

Balavikas Youth Competition 2023 Recitation

Elementary II

Live Peacefully and With Harmony

Medical scientists now really found through their research and experiments a more compassionate mind automatically develops a calm mind, because a compassionate mind creates self-confidence and inner strength. So that brings a more calm mind. That's extremely helpful to maintain a healthy body. With inner strength, more compassion, less anxiety, less stress. No matter what busy work, it will not create much stress.

If you take a more self-centered attitude, then more anxiety, more stress. That is what automatically creates a hypocritical way, saying something nice, doing something different. That destroys trust from others. Without trust, how can you develop genuine friendship? And you yourself will not be happy, but deep inside, a lonely feeling. You can't trust in this, can't trust in this. And you carry your life in a more hypocritical way, and deep inside, much anxiety.

Anxiety brings anger. Anger destroys our health and friendly atmosphere in our home. So, you see, thinking deeper, then compassion is something very, very important. Every human activity carried with compassion then becomes more human and constructive and beneficial.

His Holiness The Dalai Lama

Speech on Ethics at Santa Clara University