

Free essay on dalai lama teachings

[Religion](#), [Buddhism](#)



Dalai Lama's article on preservation of Religious Harmony conveys the combined effort of the various religions teaching the control of mind for a peaceful world. As we look closely at our technical world, it is evident that most of the sufferings are a result of the disturbed human mind. Although many a solutions have been provided yet it has proved to be successful. Dalai Lama himself being a religious practitioner believes that every person has the right to follow or not follow certain religion. But once a religion is accepted the important part is to abide by it sincerely and not misuse it for personal resentment. This does not mean that the mind must be biased to any religion. According to Buddhism such a mind is termed indistinct and unable to comprehend the entirety and reality of any issue. Whatever is the issue; political, economic or religious, one should give the judgment only after acquiring the complete data about it. Dalai Lama being a Buddhist finds his religion rational and much more productive. In a world with followers of various religions there are miracles that happen beyond the human thinking and this ultimate truth is driven by faith. Contradicting statements about believing in one or all religions is up to an individual and is achieved by relative thinking. In the past every province retained and followed a distinct religion, which is not possible due to the interconnected pattern of modern world. This made the people to resolve their religion differences and coexist with each other and such one example of such integrity is India. The best of achieving such harmony is by having belief in one's own religion and respecting other religions.

Buddhism with its roots in India later on extended to Tibet and other parts of Asia with its principal teachings based on the Indian Buddhism or the '

Mahayana'. As per the Mahayana, enlightenment is achieved not just by release of the self from the sufferings but also helping the fellowmen to reach Nirvana. This message conforms to the teachings of the Indian Buddhism in all sense. Firstly, the message was delivered at Ladakh, a region in the Indian continent. It is very important for a religious leader to address the topic in accordance to the Indian practices in order to be honored. Secondly, the present scenario of India is discussed where people are creating troubles in the name of religion. Dalai Lama clearly mentions India as an example of religious integrity yet critically points out the loops in the practices influencing the religious disputes. Although he respects all religions, yet he promotes Buddhism by expressing it as more rational and fruitful. He speaks about miracles which are the result of unparalleled faith and devotion mainly expressed in India. He speaks of the various religions coexisting in India and how important it is for a person to believe on different sources of religion, refuge and reality. The message is a realization for the masses to lead the path of non-violence to maintain peace and progress of the nation. The discourse mentions the importance of having the mind in control before concluding upon any issue. All these ultimately help the people to increase their sentience towards the divine and alleviate their sins and attain enlightenment.

I chose the topic on Religious Harmony as I feel it is a topic that needs to be practiced globally. Dalai Lama has beautifully explained the importance of having a national as well as international integrity for world tranquility. It is a sensitive topic where it is required to practice one's own religion without degrading any other person or community. He mentions that one can abide

by his religion yet respect other religions and their principles.

All the religions preach to attain the same goal that is control of our agitated and distorted mind. They teach non-violence method of coexistence with various religions and how any issue should be tackled sensitively and friendly manner to have a win-win situation. But in case they handle the same looking for personal gain then it is certain to be dangerous.