



THE DALAI LAMA

THE ULTIMATE PURPOSE of Buddhism is to serve and benefit humanity. The Buddha's teaching is essentially to help others if you can, and if you cannot, at least not to harm them. This is advice from which we may all draw inspiration, whatever our personal faith or belief.

I am often asked whether the teachings and techniques of Buddhism continue to be relevant in the present day and age. Like many other spiritual paths, Buddhism deals with basic human problems. The key is inner peace. If we have that, we can face difficulties with calm and reason, while our inner happiness is undisturbed. Love, kindness and tolerance, the conduct of nonviolence, and especially the Buddhist theory that all things are relative are a source of that inner peace.

Part of Buddhist practice involves training our minds through meditation. But if our training in calming our minds, developing qualities like love, compassion, generosity, and patience, is to be effective, we must put them into practice in day-to-day life. Khenpo Gawang Rinpoche has prepared this meditation handbook, *Your Mind Is Your Teacher*, for Western students based on the teachings of Mipham Rinpoche. He presents a clear explanation of analytical meditation, based on the Four Seals and the Heart Sutra, with the intention of making it as accessible as possible even to those who may not consider themselves Buddhists.

Presenting the Buddha's teachings in a way that makes it easier for people to use them to effect a transformation of their minds is a work of true spiritual friendship.

This takes on a wider importance when you consider that even if only a few individuals are able to create mental peace and happiness within themselves and act with kindness towards others, they will have a positive influence in their community. This will contribute to our creating a happier, more peaceful world.

A handwritten signature in black ink, appearing to read "Ven. Khenpo Jigme Phuntsok".

*May 4, 2013*