



THE DALAI LAMA

MESSAGE

I am pleased to learn of the establishment of the 'Loveforce Foundation' whose members aspire to contribute to peace in the world based on loving kindness.

As I expressed to some of you during your recent visit to Dharamsala, all eight billion people today are the same in wanting happiness and not seeking suffering. Although we have these aspirations in common, our unruly minds create friction among us. The destructive emotions that disturb our peace of mind include attachment, greed, anger and hatred. We must learn to tackle them through study and reflection.

There's much talk about ensuring peace in the world, but peace has to be rooted within us. From this point of view, it's clear that relying on weapons and the use of force is futile. We need to settle conflicts and disputes through dialogue in a spirit of reconciliation. Just as we don't want to suffer, we should not harm others, even if we cannot help them.

If we are to contribute to peace in the world, we need to encourage the development of warm-heartedness and compassion for the well-being of all. We must find ways to acknowledge that fundamentally we all belong to one human family. By doing so we can learn to live together and help one another.

I wish the Foundation every success in its initiative to promote a culture of peace in our society.

29 November 2023