

Transcript of Change your Mind Change the World 2013 Afternoon Session: Conversations on Science, Happiness, and Well-Being

Opening remarks by David Ward, Chancellor of the University of Wisconsin-Madison.

Panelists: His Holiness, the 14th Dalai Lama, Dr. Richard J. Davidson, Dr. Jonathan Patz, Matthieu Ricard

Moderator: Arianna Huffington

[APPLAUSE]

Interim Chancellor David Ward: GOOD AFTERNOON, EVERYBODY. I'M DAVID WARD, INTERIM CHANCELLOR OF THE UNIVERSITY OF WISCONSIN-MADISON AND I WANT TO WELCOME YOU TO CHANGE YOUR MIND, CHANGE YOUR WORLD CO-HOSTED BY THE GLOBAL HEALTH INSTITUTE AND THE CENTER FOR INVESTIGATING HEALTHY MINDS. BOTH OF THEM BELONGING AND VERY MUCH PART OF UW-MADISON. THERE IS LIKELY NO OTHER SINGLE TOPIC THAT HAS GREATER IMPACT ON THE WORLD THAN THAT OF SUSTAINABLE WELL-BEING AND IT IS ONE THAT UW-MADISON IS TAKING A LEAD ROLE AT THE GLOBAL LEVEL. TODAY'S DIALOGUE THAT YOU ARE ABOUT TO BE PART OF IS A ONCE IN A LIFETIME EXPERIENCE. YOU ARE AMONG AN INVITED AUDIENCE THAT WILL HAVE AN OPPORTUNITY TO SHARE IN THE WISDOM FROM THE WORLD'S MOST HIGHLY REGARDED SPIRITUAL LEADER AND NOBEL PEACE PRIZE WINNER, HIS HOLINESS THE DALAI LAMA WHO WILL BE JOINED BY HIS GOOD FRIEND AND COLLEAGUE BY MATTHIEU RICARD THIS DIALOGUE WILL BE MODERATED BY THE CELEBRATED AUTHOR AND COLUMNIST ARIANNA HUFFINGTON.

IN ADDITION YOU'LL HEAR FROM RICHIE DAVIDSON THE DIRECTOR OF THE CENTER FOR INVESTIGATING HEALTHY MINDS AND JONATHAN PATZ THE DIRECTOR OF THE GLOBAL HEALTH INSTITUTE, THESE TWO SCHOLARS REPRESENT THE BEST OF WHAT THE UNIVERSITY OF WISCONSIN-MADISON IS ALL ABOUT. I'VE HAD A PLEASURE OF KNOWING BOTH OF THEM AND AMONG THEIR GREATEST FANS. IN MY ROLE I'VE HAD THE HONOR OF SUPPORTING THEM AS THEY HAVE GAINED INTERNATIONAL REPUTATIONS WITHIN INFLUENTIAL CIRCLES AND ENRICHED THE LIVES OF THOUSANDS OF STUDENTS HERE ON CAMPUS. IT IS TRUE THAT GREAT PEOPLE ATTRACT OTHER GREAT PEOPLE AND IT IS BECAUSE OF JONATHAN AND RICHIE AND HIS HOLINESS THAT MATTHIEU AND ARIANNA ARE HERE. I'M GLAD TO BE PART OF THIS AND I HOPE YOU'LL TAKE AWAY FROM THIS AFTERNOON A TRULY ENRICHING EXPERIENCE. THANK YOU.

[APPLAUSE]

Richard J. Davidson: THIS AFTERNOON, MANY OF YOU ARE HERE WHO WERE NOT HERE IN THE MORNING. AND I WOULD LIKE TO JUST SET THE STAGE. YESTERDAY THE SPEAKERS CONVENED WITH A SMALL GROUP OF PEOPLE TO BEGIN TO CONSIDER THE TOPICS THAT WE WILL EXPLORE IN MORE DETAIL THIS AFTERNOON. ONE OF THE THINGS THAT WE HAD THE SPEAKERS DO, AN EXERCISE THAT WE DID WITH THE SPEAKERS AND WITH OUR GATHERED GUESTS OF ABOUT 200 IS TO ASK EACH OF THEM TO ENVISION WHAT A WORLD WOULD BE LIKE IF IT WERE DIFFERENT FROM THE WORLD WE HAVE TODAY. IMAGINE WHAT A WORLD WOULD BE LIKE IF OUR CHILDREN WERE NURTURED WITH KINDNESS AND COMPASSION AND MINDFULNESS STARTING IN THE VERY EARLY YEARS. IMAGINE WHAT A WORLD WOULD BE LIKE IF WE PAID MORE ATTENTION TO OUR INTERACTIONS WITH THE ENVIRONMENT AND TOOK CONSERVATION SERIOUSLY. WE ALL CONSIDER THOSE TOPICS AND WE'RE ALL ASKED TO DEEPLY REFLECT ON HOW IT WOULD FEEL TO US TO LIVE IN SUCH A WORLD. AND EACH OF US WAS ENCOURAGED TO WRITE DOWN A FEW WORDS, A FEW PHRASES ABOUT WHAT THAT DIFFERENT

TRANSFORMED WORLD MIGHT LOOK LIKE. AND WE'RE REALLY HONORED TODAY TO HAVE A GROUP OF PEOPLE FROM THE ACADEMY FOR THE LOVE OF LEARNING IN SANTE FE, NEW MEXICO. THIS IS AN INSTITUTE THAT IS FOUNDED AND DIRECTED BY A DEAR FRIEND OF OURS, AARON STERN, AND HIS COLLEAGUES MOLLY STURGES AND LOGAN PHILLIPS ARE GOING TO TAKE THE WORDS AND THE FEELINGS THAT WE CONVEYED TOGETHER YESTERDAY AND TURN THEM INTO A LITTLE PIECE OF PERFORMANCE TO BEGIN OUR AFTERNOON TODAY.
SO MOLLY AND LOGAN.

[APPLAUSE]

Logan Phillips:

WE, MORE THAN A COLLECTION OF EYES.
WE, THIS COLLECTION OF HEARTS GATHERED.
WE, DREAMING THE WORLD THAT WE WANT TO BE.
WE, PEOPLE COMING TOGETHER AS EQUALS WITHOUT HIERARCHY TO OUR JOYS AND SORROWS BUT INSTEAD SEEING THIS HAPPINESS TOGETHER.
PEOPLE WHO HAVE SO MUCH COMPASSION FOR ALL LIVING THINGS IN OUR FRAGILE EARTH THAT WE WOULD NEVER WILLINGLY DESTROY ONE ANOTHER.
WELL-BEING IS NOT A PRIVILEGE.
EDUCATION AND ONWARD WE A WARM, WE ARE EXCITING, LOVING AND OPEN.
WE ARE EYES MEETING, EYES AND HEARTS MEETING HEARTS.
WE ARE WARM, CONNECTED AND JOYOUS.
WE ARE COMPASSIONATE, JOYFUL.
WE ARE FUN, WE ARE FUNNY, BUSY ACROSS GENERATIONS.
THIS WORK IS GOING TO TAKE AWHILE.
WE ARE CLEAR INTERCONNECTION, COMPASSION AND CARE FOR OURSELVES, EACH OTHER AND THIS ENTIRE WORLD.
WE ARE PEACEFUL, FREE, EUPHORIC, LIBERATED.
WE ARE QUIETER THAN THE SOCIETY WE LIVE IN TODAY.
WE'RE HOPEFULLY COLORFUL, DIVERSE, DYNAMIC, WARM AND GOOD IN THE WORLD
WE ARE BUILDING
PEOPLE ARE NOT ALONE AT BIRTH. PEOPLE
ARE NOT ALONE AT DEATH. PEOPLE ARE
NOT ALONE IN THEIR ILLNESS.
HEALTH IS MORE THAN A SUM OF ITS PARTS AND WE WERE MORE THAN A SUM.
WE ARE MORE THAN ZERO.
LOVE PREVAILS WITH WISDOM.
CONNECTION AND BALANCE.
WE ARE HUGE CIRCLES OF PEOPLE GATHERED.
WE ARE OPEN AND JOYOUS, OUR CONCERN TRUMPS PITY.
OUR SELF-SACRIFICE IS VIEWED AS SELF-FULFILLMENT.
BORDERS THAT RESIST COMMUNICATION MELT AWAY.
WE RESPECT TRADITION AND FEAR OF EACH OTHER IS SLOWLY DISAPPEARING BECAUSE SUDDENLY I'M LESS AFRAID TO LOOK YOU IN THE EYE AND SUDDENLY IF YOU'RE LESS AFRAID TO LOOK ME IN THE EYE.
AND MAYBE WE SEE EACH OTHER EYES SEE EYES AND HEARTS SEEING HEARTS, BORDERS THAT RESIST EDUCATION ARE MELTING.
ELDER ELEPHANT COMMUNING WITH THE BLUE WHALE.
RESPECTING AND RETREATING.

MOVED TO WORK FOR CREATION, FOR PROTECTION.
I DO THIS MORE FOR YOU THAN I DO FOR MYSELF.
ALWAYS BEING IN LOVE.
IT'S THE FEELING OF LUMINOUSNESS AND JOYOUSNESS.
THE WORDLESSNESS OF SEEING WHAT IS DANCING IN YOUR EYES AND MAYBE THE WORLD WE'RE
BUILDING WILL FEEL JUST A LITTLE BIT DIFFERENT THAN TODAY.
A LITTLE BIT MORE HEALTHY THAN TODAY.
JUST A LITTLE MORE CONNECTED.
THE WORLD WHERE THE FEMININE IS RESPECTED, HONORED, EQUALLY VALUED.
SHARED POWER AND BALANCE WITH THE MASCULINE.
A WORLD IN WHICH WE WILL NOT NEED JAILS AS OUR WOUNDED HEARTS BECOME TENDER HEARTS, AS
OUR TEARS OF PAIN BECOME MOISTURE FOR FIELDS OF FLOWERS BLOOMING IN OUTRAGEOUS COLOR.
IT FEELS SO GOOD TO BE HUMAN.
SO GREAT TO BE ALIVE.
VIBRANT, ALIVE, GENEROUS.
BEAUTY SURROUNDED BY VIBRANT SYSTEMS THAT ARE ALIVE WITH THE GREEN HUMMING, A BUZZING,
A SINGING, A LAUGHING, AND YES, A WIGGLING.
WE ARE REPLEAT WITH LOVE AND TENDERNESS AND SAFETY.
WE'RE PEACEFUL AND INTERCONNECTED.
SOFT AND STRONG, MY HAND IN YOUR HAND.
HONEST, HAPPY, BRIGHT EYES, FULL STOMACHS.
HOPE CANNOT BE SEEN, BUT WE ARE A BEAUTIFULLY SUNG SONG.
OUR MINDS HAVE BECOME SETTLED LIKE A SNOW GLOBE THAT HAS BEEN SITTING JUST THE RIGHT
AMOUNT OF TIME.
WE.
WE ARE SOARING.

[APPLAUSE]

Richard J. Davidson: IT IS NOW MY HONOR AND PLEASURE TO INTRODUCE SOMEONE WHO HAS BEEN SO PASSIONATE AND SO INFLUENTIAL ABOUT THE TOPICS THAT WE'RE CONSIDERING TODAY AND WHO HAS REALLY BEEN AN AGENT OF TRANSFORMATION ON THIS PLANET IN SO MANY COUNTLESS WAYS, ARIANNA HUFFINGTON.

Arianna Huffington: THANK YOU RICHIE.

[APPLAUSE]

Arianna Huffington Continued: THANK YOU SO MUCH, RICHIE, I'M REALLY HONORED AND HUMBLED TO BE YOUR MODERATOR FOR THIS SESSION AND I SEE MY ROLE VERY SIMPLY AS MAKING SURE YOU HEAR AS MUCH AS POSSIBLE FROM HIS HOLINESS. I'M SURE THAT'S ALL YOU WANT. AND MY PANELISTS COMPLETELY AGREE. SO I JUST WANT TO QUICKLY SET THE STAGE. I TAKE PART IN MANY CONVERSATIONS ABOUT POLITICS, ABOUT MEDIA, ABOUT BUSINESS, AND I CAN SAY UNEQUIVOCALLY THERE IS NO MORE IMPORTANT CONVERSATION GOING ON IN THE PLANET THAN THE CONVERSATION THAT HAS BEEN GOING ON AT THIS CONFERENCE.

SO I FEEL, IN FACT, THAT THE TIMING FOR THIS CONFERENCE COULD NOT HAVE BEEN MORE SIGNIFICANT BECAUSE THERE IS A KIND OF PERFECT STORM HAPPENING RIGHT NOW WHERE THREE

VERY DIFFERENT TRENDS ARE CONVERGING. THE FIRST ONE IS THE GROWING RECOGNITION THAT TO USE A TERM FROM ALCOHOLICS ANONYMOUS, OUR WORLD HAS BECOME UNMANAGEABLE. THAT WE HAVE LEADERS IN BUSINESS AND MEDIA, IN POLITICS, SMART PEOPLE MAKING TERRIBLE DECISIONS. NOT BECAUSE THEY'RE NOT SMART, BUT BECAUSE THEY'RE NOT WISE. SO WE CLEARLY NEED TO TAP INTO OUR OWN WISDOM. OUR LEADERS NEED TO TAP INTO THEIR OWN WISDOM. AND THAT'S THE WORK THAT RICHIE DAVIDSON AND ALL THE PEOPLE THAT YOU ARE WORKING WITH, RICHIE, ARE FOCUSING ON, THE WORK THAT MATTHIEU IS DOING, THE WORK THAT JONATHAN IS DOING, THAT WORK THE DAN GOLEMAN WHO YOU HEARD FROM EARLIER IS DOING.

THE SECOND TREND IS VERY OPTIMISTIC. IT IS THE FACT THAT ALL THIS WORK THAT USED TO BE MARGINAL HAS NOW BECOME INCREASINGLY MAINSTREAM. ABOUT 25% OF CORPORATE AMERICA NOW OFFERS SOME FORM OF MINDFULNESS TRAINING. SOME FORM OF DESTRESSING. SOMETHING TO THEIR EMPLOYEES RECOGNIZING THAT AMERICAN BUSINESS IS LOSING \$300 BILLION A YEAR BECAUSE OF STRESS. SO IF NOTHING ELSE, THE BOTTOM LINE IS TALKING TO THEM. AND SO SUDDENLY SEEING THAT WORK COMING INTO THE CENTER OF OUR LIVES AND EVEN OF CORPORATE AMERICA IS INCREDIBLY SIGNIFICANT.

THE THIRD POINT IS THAT PARADOXICALLY TECHNOLOGY, WHICH HAS MADE US MORE DISCONNECTED FROM OURSELVES BY MAKING US HYPER CONNECTED TO OUR DEVICES, IS ALSO BECOMING A SOURCE FOR DISCONNECTING. THE WORK YOU'RE DOING IN THE FIELD IS INCREDIBLY IMPORTANT. AT THE HUFFINGTON POST WE'VE LAUNCHED AN APP THAT WE'RE CALLING GPS FOR THE SOUL. IT'S FREE. AND YOU TAP THE CAMERA SENSOR ON YOUR EYE PHONE AND IT GIVES YOU YOUR HEART RATE VARIABILITY AND YOU CREATE A PERSONALIZED GUIDE WITH ALL THE THINGS THAT HELP YOU GET BACK TO THAT CENTERED PLACE. PICTURES OF YOUR LOVED ONES, MUSIC, POETRY, BREATHING EXERCISES. AND THIS IS BASED ON TWO TRUTHS THAT ARE REALLY PART OF WHAT WE'RE GOING TO BE TALKING ABOUT HERE.

THE FIRST TRUTH IS THAT WE ALL HAVE THAT PLACE IN US, THAT PLACE OF STRENGTH, SERENITY, WISDOM. AND THE SECOND TRUTH IS THAT MOST OF THE TIME WE'RE NOT THERE. SO REALLY, PART OF OUR WORK IS HOW CAN WE GET THERE MORE OFTEN. IF WE'RE OFF COURSE SO MUCH HOW CAN WE LEARN TO HAVE AN IMPECCABLE MECHANISM. THAT'S THE EXCITING ADVENTURE WE'RE ON. I WANT TO THROW IT NOW TO RICHIE. DAN GOLEMAN WAS TELLING ME AT LUNCH WHEN DAN AND RICHIE WERE AT HARVARD TOGETHER IN THE 70s. DON'T YOU WISH YOU WERE A FLY ON THE WALL AT THAT TIME. THEY SAID THE WORK THEY ARE DOING ON THE MIND, MEDITATION AND ALL THESE THINGS WAS CAREER-ENDING. WELL, WE ARE VERY GLAD THEY DIDN'T LISTEN AND HERE IS RICHIE NOW. AT THE TOP OF AN INCREDIBLE CAREER AMONG OTHER THINGS LEADING THE WAY IN THE MIND/BODY/MEDICINE CONNECTIONS. THANK YOU, RICHIE.

Richard J. Davidson: THANK YOU, ARIANNA.

[APPLAUSE]

Richard J. Davidson Continued: THANK YOU, ARIANNA AND I SHOULD JUST TELL YOU THAT I HAVE GPS FOR THE SOUL ON MY iPhone AND I GET WONDERFUL REMINDERS THROUGHOUT THE DAY. SO I WOULD HIGHLY RECOMMEND IT. YOUR HOLINESS, THIS AFTERNOON I AM GOING TO BE VERY BRIEF AND I WOULD LIKE TO REVIEW FIVE FACTS THAT SCIENCE HAS TAUGHT US ABOUT WELL-BEING.

- THE FIRST FACT IS THAT WELL-BEING IS A SKILL. AND THIS IS A FACT THAT WE GLEAN FROM OUR UNDERSTANDING OF NEUROPLASTICITY. THE IDEA THAT THE BRAIN CAN CHANGE IN RESPONSE TO EXPERIENCE AND IN RESPONSE TO TRAINING. AND THAT FACT TEACHES US THAT THE EMOTIONAL CIRCUITS IN THE BRAIN ESPECIALLY ARE VERY AMENABLE TO CHANGE THROUGH TRAINING AND THROUGH EXPERIENCE. AND WE CAN HARNESS THAT BY TECHNIQUES THAT CAN BE TAUGHT IN THE WAYS THAT YOU HAVE BEEN ADVOCATING IN A VERY SECULAR, NATURAL WAY. WE HAVE A STUDY THAT IS ABOUT TO COME OUT IN THE NEXT COUPLE OF WEEKS THAT WAS DONE BY A VERY TALENTED GRADUATE STUDENT OF MINE WHO YOU'VE MET, YOUR HOLINESS. HER NAME IS HELEN WENG. AND SHE DID A STUDY LOOKING AT THE EFFECTS OF VERY SHORT TERM TRAINING IN COMPASSION. 30 MINUTES A DAY FOR JUST TWO WEEKS AND WE MEASURED THE BRAIN BEFORE AND AFTER THE TRAINING. AND WE HAD A COMPARISON GROUP THAT GOT A DIFFERENT KIND OF TRAINING AND IT TURNS OUT THAT PEOPLE BECAME MORE COOPERATIVE, THEY BECAME MORE ALTRUISTIC AND THEIR BRAINS ACTUALLY CHANGED FUNCTIONALLY AFTER JUST TWO WEEKS OF TRAINING. AND SO THIS IS ONE OF MANY INDICATORS THAT WE CAN THINK OF AS THESE ARE SKILLS WHICH CAN BE ENHANCED THROUGH TRAINING.
- THE SECOND FACT IS THAT WELL-BEING SEEMS TO BE INVERSELY OR -- INVERSELY RELATED TO MIND WANDERING. THE MORE YOU MIND WANDER, THE LESS -- SO THERE WAS A STUDY DONE A COUPLE OF YEARS AGO THAT WAS PUBLISHED IN A VERY MAJOR JOURNAL AND THIS WAS A STUDY WHERE PEOPLE WERE SAMPLED IN THE REAL WORLD USING iPhones AND OTHER KINDS OF SMART PHONES AND THEY WERE BEEPED DURING THE DAY AND THEY WERE ASKED THREE QUESTIONS.
 - ONE QUESTION IS WHAT ARE YOU DOING RIGHT NOW?
 - THE SECOND QUESTION IS, IS YOUR MIND ACTUALLY FOCUSED ON WHAT YOU'RE DOING?
 - AND THE THIRD QUESTION IS HOW HAPPY OR UNHAPPY ARE YOU?

AND THE FINDINGS WERE ACTUALLY QUITE STRIKING. THE FINDINGS INDICATE THAT 47% OF THE TIME, THE AVERAGE AMERICAN IS NOT ACTUALLY PAYING ATTENTION TO WHAT SHE OR HE IS DOING. 47% OF THE TIME. AND DURING THESE PERIODS, PEOPLE REPORT THAT THEY ARE MOSTLY UNHAPPY. AND WHEN THEY BECOME FOCUSED ON WHAT THEY'RE DOING, THEY REPORT THAT THEY ACTUALLY FEEL BETTER. THEIR WELL-BEING IS HIGHER.

Jinpa(HHDL Translator): CAN YOU EXPLAIN WHAT MIND WANDERING IS?

Richard J. Davidson: FOR EXAMPLE, HOW MANY –

[APPLAUSE]

Richard J. Davidson Continued: EVERYONE, I THINK, IS LAUGHING BECAUSE THE CONCEPT FOR YOU, I THINK, IS FOREIGN. BECAUSE YOUR MIND IS SO STEADY.

His Holiness the Dalai Lama: NO, NO, EVEN IF YOU WANT TO OPEN THIS (BOTTLE), UNLESS YOUR MIND IS FOCUSING THERE. YOU SEE - LOOK THERE AND DO THAT - YOU CANNOT ACCOMPLISH.

Jinpa: WHATEVER WE DO, OUR MIND IS ON THAT THING. SO HIS HOLINESS IS WONDERING WHAT IS THE RELATIONSHIP BETWEEN DISTRACTION IN GENERAL? DO YOU MEAN JUST DISTRACTED MIND?

Richard J. Davidson: A GOOD EXAMPLE WHICH I THINK THE AUDIENCE WILL RESONATE WITH IS HOW MANY PEOPLE IN THE AUDIENCE HAVE HAD THE EXPERIENCE OF READING A BOOK, TURNING A PAGE, AND AT THE END OF THE PAGE NOT HAVING ANY IDEA WHAT THEY ACTUALLY READ? AND THEIR MIND WAS SOMEWHERE ELSE.

His Holiness the Dalai Lama: THAT IS SOMETHING DIFFERENT.

[LAUGHTER]

His Holiness the Dalai Lama Continued: YOU SEE, SIMPLY EYE CONSCIOUSNESS IS READING. BUT YOUR MENTAL CONSCIOUSNESS GOES SOMEWHERE ELSE.

Richard J. Davidson: THAT'S WHAT WE'RE TALKING ABOUT.

His Holiness the Dalai Lama: OH.

[LAUGHTER]

His Holiness the Dalai Lama: BUT THEN PHYSICAL LEVEL.....

Jinpa: BUT MANY OF THE PHYSICAL ACTIVITIES, UNLESS YOU PAY ATTENTION TO WHAT YOU'RE DOING, YOU WON'T BE ABLE TO PERFORM THAT TASK.

His Holiness the Dalai Lama: MUSIC, HEARING, BUT YOUR MIND CAN GO SOME DIFFERENT THINGS. I THINK EVEN EATING, TASTING, MOUTH MOVEMENT, BUT YOUR MIND CAN WANDER. BUT IN SOME PHYSICAL ACTION, UNLESS YOU PAY (attention) OTHERWISE--

Richard J. Davidson: I THINK THAT'S ONE OF THE IMPORTANT POINTS ABOUT THIS KIND OF RESEARCH IS THAT IT IS SHOWING THAT WHEN OUR MIND WANDERS IN THE WAYS THAT I'M DESCRIBING, OUR PERFORMANCE ON THE TASKS THAT WE'RE ENGAGED IN SUFFERS. WE CANNOT PERFORM THEM AS EFFICIENTLY. AND IT ALSO IS A SOURCE OF SUFFERING. PEOPLE REPORT NOT BEING HAPPY WHEN THEY ARE DISTRACTED IN THIS WAY.

His Holiness the Dalai Lama: NO, NO, I MYSELF AM OFTEN LIKE, THAT SOME CHANTING, SOME RECITATION. THEY RECITE, SENSES MEMORIZE. SO THE WORD GO AUTOMATICALLY BUT MIND CAN'T GO... HERE AND THERE. (LAUGHTER)

Jinpa: SO HIS HOLINESS IS SAYING THAT ACTUALLY KIND OF MIND WANDERING YOU'RE TALKING ABOUT IS FAMILIAR TO HIM, TOO. WHEN HE DOES HIS, YOU KNOW, PRACTICES SOME OF THEM MAY INVOLVE CHANTING. AND SOMETIMES WHEN CHANTING YOUR MIND WANDERS AND THEN THE ACTUAL VISUALIZATION HAS TO BE DONE BUT YOU'VE ALREADY SKIPPED THAT SECTION AND HE HAS TO GO BACK AND DO IT PROPERLY TO BE ABLE TO DO THE VISUALIZATION.

His Holiness the Dalai Lama: SOMETIMES TWO TIMES, EVEN THIRD TIME.

[APPLAUSE]/[LAUGHTER]

His Holiness the Dalai Lama Continued: SO THAT'S WHY IT IS VERY IMPORTANT TO PRACTICE, TO CULTIVATE SINGLE POINTED MIND.

Richard J. Davidson: SO VERY BRIEFLY THE OTHER POINTS ABOUT SCIENCE AND WELL-BEING ARE THESE.

- THE THIRD POINT IS THAT WELL-BEING IS ASSOCIATED WITH SPECIFIC PATTERNS OF BRAIN ACTIVITY AND PATTERNS OF ACTIVITY IN OUR BODY AND THEY ARE CONNECTED. SO WHEN OUR MINDS ARE AT EASE, OUR BODIES TO SOME EXTENT ARE AT EASE AND THIS EXPLAINS WHY EMOTIONS ARE ACTUALLY IMPORTANT FOR OUR PHYSICAL HEALTH IN ADDITION TO OUR MENTAL HEALTH.
- THE FOURTH POINT IS THAT THE SCIENTIFIC RESEARCH TODAY INDICATES THAT THERE ARE THREE IMPORTANT COMPONENTS OF WELL-BEING.
 - ONE IS EQUINIMITY OR EMOTIONAL BALANCE. ONE INDICATOR OF THAT IS A PERSON'S CAPACITY TO RETURN BACK TO A BASELINE, RETURN BACK TO BEING CALM AFTER A STRESSFUL EVENT MIGHT OCCUR. SO THEY MAY REACT, BUT THEY ARE ABLE TO COME BACK DOWN QUICKLY.
 - THE SECOND COMPONENT IS MINDFULNESS AND ATTENTIVENESS OF THE SORT THAT WE'VE BEEN TALKING ABOUT.
 - AND A THIRD COMPONENT IS SOMETHING YOUR HOLINESS TALKS A LOT ABOUT AND THAT IS GENEROSITY. GENEROSITY SEEMS EXPERIMENTALLY, IN EXPERIMENTAL RESEARCH TO PROMOTE WELL-BEING.

THERE IS AN IMPORTANT STUDY THAT WAS DONE A FEW YEARS AGO PUBLISHED AGAIN IN A VERY MAJOR JOURNAL WHERE THEY GAVE PEOPLE A LARGE SUM OF MONEY IN THE BEGINNING OF THE DAY. THEY RANDOMLY ASSIGNED PEOPLE. THEY GAVE THEM \$100 AT THE BEGINNING OF THE DAY AND SAID PLEASE GO AND MOST PEOPLE HAVE THINGS THAT THEY HAVE WANTED TO BUY FOR THEMSELVES BUT THEY'VE NEVER HAD AN OPPORTUNITY. PLEASE USE THIS MONEY AND GO BUY WHATEVER YOU WOULD LIKE FOR YOURSELF. AND THEY CAME BACK AT THE END OF THE DAY TO THE LABORATORY. A SECOND GROUP WAS ASSIGNED TO ANOTHER CONDITION WHERE THEY WERE GIVEN \$100 AND SAID PLEASE GO BUY THINGS FOR OTHER PEOPLE. YOU CAN USE THE MONEY IN ANY WAY YOU WANT TO SPEND IT ON OTHERS BUT YOU CANNOT USE ANY OF IT FOR YOURSELF. AND GUESS WHICH GROUP AT THE END OF THE DAY REPORTS MUCH HIGHER LEVELS OF HAPPINESS AND WELL-BEING? THE GROUP THAT SPENT MONEY ON OTHERS. SO THERE IS ACTUALLY GOOD EXPERIMENTAL RESEARCH.

- THE LAST POINT IS MAYBE THE MOST IMPORTANT. AND THAT IS THAT THERE IS AN INNATE DISPOSITION TOWARD WELL-BEING AND GENEROSITY. AND SCIENTIFIC RESEARCH IN YOUNG BABIES, INFANTS SIX MONTHS OF AGE, SHOWS THAT THERE IS A PREFERENCE THAT INFANTS SHOW FOR COOPERATIVE ALTRUISTIC BEHAVIOR COMPARED TO ANTAGONISTIC AND AGGRESSIVE BEHAVIOR.

SO THESE ARE FIVE, I THINK, IMPORTANT FACTS THAT SCIENCE IS NOW TEACHING US ABOUT WELL-BEING. THANK YOU.

Arianna Huffington: THANK YOU, RICHIE. SO YOUR HOLINESS, GIVEN WHAT RICHIE HAS SAID THAT SCIENCE SHOWS, WHAT IS IT THAT WE CAN DO THAT WE'RE NOT DOING TO HELP THESE TOOLS THAT YOU KNOW THAT YOU'VE BEEN TEACHING ABOUT BECOME MORE WIDESPREAD?

His Holiness the Dalai Lama: AGAIN THIS MORNING I MENTIONED I THINK AGAIN HERE EDUCATION. THROUGH EDUCATION AND ALSO THE MEDIA PEOPLE. INFORM THE PUBLIC OF THESE FINDINGS. THAT'S THE ONLY WAY. BEST WAY. I AM ALWAYS TELLING WHEN I MET MEDIA PEOPLE FIRSTLY I MENTION MY OWN COMMITMENT PROMOTING ETHICS, SECULAR ETHICS. THEN SECONDLY, PROMOTING RELIGIOUS HARMONY. THEN I TOLD THE MEDIA PEOPLE ALSO HAVE IMPORTANT ROLE REGARDING THE PROMOTION OF THESE VALUES. IT IS VERY VERY IMPORTANT. THE MEDIA PEOPLE USUALLY THEY SAY NEGATIVE THINGS. OF COURSE NEGATIVE THINGS BECOME NEWS. THESE POSITIVE THINGS WILL NOT BE NEWS. SO A NEWS REPORTER THEY USUALLY FOCUSING ON THOSE NEGATIVE THINGS. THEN THE PEOPLE IN THE PAST, MANY OCCASIONS, MANY QUESTIONS THEY ASK

ME IF BASIC HUMAN NATURE IS SOMETHING NEGATIVE, AGGRESSIVE, NEGATIVE THING. SO FUTURE OF HUMANITY IS DOOMED. BECAUSE THEY GOT THEIR INFORMATION EVERY DAY SOME NEGATIVE THINGS. SO BASICALLY I BELIEVE AND ALSO TELLING PEOPLE, AS YOU SEE, BASIC HUMAN NATURE IS MORE GENTLENESS. I THINK TWO FACTORS. THE BABY BORN FROM OUR MOTHER. SO NATURALLY, BIOLOGICALLY, THE MOTHER HAVE TREMENDOUS SORT OF AFFECTION. WITHOUT THAT CHILDREN CANNOT SURVIVE. SO THIS IS A QUESTION OF SURVIVAL.

SECONDLY, WE ARE A SOCIAL ANIMAL, SO SOCIAL ANIMAL MEANS INDIVIDUAL'S FUTURE, INDIVIDUAL'S LIFE ENTIRELY DEPEND ON THE REST OF THE COMMUNITY. SO EVEN AN ANIMAL, NO RELIGION, NO CONSTITUTION, NO POLICE FORCE, NO GOVERNMENT, BUT BECAUSE OF THEIR BIOLOGICAL NATURE, SOCIAL ANIMAL, SO THEY WORK TOGETHER. SO CARING FOR EACH OTHER, LIKE THAT. SO WE ARE SOCIAL ANIMAL. SO BASICALLY WE ALREADY SORT OF HAVE THIS POTENTIAL, THIS SEED THERE. THEN LOGICALLY THOSE PEOPLE WHO RECEIVED AFFECTION FROM OTHER, THOSE PEOPLE WHO VERY MUCH APPRECIATE THEIR MOTHER'S AFFECTION, THEY ALSO HAVE THIS SORT OF SEED OF SHOWING AFFECTION TO OTHER. SO THAT'S HUMAN NATURE. SO BASIC HUMAN NATURE, I THINK WE CAN SAY, IS GENTLENESS, MORE POSITIVE. THEN GROWN-UP... AND ALSO THE SOCIAL ENVIRONMENT - THE SOCIETY WHERE NOT TALKING ABOUT THESE VALUES, ONLY MONEY. AND THEN IN ORDER TO MAKE MONEY, TOO MUCH COMPETITION, SO THAT SORT OF ENVIRONMENT. THEN YOU SEE THE EFFECT, OUR BASIC SORT OF POSITIVE NATURE THEN BECOME MORE DORMANT AND AGGRESSIVE PART AND THEN BECOME ACTIVE. SO THEREFORE, ON THE BASIC GOOD NATURE AT A YOUNG AGE, STILL VERY FRESH. NOW WHILE GROWING UP USUALLY THESE THINGS BECOMING MORE DORMANT. AT THAT TIME WE MUST EDUCATE, THROUGH EDUCATION. THESE VALUES ARE EXTREMELY IMPORTANT FOR THE WHOLE REST OF LIFE.

THEN THAT BASIC SORT OF GOOD NATURE, THEN THRU NURTURING I THINK AT THE INITIATIVE LEVEL, BIOLOGICAL FACTOR, THEN USE HUMAN INTELLIGENCE, REASONING, EDUCATE. THESE ARE VERY IMPORTANT FOR HAPPY WELL-BEING OF ONESELF AND WELL-BEING OF THE FAMILY, THE SOCIETY. SO USE INTELLIGENCE, THEN IT'S A STRENGTHENING, SOME KIND OF EMOTION, BASED ON POSITIVE FACTOR. NOW COMBINED WITH REASON, COMBINE WITH HUMAN INTELLIGENCE, THEN IT WILL BECOME VERY FIRM. SO THIS IS VERY POSSIBLE. THAT'S WHY YOU SEE I ALWAYS STRESS IN MORE EDUCATION, NOT FAITH, EDUCATION. IT IS EXTREMELY IMPORTANT. SO THE MATERIAL, THE SCIENTISTS, YOUR RESEARCH REALLY PROVIDING GOOD MATERIAL TO EDUCATE PEOPLE, TO BRING CONVICTION ABOUT THESE VALUES. LIKE WE, LIKE SOMETHING DIFFERENT DRESS WHEN WE SAY SOMETHING COMPASSIONATE, THESE THINGS, AND SOME PEOPLE FEEL OH THAT'S THEIR OWN WORLD, THEIR OWN WAY OF LIFE. (LAUGHS) ME, I THINK OKAY, TIBETAN, BUDDHIST SOCIETY. NOW MATTHIEU FROM FRANCE, SO MAYBE SOME OF HIS FRENCH FRIENDS MAY FEEL OH HE HAS SOMETHING WRONG.

[LAUGHTER]

Arianna Huffington: MATTHIEU WOULD YOU LIKE TO RESPOND TO THIS?

Matthieu Ricard: I'M WORKING HARD ON MAKING IT STRAIGHT.

Arianna Huffington: SO IT WOULD BE GREAT TO TRANSCRIBE WHAT HIS HOLINESS SAID AND SO YOU CAN HAVE IT EVERY DAY AND LOOK AT IT BECAUSE MY MIND DIDN'T WANDER BUT NEVERTHELES I'D LIKE TO SEE IT EVERY DAY. DID YOUR MIND WANDER A LITTLE BIT? NO, YOU SEE OUR MIND STAYED STEADY WHILE YOU WERE TALKING.

His Holiness the Dalai Lama: THAT'S ALSO DEPENDS ON THE SUBJECT. SUBJECT SOMETHING YOU'RE REALLY INTERESTED IN THEN YOUR MIND GO THERE. BUT MY OWN CASE WHEN I WAS YOUNG, STUDYING, BUT I HAVE NO INTEREST, SO OFTEN MEMORIZING AND LOOKING THERE BUT MY MIND GOES SOMEWHERE ELSE.

Arianna Huffington: NOW THEY CALL IT ATTENTION DEFICIT DISORDER AND THEY PUT YOU ON RITALIN

(LAUGHTER)

Arianna Huffington Continued: EVERYBODY WANTS TO KEEP HEARING YOU TALK BUT LET'S GO TO JONATHAN BECAUSE JONATHAN IS DOING AMAZING WORK HERE AT THE UNIVERSITY ON THE ENVIRONMENT. OF COURSE, HE SHARED A NOBEL PEACE PRIZE WITH AL GORE IN 2007 AS THE LEAD AUTHOR OF THE U.N.'S INTERGOVERNMENTAL PANEL ON CLIMATE CHANGE AND HAS BEEN DOING GREAT WORK EVER SINCE. SO JONATHAN IS GOING TO TALK A LITTLE BIT ABOUT THE INTERCONNECTEDNESS BETWEEN WHAT IS HAPPENING IN OUR LIVES AND WHAT IS HAPPENING TO OUR ENVIRONMENT.

Jonathan Patz: ARIANNA, THANK YOU SO MUCH. AND THANK YOU FOR PLUGGING THE INTERGOVERNMENTAL PANEL ON CLIMATE CHANGE. I WAS ONE OF THE LEAD AUTHORS. YOUR HOLINESS, THIS MORNING I SPOKE WITH YOU ABOUT LAST WEEK'S NEWS ABOUT FOR THE FIRST TIME IN HUMAN EXISTENCE THAT WE'VE EXCEEDED 400 PARTS PER MILLION OF CARBON DIOXIDE IN THE ATMOSPHERE AND WE TALKED ABOUT THAT COMES FROM BURNING FOSSIL FUELS THAT 50 YEARS AGO WE WERE AT A LEVEL OF 320 AND WE'RE CONCERNED IF WE GET ABOVE 450 THAT'S A DANGEROUS LEVEL OF THE EARTH'S HEATING. SO WE TALKED ABOUT THAT ALREADY.

AND I ALSO SPOKE NOT ONLY HOW I'M VERY CONCERNED ABOUT THE CLIMATE CHANGE PROBLEM, BUT THAT I SEE THAT GRAPPLING WITH CLIMATE CHANGE AND REDUCING OUR CONSUMPTION OF ENERGY, ESPECIALLY FROM FOSSIL FUELS, IS A GOLDEN OPPORTUNITY FOR HUMAN HEALTH AND WELL- BEING BECAUSE OF THE POLLUTION ISSUE, AND HEALTHY CITIES. I ALSO SPOKE ABOUT MY WORK WITH THE ENDANGERED SPECIES, THE PEREGRINE FALCON AND MANY ENDANGERED SPECIES WERE IN TROUBLE WHEN WE KEPT FOCUSING ON THE INDIVIDUAL ANIMAL OR PLANT AND IT WAS ONLY WHEN WE HAD THE INSIGHT TO LOOK BEYOND THE INDIVIDUAL AND LOOK AT THE HABITAT, THE SURROUNDINGS AROUND THAT ENDANGERED SPECIES DID WE REALLY HAVE SUCCESS.

SO THIS AFTERNOON, I WANT TO CONTINUE THIS THEME OF THE INTERDEPENDENCE OF OUR SPECIES' SURVIVAL WITH OUR NATURAL ENVIRONMENT. WHICH IS BEING THREATENED BY OVER CONSUMPTION OF NATURAL RESOURCES AND MANY OTHER ISSUES AND I WOULD LIKE TO SHARE WITH YOU A STORY OF A WELL-INTENDED PROJECT FROM THE WORLD HEALTH ORGANIZATION IN THE 1950s. THEY WENT INTO BORNEO, WHERE THERE WAS LOTS OF MALARIA. AND THEY SPRAYED A PESTICIDE. A PESTICIDE CALLED DEILDIN THAT WAS TOXIC, TO GET RID OF MALARIA. NOW, INITIALLY THERE WAS GREAT SUCCESS AND MALARIA WENT DOWN, PEOPLE WERE HAPPY, BUT IT WAS A SHORT TIME THEREAFTER THAT SOMETHING HAPPENED. THERE WAS A BRAND NEW MAJOR EPIDEMIC OF A DIFFERENT DISEASE CALLED TYPHUS. NOT ONLY WAS THERE A NEW EPIDEMIC, THE VILLAGE HUTS WHICH HAVE THATCHED ROOFS, THE STRAW ROOFS? THATCHED HUTS. MOST OF THE ROOFS FELL DOWN, COLLAPSED. AND YOU MIGHT ASK THE QUESTION WHY? WELL, YOU OF ALL PEOPLE, KNOWING THE INTERDEPENDENCE OF LIFE, COULD PROBABLY FIGURE OUT THE ANSWER. WHAT HAPPENED WHEN THEY SPRAYED THE PESTICIDE, IT KILLED ALL THE MOSQUITOES THAT CARRIED MALARIA BUT IT KILLED LOTS OF OTHER INSECTS AND THINGS THAT EAT INSECTS LIKE GECKO LIZARDS AND OTHER LITTLE ANIMALS. THE TOXIN GOES UP THE FOOD CHAIN.

AND IN THE VILLAGE THERE ARE LOTS OF CATS THAT EAT LIZARDS AND GECKOS. AS A TOP PREDATOR THE PESTICIDE ACCUMULATES THE MOST IN THE CATS. SO ALL THE CATS IN THE VILLAGE DIED. WELL THEN WITH THE CATS GONE, THE RODENT POPULATION EXPLODED. THERE WAS AN EXPLOSION OF RATS. WITH THE CATS GONE, THE RAT POPULATION EXPLODED AND RATS OFTEN CARRY FLEAS, BLOOD SUCKING FLEAS WHICH CARRY THE TYPHUS DISEASE. SO THE INTENTION OF REDUCING MALARIA WAS GOOD BUT WITHOUT UNDERSTANDING THE INTERDEPENDENCIES AND KNOWING ABOUT THE ECOLOGY OF THIS WHOLE SYSTEM, THAT ONE PROBLEM CREATED ANOTHER PROBLEM AND YOU MIGHT ASK ABOUT THE THATCHED ROOFS CAVING DOWN. WELL, WHEN THE INSECTS DIED. ONE WAS THIS PARTICULAR PARASITIC WASP AND SHE LAYS HER EGGS IN CATERPILLARS THAT LIVE IN THE THATCH STRAW. WHEN THE W.H.O. SPRAYED THE PESTICIDE ALL THE WASPS DIED BUT THE CATERPILLARS WERE PROTECTED, THEY WERE IN THE THATCHED ROOFS SO THEY WEREN'T EXPOSED TO THE PESTICIDE. WHEN THE WASPS DIED THE CATERPILLAR POPULATION TOOK OFF AND THEY ATE ALL THE THATCHED ROOFS. SO I GIVE YOU THIS STORY BECAUSE OF THE INTERDEPENDENCE OF ALL LIFE. AND A FAMOUS WISCONSIN NATURALIST NAMED JOHN MURER ONCE SAID WHENEVER WE TUG ON ANY ONE THING, WE FIND IT HITCHED TO EVERYTHING IN THE UNIVERSE. SO THAT WAS A WISCONSIN NATURALIST. I WANT YOU TO REMEMBER THAT. SO THE LESSON HERE IS THAT THE IMPORTANCE OF BEING MINDFUL OF THE INTERDEPENDENCE OF LIFE, THE AWARENESS OF KNOWING THESE LINKAGES BECAUSE WITHOUT THIS AWARENESS UNINTENDED CONSEQUENCES MORE OFTEN THAN NOT OUTNUMBER OUR GOOD INTENTIONS. IF WE NOW ARE IN A GLOBALIZED WORLD, WE NEED TO RECOGNIZE THAT THE ACTIONS THAT WE DO INDEPENDENTLY, FOR OURSELVES OR FOR OUR COMMUNITY, CAN ACTUALLY IMPACT OTHERS AND I TALKED ABOUT HOW OUR ENERGY CONSUMPTION IS AFFECTING THE ENTIRE EARTH'S CLIMATE. WE'RE DISRUPTING THE EARTH'S CLIMATE.

SO WE NEED TO BE MINDFUL OF THAT CONNECTION. WE NEED TO ALSO BE MINDFUL OF THE IMPLICATIONS OF OUR CONSUMERISM. FOR EXAMPLE, MORE HEADLINES, IT'S POSSIBLE THAT THE WESTERN DEMAND FOR CHEAP CLOTHING MAYBE HAD SOMETHING TO DO WITH THE ESTABLISHMENT OF UNDER REGULATED FACTORIES, TEXTILE FACTORIES IN BANGLADESH. THAT BECAUSE EVERYONE IS TRYING TO SAVE MONEY TO DEVELOP AND COMPETE IN A GLOBAL MARKET, THAT RULES ARE SKIPPED AND DANGERS ARE TRADED OFF FOR MONEY. AND HUNDREDS OF PEOPLE, HUNDREDS OF WORKERS DIED JUST LAST MONTH IN A TEXTILE FACTORY IN BANGLADESH. IF WE AS CONSUMERS IN A GLOBAL WORLD UNDERSTAND THE FULL COST ACCOUNTING. IN FACT, DAN GOLEMAN HAS WRITTEN A BOOK ON THIS CALLED "ECOLOGICAL INTELLIGENCE, UNDERSTANDING FROM CRADLE TO CRADLE." IF WE KNOW THE IMPACT OF OUR CONSUMERISM AND WE ONLY DEMAND GREEN PRODUCTS OR PRODUCTS MADE WITH ETHICS AND EQUITY AND WITHOUT SOCIAL DISADVANTAGE, I THINK WE COULD HAVE A POSITIVE FORCE.

SO I WOULD LIKE TO FINALLY MENTION SOME GOOD NEWS THAT YOU ALSO KNOW ABOUT. LORD RICHARD LAYARD, WHO MENTIONED THIS AND, IN FACT, HAS BEEN A LEADER ON BEYOND GDP, BEYOND THE GROSS DOMESTIC PRODUCT AT THE UNITED NATIONS. THERE HAS BEEN INVOLVEMENT TOWARD PUSHING TOWARDS A GLOBAL INDEX OF DEVELOPMENT THAT'S NOT JUST ABOUT ECONOMIC CAPITAL AND THIS KEY INDEX NOW IS AN EFFORT TO BRING IN SOCIAL AND POLITICAL CAPITAL, WHICH MEANS EDUCATION, FREEDOM, EQUALITY, CULTURE, ETC. AND ALSO ENVIRONMENTAL CAPITAL CALLED NATURAL CAPITAL. THAT THESE THREE ARE HIGHLY INTERDEPENDENT. SO THERE IS NOT ONE THAT IS GREATER THAN THE OTHER. AND I THINK IT'S A REAL IMPORTANT ISSUE TO MOVE FORWARD TO GET TO REALLY INTEGRATE AND VALUE ALL THREE ECONOMIC, SOCIAL/POLITICAL AND ENVIRONMENTAL CAPITAL. SO I'LL JUST END BY SAYING OUR INSTITUTION, OUR GLOBAL HEALTH INSTITUTE AT THE UNIVERSITY OF WISCONSIN IS TRYING TO MIRROR THESE EFFORTS IN OUR OWN MISSION BECAUSE WE ADDRESS AT THE SAME TIME THE HUMAN CONDITION, ENVIRONMENTAL CONDITIONS, AND ETHICS AND VALUES IN EVERY SINGLE PROJECT THAT WE PURSUE. SO, I HAVE A QUESTION FOR YOU. UNLESS ARIANNA HAS.

Arianna Huffington: NO GO AHEAD.

Jonathan Patz: OUTSIDE OF BUDDHISM, DO YOU KNOW OF CASES WHERE PEOPLE OR COMMUNITIES HAVE CHANGED FROM VALUING ECONOMIC CAPITAL TO MORE VALUING SOCIAL CAPITAL?

His Holiness the Dalai Lama: I THINK WE ARE THE SAME HUMAN BEING. I THINK IT WOULD DEPEND ON THE EDUCATION OR THE CULTURE AT THAT STAGE. SO UP TO NOW THOSE MATERIALLY AFFLUENT SOCIETIES, AS I MENTIONED I THINK LUNCHTIME - EXISTING EDUCATION IS VERY MUCH ORIENTED ABOUT MATERIAL VALUE. I THINK THAT'S UNDERSTANDABLE AND I THINK SEPARATE EDUCATION INSTITUTIONS STARTED IN EUROPE. I REMEMBER ONE TIME IN ITALY, BOLONIA UNIVERSITY, A FEW YEARS AGO YOU SEE, I ATTENDED THEIR THOUSANDTH ANNIVERSARY. SO SEPARATE EDUCATIONAL INSTITUTIONS STARTED. THEN MORAL ETHICS TAKEN CARE BY CHURCH. QUITE WELL BALANCED. NOW THE INFLUENCE OF CHURCH SOMETIMES REDUCED. OF COURSE NON-BELIEVER, ALSO SOMEHOW I THINK NOW NUMBER OF NON-BELIEVER ALSO INCREASING. SO THEN EDUCATIONAL INSTITUTION A THOUSAND YEARS AGO ONLY TAKE CARE OF OUR BRAIN, INTELLIGENT DEVELOPMENT. NOW TODAY, THE EXISTING EDUCATIONAL INSTITUTION ORIGINALLY ONLY CARED ABOUT KNOWLEDGE. NOW THAT INSTITUTION ALSO SHOULD TAKE CARE ABOUT MORAL ETHICS. NOW IF MORAL ETHICS BASED ON RELIGIOUS FAITH, THEN THE RELIGIOUS COMMUNITY INCLUDING NON- BELIEVERS THERE, THEN SOME COMPLICATION THERE. SO WE HAVE TO FIND, EDUCATE ABOUT MORAL ETHICS WITHOUT RELIANCE ON RELIGIOUS FAITH.

Jinpa : SO IT'S REALLY MORE OF A CULTURAL AND HISTORICAL KIND OF HABIT OF THE CULT SOCIETIES. OTHERWISE AT THE FUNDAMENTAL LEVEL HUMAN BEINGS ARE THE SAME.

His Holiness the Dalai Lama: I WANT TO MAKE ONE POINT. MANY YEARS AGO I THINK PERHAPS LATE 70s OR 80s, ONE TIME IN OXFORD IN ENGLAND, SOME DISCUSSIONS, THEN I THINK TWO PROFESSORS, QUITE OLD, OLD ENGLISHMEN, DIGNIFIED, YES, DIGNIFIED. AND THEN HE MENTIONED AT THAT TIME POPULATION, WORLD POPULATION SIX BILLION. WE DISCUSS ABOUT GAP RICH AND POOR, GLOBAL LEVEL, MAINLY GLOBAL LEVEL. SO THIS IS A GAP WE HAVE TO REDUCE, THIS GAP. THAT VERY TRUE, THIS SORT OF GAP NOT ONLY MORALLY WRONG BUT PRACTICALLY ALSO SOURCE OF PROBLEM, EVEN WITHIN A COUNTRY LIKE AMERICA, THE NUMBER OF BILLIONAIRE INCREASING BUT A LOT OF POOR PEOPLE STILL REMAIN POOR AND SOMETIMES POOR PEOPLE THEIR NUMBER INCREASING, MORE DIFFICULT. SO THIS MUST ADDRESS EFFECTIVELY. SO THEN THESE PROFESSORS, TWO PROFESSORS TOLD ME THE SOUTHERNERS LIVING STANDARD RAISE UP TO LIVING STANDARD WHICH NORTHERN WORLD ALREADY ENJOYING, THEN MAJOR RESOURCES, WHETHER SUFFICIENT OR NOT ARE ALREADY QUESTIONABLE.

SO NOW TODAY 7 BILLION, I THINK ONE TIME I HEARD THE BBC MENTIONED AT THE END OF THIS CENTURY THE HUMAN POPULATION WILL REACH 10 BILLION. SO NOW THAT'S A REALLY SERIOUS MATTER. IF THE 7 BILLION NUMBER REMAIN THEN WE CAN DISCUSS HOW TO ADDRESS THESE THINGS. BUT THIS POPULATION IT INCREASE, MEANTIME WE HAVE TO DEAL WITH THE REDUCE THE GAP BETWEEN THE RICH AND THE POOR. THEN WHAT DO YOU SAY?

Jonathan Patz: LET ME JUST MAKE ONE COMMENT ABOUT POPULATION GROWTH, WHICH WHEN I THINK ABOUT THE ROOT DRIVERS OF ALMOST EVERYTHING, IT'S EITHER POPULATION ON THE PLANET OR PER PERSON CONSUMPTION OF RESOURCES. AND I THINK THAT WITH MANY INTERNATIONAL EFFORTS THAT HAVE BEEN VERY SUCCESSFUL IN EDUCATION AND ALLOWING WOMEN'S EDUCATION ESPECIALLY, AND HAVING EQUAL RIGHTS FOR WOMEN AROUND THE WORLD, I THINK WE'RE ACTUALLY

HAVING MORE SUCCESS IN CURBING OUR POPULATION GROWTH, EVEN THOUGH IT IS GROWING AND IT WILL BECOME MORE AND MORE OF A PROBLEM I THINK WE ARE DEALING WITH THAT PROBLEM BETTER THAN WE ARE IN PER PERSON CONSUMPTION OF NATURAL RESOURCES. AND THAT'S WHY I THINK THAT IT'S FOR ME IT'S A HIGHER PRIORITY TO GET INDIVIDUALS TO REDUCE THEIR ECOLOGICAL FOOTPRINT, HOW MUCH THEY'RE USING UP AS FAR AS RESOURCES ON THE PLANET.

His Holiness the Dalai Lama: I THINK ARE YOU VERY RIGHT WHEN YOU MENTIONED THAT WE MUST TREAT THIS PROBLEM AS ONE COMMUNITY, 7 BILLION HUMAN BEING ACTUALLY ONE HUMAN COMMUNITY. GEOGRAPHICALLY DIVIDED BUT ACTUALLY NOW ECOLOGY, GLOBAL WARMING AND ALSO THE GLOBAL ECONOMY, SO NOW NO LONGER CAN YOU SAY MY NATION, MY CONTINENT, WE MUST LOOK AT THE ENTIRE WORLD. SO MORE HOLISTIC AS YOU MENTIONED. MORE HOLISTIC. BUT THEN..., I DON'T KNOW. (CHUCKLES)

[LAUGHTER]

His Holiness the Dalai Lama Continued: I THINK WHEN WE ARE FOCUSING ON ONE PARTICULAR PROBLEM, THE SIDE EFFECT THAT MATTERED TO SOLVE THAT PROBLEM, THE SIDE EFFECT AS YOU MENTIONED, ALWAYS THERE. THEN I THINK GLOBAL LEVEL, HOLISTIC.

Jinpa: WHICH SUGGESTS THAT YOU NEED TO HAVE A MUCH MORE COMPREHENSIVE APPROACH AND PERSPECTIVE. BUT THEN WHEN YOU BRING IT UP TO THE GLOBAL LEVEL THAT OF COURSE RAISES HUGE CHALLENGES.

His Holiness the Dalai Lama: THE CONSUMERISM, 7 BILLION HUMAN BEINGS. THROUGH EDUCATION LEADS LIFESTYLE LIKE HERMIT, HERMITAGE. THAT I THINK IS POSSIBLE. AND THAT ALSO IS A QUESTION WHETHER GOOD OR BAD I DON'T KNOW. DIFFICULT TO SAY, ISN'T IT? LIVE LIKE HERMIT. BUT ECONOMICALLY SOME EFFECT BUT VERY UNHAPPY HERMIT, AND HERMIT THEMSELVES FIGHTING - NOT MY SELF-INTEREST NOT MUCH GOOD. SO THESE ARE REALLY VERY, VERY DIFFICULT.

Jinpa: WHEN YOU LISTEN TO PRESENTATIONS SUCH AS YOURS, WHICH REALLY POINTS OUT THE ENORMITY OF THE CHALLENGE WHICH NEEDS KIND OF A UNITED EFFORT FROM EVERYBODY THEN IT REALLY MAKES YOU FEEL, CAN WE REALLY DO THIS?

Jonathan Patz: WELL, ALBERT EINSTEIN SAID THAT, YOU KNOW, WE HAVE THIS FRAME OF THINKING THAT CREATED THE PROBLEM SO WE NEED A NEW FRAME OF THINKING AND THE SPEAKER THAT -- PROFESSOR ALONA KICKBUSCH THIS MORNING WAS TALKING ABOUT A NEW WAY OF GOVERNANCE. WE NEED TO THINK ABOUT OUR GLOBAL COMMON, THE CLIMATE AS A GLOBAL COMMON VALUED BY EVERYONE AND WE ALL DEPEND ON IT. MANY OF OUR NATURE RESOURCES ARE GLOBAL COMMONS THAT IF COUNTRIES ACT AS INDIVIDUALS WITH SOVEREIGN RIGHTS AND BECOME JUST LOOK AFTER THEMSELVES AND DON'T HAVE COMPASSION FOR THE OTHER HUMANS OF THE WORLD, IT'S NOT GOING TO BE FIXED AND WE HAVE TO GET BEYOND OUR CURRENT SOVEREIGN TYPE OF GOVERNANCE AND HAVE A GLOBAL GOVERNANCE TOWARD THESE PROBLEMS.

His Holiness the Dalai Lama: SO THAT'S I THINK THE SPIRIT OF EUROPEAN UNION. I REALLY ADMIRE, THINKING MORE CONCERN ABOUT COMMON INTEREST. SO SOONER OR LATER YOU SEE THE WORLD WILL HAVE TO FOLLOW THAT KIND OF PRINCIPLE. THEN AT LEAST THERE IS SOME BENEFIT BUT STILL SOLVING ALL OUR PROBLEM. I DON'T THINK. SOLVE PROBLEM. SO NOW I THINK FROM A SELFISH VIEWPOINT I HAVE NO WORRY NOW ALREADY, 78, SO ANOTHER 10, 20 YEARS, THEN FINISH. SO THE YOUNGER GENERATION HAVE TO FACE THESE PROBLEMS.

[LAUGHTER]

Arianna Huffington: BUT YOUR HOLINESS, GOING BACK TO RICHARD'S WORK AND MATTHIEU'S WORK, CAN WE HAVE A GLOBAL GOVERNANCE THAT WILL REALLY ACHIEVE WHAT WE WANT IF WE DON'T CHANGE THE WAY HUMAN BEINGS THINK AND ACT? AND, YOU KNOW, THERE IS AN EXPRESSION HERE THAT PEOPLE ARE BURNT OUT, PEOPLE ARE WORKING HARD, THEY'RE STRESSED OUT, THEY'RE SLEEP DEPRIVED, THEY'RE EXHAUSTED. IS THERE A CONNECTION BETWEEN BURNED OUT HUMAN BEINGS AND BURNING UP THE PLANET?

His Holiness the Dalai Lama: I THINK THE PRESENT EXISTING GOVERNANCE, THE SYSTEM, I THINK THIS IS OLD-FASHIONED. IN THE PAST SMALL POPULATION, THE ECONOMY SORT OF IMMEDIATE. SO I THINK THE CONCEPT -- AND THEN MORE OR LESS SO THAT EACH COUNTRY OR EVEN EACH SORT OF COMMUNITY SELF-SUFFICIENT. SO THE QUESTION OF INDEPENDENCE IS SOMETHING VERY, VERY IMPORTANT. NOW TODAY'S REALITY, EVERYTHING INTERDEPENDENT. SO THE SYSTEM WHICH DEVELOP ON THE BASIS OF REALITY, EACH COMMUNITY, EACH NATION SELF-SUFFICIENT, SOME KIND OF IMPORTANCE OF SOVEREIGNTY. NOW LOOK EUROPEAN UNION NOW. YOU SEE, THEY REALIZE AFTER SECOND WORLD WAR, DE GAULLE AND ADENAUER, AND I THINK THEY REALLY LONG-TERM VISIONS SO THEY SET UP THIS EUROPEAN UNION. SO EVENTUALLY I THINK ON A REGIONAL BASIS NORTH AMERICA, SOUTH AMERICA, WHOLE OF EUROPE, WHOLE AFRICA, WHOLE ASIA, WHOLE ARAB, I THINK SOONER OR LATER WE HAVE TO SORT OF CREATE THAT KIND OF UNION. THEN EVENTUALLY ONE UNION, WHOLE WORLD, ONE UNION. THEN I THINK DANGER OF THREAT IN THE NAME OF SOVEREIGN RIGHT, I THINK NOT MUCH SORT OF A DANGER, THEN WE CAN REDUCE EXPENDITURE OF MILITARY FORCES, EVENTUALLY WORLD SHOULD BE FREE, DISARMAMENT - THAT'S POSSIBLE. SO THAT I THINK WITHIN THIS CENTURY, END OF THE CENTURY, I THINK, VERY POSSIBLE - SO WE HAVE TO THINK. AND THEN A LOT OF MONEY I THINK WE WILL SAVE, I THINK OF BUDGET FOR DIFFERENCE FOR MILITARY PURPOSE, IS VERY EXPENSIVE. AND THEN I THINK LIKE YOU, YOUR SCIENTISTS, THEY HAVE A MARVELOUS BRAIN, USED FOR DESTRUCTIVE, SAD. SUCH A WONDERFUL BRAIN USE FOR HOW TO KILL, HOW TO THE NUMBER OF PEOPLE KILL SIMULTANEOUSLY, SAD. AND THEN MEANTIME SPENT BILLIONS AND BILLIONS OF DOLLAR FOR BUILDING.

I OFTEN YOU SEE EXPRESSING LIKE NUCLEAR WEAPON. YOU SPEND A LOT OF MONEY AND EVEN TO KEEP THESE WEAPONS ALSO IS QUITE EXPENSIVE BUT AT THE SAME TIME NO ONE DARE USE THESE WEAPONS. SO WHERE IS THE MONEY? IF YOU REALLY CHERISHING THESE WEAPONS THEN MUST USE. THAT IS UNTHINKABLE, UNTHINKBLE. SO THEN NOBODY YOU SEE CAN DARE USE THIS BUT AT THE SAME TIME THE CIRCUMSTANCES ARE SUCH YOU HAVE TO KEEP THESE THINGS. SO THIS WE SHOULD NOT TAKE FOR GRANTED. NOW WE MUST TO FIND WAYS AND MEANS, YOU SEE, HOW TO DEAL WITH THESE PROBLEMS AND HOW TO CHANGE. I DON'T KNOW. THINK THESE PROBLEMS MORE CONFUSED HERE (POINTS TO HEAD). SO THEN BETTER, RELAX.

[LAUGHTER]/[APPLAUSE]

Arianna Huffington: THAT'S A PERFECT SEGUE TO MATTHIEU RICARD WHO FOR 40 YEARS NOW HAS BEEN STUDYING IN THE HIMALAYAN REGIONS, A BUDDHIST MONK, A PHOTOGRAPHER, BUT ALSO A SCIENTISTS WHO GOT HIS PH.D. AT THE PASTEUR INSTITUTE AND A MAN WHO IS EQUALLY AT HOME IN THE MOUNTAINS OF THE HIMALAYAN REGIONS AS HE IS WHERE I LAST SAW HIM AT THE WORLD ECONOMIC FORUM IN DAVOS. SO MATTHIEU.

His Holiness the Dalai Lama: SO I THINK MANY YEARS HE REALLY SPENT FOR THE SERIOUS PRACTICE. I THINK EXPERIENCE OUT OF PRACTICE IS CONCERNED, I THINK HE MORE EXPERIENCED THAN ME. I THINK REALLY, REALLY VERY GOOD MONK. VERY GOOD MONK.

[APPLAUSE]

Matthieu Ricard: YOUR HOLINESS YOU MENTION ABOUT BEING FRENCH. I THINK THIS IS AN UNCURABLE DISEASE.

[LAUGHTER]

Matthieu Ricard Continued: THIS MORNING YOUR HOLINESS OUR FRIEND LORD LAYARD MENTIONED THAT THE UNDERESTIMATED IMPORTANCE OF MENTAL ILLNESS. HE MENTIONED THE NUMBER OF 40% OF INCAPACITATED PATIENTS. THE NUMBERS OF DAYS, MONTHS, AND YEARS THAT YOU CANNOT WORK, THAT YOU CANNOT FUNCTION IN LIFE. NOT THE NUMBER OF DEAD, BUT HOW MANY YOU JUST UNABLE TO FUNCTION. AND 40% OF ALL DAYS OF LIFE THAT WE NOT ABLE TO FUNCTION IS RELATED TO MENTAL ILLNESS. BY MENTAL ILLNESS IT MEANS THINGS LIKE DEPRESSION, ABOUT 8%, THEN THESE OTHER MENTAL DISORDERS LIKE PHOBIAS, ANXIETY, POST TRAUMATIC DISORDER AND EVEN MORE SERIOUS LIKE SCHIZOPHRENIA, ALL TOGETHER ABOUT 12%. AND THEN THERE IS DIFFERENT KINDS OF ADDICTION IS ALSO COME FROM MENTAL PROBLEMS. 8% OF THIS INCAPACITATION COMES FROM ALCOHOLISM AND 2% FROM DRUG USE. SO NOW COMPARE TO THAT IF YOU LOOK AT CANCER, IT'S ONLY 2%. OF COURSE, PEOPLE, THE NUMBER OF DEATHS MUCH GREATER DUE TO CANCER THAN THROUGH MENTAL DISEASE BUT EITHER YOU CURE OR YOU DIE BUT THE FACT THAT YOU ARE NOT INCAPACITATED USUALLY FOR MANY, MANY YEARS. HEART DISEASE ONLY ALSO 5%. SO THAT MEANS THAT THE GREAT PART OF WHAT THE NEGATIVE INFLUENCE ON THE QUALITY OF LIFE IS DUE TO MENTAL DISEASE. SO OF COURSE SOME OF THEM ARE DUE TO BASIC DEFECT IN OUR BRAIN LIKE ALZHEIMER'S WHEN WE GET OLD, YOU KNOW, IT'S A DECAY OF THE BRAIN. OR SOME FROM SCHIZOPHRENIA AND SO FORTH.

BUT THE A LOT HAS TO DO WITH THE WORKINGS OF MIND, UNHEALTHY MIND. LIKE DEPRESSION OF COURSE IS A COMPLEX PHENOMENON. AND SOME HAS TO DO ALSO WITH CHEMICALS OF THE BRAIN BUT A LOT HAS TO DO WITH THE WAY WE DEAL WITH THE WORLD. WE RUMINATE ALL THE TIME ABOUT THE PAST, WE ARE FULL OF HOPES AND EXPECTATION AND FEARS AND WE ARE CENTERED ON US WHAT'S GOING TO HAPPEN AND WE LOSE THE MEANING OF LIFE, WE LOSE THE FACULTY TO EXPRESS AND FEEL LOVE. ALL THOSE ARE MENTAL PROBLEMS. CRAVING THAT LEADS TO DIFFERENT FORMS OF ADDICTION, WHEN THEY BECOME MORE SERIOUS, IT BEGINS WITH THE MIND THAT HAS LOST ITS BALANCE. IF WE START AND FIND SOMETHING PLEASANT AND THEN WE WANT IT AND AGAIN AND AGAIN AND NEUROSCIENTISTS WILL TELL YOU THAT YOU START BUILDING SOMETHING IN THE BRAIN THAT IS JUST ABOUT **WANTING**. IT IS DIFFERENT THAN WHAT GIVES YOU PLEASURE. SO AT THE END YOU DON'T ENJOY ANYMORE BUT YOU WANT IT SO YOU ARE ADDICTED. THAT'S BUILT UP BY THE MIND. SO JUST IT WAS BUILD BY THE MIND, A HEALTHY MIND CAN ALSO FIND REMEDY. WE KNOW THAT MINDFULNESS BASED COGNITIVE THERAPY, A MIXTURE OF ARRON BECK, WHOM YOU KNOW, METHODS WITH MEDITATION IS ONE OF THE MOST EFFICIENT WAY TO REDUCE, PREVENT, RELAPSE FROM DEPRESSION. UP TO 30% TO 40%. FOR PEOPLE WHO ARE TWO TO THREE EPISODES IT IS AS EFFICIENT AS MEDICATION. SO THAT'S AGAIN IS WORKING WITH HEALTHY MINDS.

BUT WE VASTLY UNDERESTIMATE THE POWER OF TRANSFORMATION OF THE MIND. WELL THIS IS GRANTED, SEE IT IS WHO I AM AND WE SPEND MOST OF OUR HOPES AND FEARS ABOUT REMEDING THE OUTER CONDITION. IF I HAD ALL THAT I'LL WOULD BE HAPPY. IF I DON'T HAVE THAT I CAN'T BE HAPPY. SO THINGS LIKE THAT. OF COURSE, WE NEED TO IMPROVE OUTER CONDITIONS IN THIS WORLD ESPECIALLY WHERE THESE OUTER CONDITIONS ARE TERRIBLE, WHERE THERE IS NO PEACE, WHERE THERE IS NO FOOD OR WHERE THERE IS NO HEALTH. BUT STILL THAT DOESN'T MEAN THAT WE SHOULD NOT TAKE CARE OF A HEALTHY MIND. AND THAT'S WHAT RICHIE AND MANY OTHERS ARE DOING.

SO A HEALTHY MIND IS OBVIOUSLY A NEED BECAUSE OUR MIND IS WHAT WE'RE DEALING WITH FROM MORNING UNTIL EVENING. IT CAN BE OUR BEST FRIEND BUT IT CAN BE ALSO OUR WORST ENEMY WHETHER WE LIKE IT OR NOT. SO THE WAY OUR MIND WORKS IS GOING TO COLOR OUR WHOLE WORLD, THE WORLD WE EXPERIENCE. SO THEN THERE IS ALL THESE APPROACHES THAT HAVE BEEN DEVELOPED IN THE BUDDHIST SCIENCE, CONTEMPLATIVE SCIENCE BY MANY TRADITIONS, HOW TO MAKE A MIND THAT IS MORE FREE FROM THE RUNNING OF THIS DESTRUCTIVE EMOTION OF CRAVING, HATRED, JEALOUSY, PRIDE, MENTAL CONFUSION, AND HOW DO ENHANCE AS SKILLS, THE FACTORS

THAT WILL MAKE A HEALTHY, WELL MIND THAT IS CONDUCTED TO WELL-BEING.

SO LOVINGKINDNESS, COMPASSION, INNER FREEDOM FROM THOSE WANDERING THOUGHTS, INNER CONFIDENCE, INNER STRENGTH AND ABOVE ALL ALTRUISTIC LOVE AND COMPASSION – WHICH IS KNOWN TO BE WHAT GIVES THE MOST FULLFILMENT FOR YOU AND ALSO OBVIOUSLY FOR OTHERS SO THEN THE HEALTHY MIND IS ALSO INTIMATELY LINKED WITH THIS KIND OF CARE, BENEVOLENCE, ALTRUISM, LOVE, COMPASSION. BECAUSE ME, ME, ME FROM MORNING UNTIL EVENING IS A VERY MISERABLE CONDITION FOR YOU AND ALSO YOU MAKE THE LIFE OF EVERYONE MISERABLE. IT IS A LOSE/LOSE SITUATION. EVERYONE IS LOSING. COMPASSION, OF COURSE IT IS THE MOST SORT OF FULFILLING STATE OF MIND, AND OF COURSE OBVIOUSLY YOU ARE MAKING TO MAKE OTHERS HAPPY SO IT IS A WIN/WIN SITUATION. SO THAT CAN BE TRAINED. NOW OUR COLLABORATION HAS SHOWN THAT. BUT HOW CAN WE TAKE THAT TO A BIGGER LEVEL FOR THE ISSUE THAT HAS BEEN ON HEALTH, PUBLIC HEALTH? WELL, IF THERE IS HEALTHY MINDS OF INDIVIDUALS YOU'LL GET A HEALTHY SOCIETY IF EVERYONE COLLABORATES MORE THAN COMPETITION. IF THERE IS LESS CONSUMERISM, AND FIND MORE CONTENTMENT. IF THEY FIND THAT VOLUNTARY SIMPLICITY IS NOT DEPRIVING YOURSELF, IT IS JUST HAVING A SIMPLE AND HAPPY LIFE. IT IS NOT DEPRIVING YOURSELF OF THE GOOD THINGS IN LIFE WHICH WOULD BE STUPID. IT IS SIMPLY NOT BEING CONSTANTLY TORMENTED BY WANTING MORE. WHEN YOU HAVE ONE THEN YOU WANT TWO AND IT IS ENDLESS.

SO HOW CAN WE BRING IT TO A BIGGER ISSUE ABOUT ENVIRONMENT, ABOUT GLOBAL GOVERNENCE? WELL, IF WE SEE WHAT ARE THE MAIN CHALLENGES THAT WE ARE FACING TODAY. BASICALLY IT HAS SOMETHING TO DO WITH THREE TIME SCALES. THE FAST ECONOMY, EVERYTHING GOES FAST, YOU KNOW THE STOCK MARKET GOES UP AND DOWN WITHIN ONE WEEK AND NOBODY KNOWS WHY. SOME PEOPLE THINK THEY KNOW. VERY FAST. AND THEN THEY SAY OH IF THE ECONOMY DOESN'T GO WELL, EVERYTHING ELSE WILL NOT WORK. SO THIS IS **REALITY** AND WE HAVE TO TAKE CARE. BUT OF COURSE THERE IS QUALITY OF LIFE. HOW YOU FEEL, HOW YOU FEEL WITH YOUR FAMILY. WHAT IS THE QUALITY IN THE WORKPLACE AND SOCIETY? THE TIME OF A FAMILY, THE DURATION OF A LIFETIME FLOURISHING, HUMAN FLOURISHING. GROSS NATIONAL HAPPINESS. I WAS JUST A FEW DAYS AGO WITH MOHAMMED YUNUS AND HE SAID IF WE BECOME MONEY MAKING ROBOTS IT IS REDUCING THE WONDERFUL QUALITIES OF HUMAN BEING TO A SINGLE DIMENSION. THAT'S NOT WORTH LIVING IN SOCIETY.

AND AS GANDHI SAID ALSO THERE WILL ALWAYS BE ENOUGH FOR EVERYONE'S NEED BUT NOT FOR EVERYONE'S GREED, WHICH IS LIMITLESS. SO WE NEED TO TAKE CARE OF THE SECOND TIME SCALE DIMENSION WHICH IS LONGER, LIKE 50 YEARS, 100 YEARS AND THEN THERE IS A LONGER ONE WHICH IS ENVIRONMENT. LIKE NOW IS MAKING SHORTER BECAUSE OF THE URGENCY BUT BEFORE IT USED TO BE 10,000 YEARS, A MILLION YEARS, SO LONGER PERIOD. SO IT'S NORMAL THAT ECONOMISTS CANNOT THINK IN TERMS OF 100 YEARS BECAUSE IN THEIR ACCOUNTS AT THE END OF THE YEAR, IT DOESN'T MATTER.

YOU KNOW THERE IS A FAMOUS AMERICAN COMICAL GROUCHO MARX. SO I'M A MARXIST BUT FROM THE GROUCHO FRANCE. HE SAID WHY SHOULD I CARE FOR FUTURE GENERATION? WHAT DID THEY DO FOR ME? SO, OF COURSE, THE PEOPLE WHO ARE NOT THERE CAN'T DO ANYTHING FOR YOU. SO THAT'S WHAT SOME ECONOMISTS ARE THINKING. IT DOESN'T MATTER FOR ME. SO THAT'S WHY THE ONLY CONCEPT THAT CAN ALLOW TO SPAN THOSE THREE TIME SCALES, THE ECONOMY NOW, THE QUALITY OF LIFE, HAPPINESS, AND THE FUTURE GENERATION IS CONSIDERATION FOR OTHERS. ALTRUISM. THAT'S THE ONLY WAY. BECAUSE THEN IF YOU ARE MORE CONSIDERATION FOR OTHERS YOU ARE NOT PLAY LIKE AT THE CASINO WITH THE RESOURCES OF PEOPLE. IF YOU HAVE MORE CONSIDERATION FOR OTHERS YOU WILL MAKE SURE THAT SOCIETY IS A HARMONIOUS SOCIETY. AND IF YOU HAVE MORE CONSIDERATION FOR OTHERS YOU WILL NOT ENJOY EVERYTHING KNOWING THAT YOU ARE DEGRADING THE PLANET. SO THAT'S NORMAL, ALTRUISM, LOVE, CARE, COMPASSION, SOMETHING SOFT, SOMETHING EXTRA, SOMETHING THAT YOU CAN HAVE IF EVERYTHING GOES WELL. IT IS AT THE HEART OF SOLVING OUR PROBLEM AND THIS IS BASED ON INTERDEPENDENCE, INTERCONNECTION. MARTIN LUTHER KING SAID WE ALL CAME ON DIFFERENT BOATS BUT NOW WE'RE ON THE SAME SHIP.

SO THAT'S OBVIOUS.

SO IN THE SAME WAY THAT INDIVIDUALISM IN A GROUP, IN A COMMUNITY DOESN'T WORK WELL, IN THE SAME WAY AT THE LEVEL OF NATIONS IF WE ONLY CONCENTRATE ON THE BENEFITS OF SINGLE NATION, THEN WE CANNOT SOLVE THOSE BIG PROBLEMS. THERE IS NO WAY. THIS IS BEYOND THE SCOPE OF NATIONS AND INDIVIDUAL INTERESTS. THAT'S WHY WE NEED FOR TAKING CARE OF SOMETHING THAT CONCERNS ALL OF US. WE ALL BREATHE THE SAME AIR MORE OR LESS. SO ITS TO OUR ADVANTAGE WE SHOULD CARE AND THAT COMES WITH GENERATING MORE ALTRUISM. WHAT IS WONDERFUL, IF IS PART OF HUMAN NATURE AND WE KNOW WE CAN CULTIVATE IT SO WE SHOULD GO FOR IT AND DO OUR VERY BEST AND I THINK THAT'S THE KEY TO SOLVING THOSE PROBLEMS COGNITIVELY AND ALSO AS HUMAN BEINGS HOW WE CAN CHANGE. WE CAN CHANGE AND WE SHOULD CHANGE TO A MORE CARING SOCIETY.

His Holiness the Dalai Lama: WONDERFUL.

[APPLAUSE]

Arianna Huffington: THANK YOU SO MUCH, MATTHIEU. YOU COULD HAVE GONE ON FOREVER AS FAR AS I'M CONCERNED. WHAT MATTHIEU HAS ALSO SAID ON ANOTHER OCCASION IS THAT IF WE CAN REACH A CRITICAL MASS OF PEOPLE WHO ARE THINKING OF OTHERS, WHO ARE OPERATING FROM THE ALTRUISTIC INSTINCTS RATHER THAN OUR PURELY SELFISH GREED INSTINCTS THERE COULD BE A TIPPING POINT WHERE A LOT OF THINGS WE'RE TALKING ABOUT CAN APPEAR AND BE SOLVABLE. SO DO YOU SEE ANY SUCH CRITICAL MASS AND TIPPING POINTS ON THE HORIZON?

His Holiness the Dalai Lama: WHEN?

Arianna Huffington: WHEN, WE'RE ASKING YOU.

His Holiness the Dalai Lama: I THINK AT LEAST WITHIN THIS CENTURY IF WE MAKE CONSTANT EFFORT WITH CLEAR VISION THROUGH EDUCATION. I THINK POSSIBLE. POSSIBILITY THERE. SO THAT'S WHY WE ARE WORKING HOW TO INTRODUCE IN MODERN EDUCATION SYSTEM THE SECULAR ETHICS AS A PART OF CURRICULUM FROM KINDERGARTEN UP TO THE UNIVERSITY LEVEL. THAT'S, I FEEL, IS THE KEY THING. ALTRUISM JUST A FEW SORT OF EXPLANATION IS NOT SUFFICIENT. SYSTEMATICALLY WE HAVE TO EDUCATE PEOPLE. I ALREADY DESCRIBE WE ARE SELFISH, THAT'S RIGHT. BUT SELFISH SHOULD BE WISE SELFISH RATHER THAN FOOLISH SELFISH. USUALLY ARE THINKING SELFISH JUST THINK OF ONESELF. ACTUALLY YOU ARE LOSING YOUR FRIEND, LOSING MANY GOOD THINGS. THINK MORE ABOUT OTHER'S WELL-BEING. YOU GET MAXIMUM BENEFIT. SO THAT'S WISE SELFISH.

SO THAT ALSO IS NOT THROUGH (SPIRITUAL) TEACHING OR BLESSING BUT THROUGH EDUCATION. WE HAVE ABILITY TO THINK LONG TERM INTEREST, SHORT TERM INTERESTS. I THINK THROUGH EDUCATION WE CAN CHANGE, LIKE THAT. SO I THINK IT'S VERY POSSIBLE. AND IN ANYWAY, WHETHER IT'S POSSIBLE OR NOT, CERTAIN THINGS AT A CERTAIN LEVEL, AT A CERTAIN PERIOD, SEE SOMETHING UNTHINKABLE, BUT TIME CHANGES AND THEN NEW REALITY. NOW I THINK THE THINKING MORE THE INNER WORLD, INNER VALUES. THE CIRCUMSTANCES NOW CREATE, YOU SEE, SOME SORT OF MORE NUMBER OF MENTAL PROBLEMS. SO ACTUALLY SOME PEOPLE SAY NOW WHOLE WORLD IS FACING SOME KIND OF MORAL CRISIS. IT'S TRUE.

SO THEREFORE THE CIRCUMSTANCE ITSELF NOW IS SHOWING US AND THE ENVIRONMENT ALSO. MOTHER NATURE -- MOTHER PLANET OR MOTHER NATURE ITSELF NOW SHOWING US YOU SHOULD BE TAKING MORE SERIOUS CARE ABOUT MOTHER PLANET. SO THE NEW REALITY WILL FORCE US WE HAVE TO THINK MORE WIDELY WAY, MORE HOLISTIC WAY, MORE COMPASSIONATE WAY. SO THESE ENTIRELY DEPEND ON AWARENESS, EDUCATION. SO NOW I FEEL THE PROBLEM IS HOW TO INTRODUCE IN

SYSTEM OF EDUCATION FIELD THESE ETHICS. NOT SOMETHING,... YOU SEE I THINK THE ORIGINS CARRY THE SAME ETHICS BUT THAT IS BASED ON FAITH. ALTHOUGH THE FORMER POPE MENTIONED, THE GERMAN POPE MENTIONED FAITH AND REASON MUST GO TOGETHER. SO REALLY, I THINK THAT IS REALLY TRUE BUT USUALLY WE TO SOME EXTENT USE OUR REASONS, THEN DEPEND ON FAITH. SO THEN ONLY THOSE PEOPLE WHO REALLY HAVE SINCERE FAITH, IT WORKED. ON OTHER PEOPLE I THINK DIFFICULT.

SO NOW THROUGH EDUCATION. YOU SEE SHOWING CONCERN ABOUT OTHERS WELL-BEING IS THE BEST WAY TO GET YOUR OWN WELL-BEING, INCLUDING YOUR OWN PHYSICAL WELL-BEING, AND FAMILY WELL-BEING. I THINK THERE IS SUFFICIENT SORT OF MATERIAL TO EDUCATE PEOPLE. THAT'S THE ONLY WAY THE ONLY HOPE, REALLY. SO THROUGH THAT WAY I THINK THERE IS A POSSIBILITY FOR A BETTER WORLD. BETTER WORLD MEANS MORE COMPASSIONATE WORLD COMES, THEN CERTAINLY A BETTER WORLD. PEACEFUL WORLD. SO THIS IS EVERYBODY'S RESPONSIBILITY. PARTICULARLY NOW SCIENTISTS. I USUALLY TELL THE SCIENTISTS IN THE MODERN TIMES, REAL TEACHER, REAL GURU. SO OF COURSE HERE NOW THROUGH COOPERATION, THE SCIENTIST AND EDUCATIONIST WORK TOGETHER IN ORDER TO CARRY WORK FIRST FROM TIME TO TIME SERIOUS DISCUSSION AND PARTICULARLY HERE NOW I THINK THE UNIVERSITY SHOULD TAKE MORE DISCUSSION. THEN AT LEAST THE PRESENT GENERATION, THE STUDENTS IN THE UNIVERSITY WILL GET SOME NEW IDEAS. THEN WHEN THEIR GENERATION BECOME RESPONSIBLE PERSON, THEN PAY MORE SERIOUS (ATTENTION).

Arianna Huffington: THANK YOU SO MUCH, YOUR HOLINESS. I'M SO SORRY THAT WE HAVE COME TO THE END OF THE SESSION BUT I THINK I SPEAK ON BEHALF OF EVERYBODY THAT WE REALLY WANT TO BE PART OF THIS CRITICAL MASS THAT YOU AND MATTHIEU HAVE TALKED ABOUT. AND FOR MY PART AND ON THE HALF OF THE MEDIA I WANT TO DO WHAT WE CAN TO ACCELERATE THE EDUCATION OF EVERYONE. AND SO I WOULD LIKE TO INVITE EVERYONE WHO IS HERE TO WRITE ON THE HUFFINGTON POST AND TELL THEIR STORY OF THIS JOURNEY AND I WILL MAKE IT EASY BY GIVING EVERYBODY BY EMAIL ADDRESS, ARIANNA@HUFFINGTON POST.COM AND WELCOME YOUR CONTRIBUTIONS BECAUSE YOU NEVER KNOW WHO WILL READ IT AND WHO IS GOING TO BE TOUCHED AND INSPIRED THE WAY WE HAVE BEEN TOUCHED AND INSPIRED BY BEING IN YOUR PRESENCE HERE TODAY. THANK YOU SO MUCH.

[APPLAUSE]

Richard J. Davidson: YOUR HOLINESS BEFORE WE LEAVE I WOULD JUST LIKE TO THANK A NUMBER OF PEOPLE WHO HAVE MADE THIS EVENT POSSIBLE TODAY WITHOUT WHOM WE WOULD NEVER HAVE SUCH AN EVENT. I WOULD LIKE TO THANK THE EXECUTIVE DIRECTOR OF THE CENTER FOR INVESTIGATING HEALTHY MINDS WHO HAS BEEN JUST MAGNIFICENT THROUGH ALL THIS, BARB MATHISON, LIZ VANDERWERFF, LEO DREYFUSS, MOLLY SCHMIDT, ALISON ROWE, SUSAN JENSEN, OLIVIA THOMPSON-DAVIES, JAKE MOSKOL--

Jonathan Patz: YES AND I ESPECIALLY WANT TO THANK JAKE MOSKOL THE ASSISTANT DIRECTOR OF THE GLOBAL HEALTH INSTITUTE AND BETSY TEIGLAND AS WELL.

Richard J. Davidson: AND KARLEEN KLEEMANN AND DONNA KELLEY. AND I WOULD ESPECIALLY LIKE TO THANK THE CITY OF MADISON, THE UNIVERSITY OF WISCONSIN, THE SPEAKERS, AND ALSO THE YOUNG SCIENTISTS AND STAFF AT THE CENTER FOR INVESTIGATING HEALTHY MINDS WHO HAVE MADE THIS WORK POSSIBLE AND MOST ESPECIALLY YOUR HOLINESS, WHO HAS INSPIRED US ALL. SO THANK YOU VERY MUCH.

[APPLAUSE]

His Holiness the Dalai Lama: THANK YOU.

[APPLAUSE]

His Holiness the Dalai Lama Continued: I THINK NOW, LAST FEW DECADES, THIS KIND OF WORK. SEE WE ALMOST HAD THIS ALMOST REGULARLY. TO CARRY THIS WORK. SO ALL THESE RESULTS COME FROM THE WORK FROM TEAM, TEAMWORK. SO I REALLY APPRECIATE. SO THEN IT IS QUITE NATURAL I THINK IN THE PAST HUMAN HISTORY ALL THOSE GREAT SORT OF MASTERS, TEACHERS. FIRSTLY ONE SINGLE PERSON, THEN THEY ARE SORT OF TEACHING ON THE EXPLANATION IS SOMETHING VERY REALISTIC AND BENEFICIAL SO THEN MORE AND MORE PEOPLE SHOWED INTEREST AND THAT WAY IT WILL SPREAD. SO SMALL TEAM, MULTIPLY, SAY HUNDRED PEOPLE, THOUSAND PEOPLE, 100,000 PEOPLE, MILLION, 100 MILLION, THOUSAND MILLION. THAT'S THE ONLY WAY TO CHANGE HUMANITY'S WAY OF THINKING AND LIFESTYLE WILL CHANGE. THEN THIS CENTURY WOULD BE REALLY REMARKABLE.

I COMPARE MY CENTURY, THE 20th CENTURY. COMPARE TO THIS, THIS CENTURY, IT COULD REALLY BECOME REMARKABLE. THE PREVIOUS CENTURY WAS CENTURY OF BLOOD SHED AND VIOLENCE. AS I MENTIONED, THIS BRILLIANT BRAIN CAN BE USED FOR DESTRUCTION. THOSE NUCLEAR PHYSICISTS, MARVELOUS BRAIN BUT THEIR KNOWLEDGE HAS BECOME SORT OF DISPOSAL OF HATE AND ANGER. SO I THINK THIS CENTURY SHOULD NOT BE THAT WAY. SO THEREFORE, SO OUR TEAM.

[APPLAUSE]

His Holiness the Dalai Lama Continued: SO AUDIENCE, HE SHOULD NOT THINK JUST SPEND A FEW MOMENTS HERE AND LISTEN, WHAT THAT PERSON SAY. WHAT THAT PERSON SAY. NOT THAT WAY. **THINK MORE SERIOUSLY** EACH ONE AND THEN SHARE MORE PEOPLE I THINK HERE, MAYBE 1,000 PEOPLE AND SHARE AT LEAST 10 PEOPLE. THAT MEANS 10,000. AND FURTHER EACH 10,000, THEN 10 PERSON, AND THEN 100,000, AM I RIGHT? LIKE THAT. THAT WAY, BEST WAY. SO WE ALL HAVE THE SAME RESPONSIBILITY AND THE SAME POTENTIAL. SHOULD NOT THINK OH I'M SINGLE PERSON. THE PROBLEM IS HUGE AND I CANNOT DO MUCH. SHOULD NOT THINK THAT WAY. THE INITIATIVE MUST START FROM INDIVIDUAL. PEACE MUST START FROM INDIVIDUAL'S INNER PEACE. THROUGH THAT WAY A PEACEFUL FAMILY, PEACEFUL SOCIETY. AND ONCE WE REALLY DEVELOPE PEACEFUL SOCIETY, THEN NEW LEADERSHIPS COMING FROM THAT KIND OF SOCIETY THEN WILL BE MORE SENSIBLE. THE SOCIETY IS FULL OF COMPETITION, FULL OF GREED AND FULL OF DISTRUST. AND THEN LEADERSHIP IS ALSO DIFFICULT, ISN'T IT? YOU CAN'T BLAME THESE LEADERS. WE FAILED TO BUILD HEALTHY SOCIETY SO IT IS OUR RESPONSIBILITY. THANK YOU. THANK YOU, PLEASE THINK MORE, SERIOUSLY. THANK YOU.

[APPLAUSE]

His Holiness the Dalai Lama Continued: THANK YOU, BYE-BYE.