing.

And this respect I always am telling India is a living example all major religious tradition live together.

Beside the homegrown different religion, all outside religions eventually settle in India, harmoniously.

Occasionally some here and there, that's understandable, but all really good sort of example who are harmony.

Now go time?

So okay.

Now please, think these points which I mentioned, basis of the key, now you yourself should examine, should investigate more, more deeper, more widely.

So my talk just like key.

You must open your own brain and think more, analyze more.

So you find more answer.

Good.

Thank you.

[applause]

[cheering]

[inaudible] -- some sort of music, some songs.

I would like to remain as much as possible, but usually my time I get up 3:30 morning, usually seven or six -- seven I usually go to sleep.

So I try to remain as long as possible, but if you see comes my upper eyelid come like that, then I think I will say goodnight.

[laughter]

[cheering]

[End of Dalai Lama teaching portion of the event.]