

Dalai Lama, *How to Practice: The Way to a Meaningful Life*. Translated by Jeffrey Hopkins, Ph.D. New York: 2002.

Tenzin Gyatso (1935-____) is the fourteenth Dalai Lama, spiritual leader of Tibetan Buddhists, who believe him to be the reincarnation of Chenrezig, the Bodhisattva of Compassion. Gyatso fled Tibet in 1959, after a Chinese invasion. In 1989, Gyatso was awarded the Nobel Peace Prize for his non-violent efforts to make peace with the Chinese regime in Tibet.

Happiness can be created by external possessions, or by internal peace. The latter is more enduring. Certain Tibetan traditions help one attain mental peace. Kindness and warm-heartedness create social peace. Extended to the national realm, these qualities could create a world without war. Narcissism and ideologies hinder inner peace. We must retrain our minds to compassion and kindness. Despite their cultures and backgrounds, all people are basically the same. What counts is our ability to feel that human unity. Humans develop a good heart and mind by concentrating on their moral attitudes and ideas about reality. Enlightenment arises from morality, concentrated meditation, and wisdom.