



THE DALAI LAMA

MESSAGE

All religions teach the virtues of love, altruism and patience; therefore, we should respect them all. Every religious faith has made a significant contribution to humanity for centuries past. In the future too, religious traditions can help us promote peace in our own respective communities and bring about harmony and understanding between neighbours. Whatever differences exist between us in philosophical terms, the important thing is for all believers to put the teaching of their respective religious traditions into practice in their day-to-day life.

Essentially, all religions teach us to discipline and transform ourselves so that we can achieve inner peace and a kind heart. In this era of rapid advancement, material development has brought with it an undue emphasis on external progress. As a result we often forget to foster the most basic human need for kindness, love, cooperation and caring. Yet, the very development of human society is founded on such a basis. So, preserving our essential humanity involves cultivating a sense of responsibility for our fellow human beings.

Today, in different parts of the world, as in the past, we see the flames of conflict being fanned in the name of religion. People take up arms in the name of religion because they are too narrow-minded to implement the true intent of their respective faith. I say this because religion should never be the cause of war. Conflict in the name of religion occurs when people fail to grasp the true meaning of their respective tradition.

I am happy to learn that this year will see the tenth 'Interfaith - Run for a United World'. I am always impressed when people follow up their well-intentioned words with some sort of visible action. Therefore, I am happy once more to give your 'Interfaith Run' my full support and to offer encouragement to all those taking part in it with a wish to foster interfaith understanding now and in the future.

When you undertake this kind of activity, it is not just the exertion that is important, but also the companionship that comes of doing something positive along with others. We humans are social beings. We come into the world as the result of others' actions. We survive here in dependence on others. Indeed, there is hardly a moment of our lives when we do not benefit from others' activities. For this reason it is hardly surprising that most of our happiness arises in the context of our relationships with others—I hope you all enjoy the run on the day.

19 April 2018