



THE DALAI LAMA

## MESSAGE

I am pleased to learn that your organization is launching the campaign, "India against Hatred". Hatred has the capacity to destroy our positive qualities and calmness of mind. So many of the crises we find throughout the world can be traced to hatred. According to Buddhist psychology, it is one of the six root destructive emotions and considered one of the main causes of conflict.

Your campaign is timely. A lasting antidote to the current world crisis would be accomplished by conquering anger and hatred. This must start at the individual level and gradually expand to the family, the community, the nation, and ultimately to the entire humanity.

Education can be an effective way to overcome hatred. Until about 200 years ago, education was the province of religious institutions, which were responsible for instilling a sense of human values in educational institutions. Since education and religion became separated, responsibility for cultivating human values such as compassion, forgiveness and self-discipline is sadly lacking.

I therefore suggest that our education system could effectively instill such positive qualities in young members of our society. I believe that the ancient Indian traditions of 'ahimsa' and 'karuna', non-violence and compassion, can be used to benefit humanity in this regard. India has the unique potential to combine modern education with its ancient knowledge of the mind and emotions.

I hope that your campaign will utilize the unique resources already available in ancient Indian wisdom as a viable solution for conquering hatred and thereby bringing about peace and harmony in our world.

With my prayers and good wishes,

5 August 2020