



THE DALAI LAMA

## FOREWORD

Whether our actions are positive or negative largely depends on our motivation, therefore, as a Buddhist, I begin each day with prayers, including this verse from Shantideva's 'Guide to the Bodhisattva's Way of Life':

"For as long as space remains,  
And as long as sentient beings remain,  
Until then may I too remain  
To dispel the suffering of all beings."

I am now in my early eighties and my life-long interest in science, neuroscience, and psychology, encouragement of interfaith dialogue, promotion of non-violence and world peace, contribute to my commitment to serve humanity. Similarly, although I have devolved my political responsibility to an elected Tibetan leadership, as the Tibetan people place their trust in me, my quest for their rights and the preservation of our precious Tibetan culture and Tibet's natural environment, which are under constant threat, continues to be my primary concern.

My old friend Mickey Lemle captured some of these themes in his 1992 documentary, 'Compassion in Exile'. It accurately reflects the plight of the Tibetan people.

In his film, 'The Last Dalai Lama?', Mickey has focused on my work with neuroscientists to understand the relationship between the mind and the brain, and the creation of an atlas of emotions. I feel it is important to develop an understanding of the mind from a secular stance through science, regardless of whether an individual has a religious faith or not. The crucial factor is to find a way to overcome destructive emotions, which are the primary cause of conflict and trouble, and thus enable individuals to contribute to making our world more peaceful.

'The Last Dalai Lama?' also touches on my views about ageing and death. Whether you believe in rebirth or not, regarding this precious human life, of which death is an integral part, as a valuable opportunity can only be of benefit. Regarding the title of this book and the film it accompanies, as early as 1969, I made it quite clear that the institution of Dalai Lama came about because the Tibetan people regarded it as beneficial. Therefore, when the time comes, whether or not there will be another Dalai Lama will depend on the wishes of Tibetans and other interested followers.

I trust that people who watch the film and read the book 'The Last Dalai Lama?' will enjoy themselves and may learn something useful from the experience.

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