

Transcript of Change your Mind Change the World 2013 Morning Session: Conversations on Global Health and Well-Being

Panelists: His Holiness, the 14th Dalai Lama, Dr. Richard J. Davidson, Dr. Ilona Kickbusch, Dr. Jonathan Patz, Dr. Don Berwick, Lord Richard Layard

Moderator: Dr. Daniel Goleman

His Holiness the Dalai Lama: [looking at lighting] "OH, LIKE HEAVEN THERE" [points to lights] [LAUGHTER]

Richard J. Davidson: YOUR HOLINESS, WELCOME TO MADISON, WISCONSIN. WE'RE SO HAPPY THAT YOU ARE HERE. [APPLAUSE]

Richard J. Davidson continued: YOUR HOLINESS, THE CENTER FOR INVESTIGATING HEALTHY MINDS AND THE GLOBAL HEALTH INSTITUTE, WHICH IS DIRECTED BY JONATHAN PATZ, ARE CO-SPONSORING TODAY AND WE'RE SO PLEASED THAT YOU HAVE GIVEN US YOUR TIME TODAY. YESTERDAY, WE HAD ALL THE SPEAKERS TOGETHER AND WE HAD A GROUP OF ABOUT 200 PEOPLE WHO ARE FRIENDS AND INTERESTED IN THESE TOPICS AND WE BROUGHT THE SPEAKERS AND OUR FRIENDS TOGETHER FOR A DIALOGUE TO PREPARE FOR TODAY.

ONE OF THE THINGS THAT WE DID IS WE ASKED EACH PERSON TO DEEPLY REFLECT ON THEIR MOTIVATION FOR BEING WITH US, FOR THEIR MOTIVATION TO ATTEND AN EVENT LIKE THIS. AND WE ASKED THEM TO IMAGINE A WORLD WHERE CHANGE MIGHT OCCUR, WHERE KINDNESS AND COMPASSION WERE SOMETHING THAT WAS FAMILIAR AND NOURISHED IN OUR CHILDREN AND IN OUR EDUCATIONAL SYSTEM. WE ASKED THEM TO IMAGINE, TO ENVISION A DIFFERENT KIND OF WORLD. AND WE HAD CARDS THAT EACH PERSON WROTE SOME REFLECTIONS ON AMONG OUR GROUP OF 200 PEOPLE. AND THE CARDS WERE COLLECTED AND AARON STERN, WHO YOU KNOW FROM THE ACADEMY FOR THE LOVE OF LEARNING IN SANTE FE, NEW MEXICO AND HIS COLLEAGUES, MOLLY STURGES AND LOGAN PHILLIPS, HAVE TAKEN ALL OF THE COMMENTS THAT PEOPLE HAVE OFFERED, THE 200 PEOPLE THAT HAVE ASSEMBLED IT IN A LITTLE PERFORMANCE. THEY WILL DO THE PERFORMANCE FOR US: THAT REPRESENTS THE COLLECTIVE VISION OF HUMAN POSSIBILITY.

SO IF WE CAN HAVE MOLLY AND LOGAN. [APPLAUSE]

Molly Sturges: HI, EVERYONE.

His Holiness the Dalai Lama: [Exclaims] "OH!"

[LAUGHTER]

Logan Phillips:

WE MORE THAN A COLLECTION OF MANY EYES, WE, A COLLECTION OF MANY HEARTS.

WE, PEOPLE COMING TOGETHER AS EQUALS WITHOUT HIERARCHY TO OUR JOYS AND SORROWS, WE SEE A WORLD OF PEOPLE SEEING HAPPINESS TOGETHER.

PEOPLE WHO HAVE SO MUCH COMPASSION FOR ALL LIVING BEINGS IN THE FRAGILE EARTH THAT THEY WOULD NEVER DESTROY EACH OTHER.

WE ARE FOR A WORLD WHERE WELL-BEING IS NOT A PRIVILEGE.

EDUCATION AND ON WARD, A WORLD WARM, EXCITING AND LOVING AND OPEN. EYES MEETING EYES, AND HEARTS MEETING HEARTS.

WARM, CONNECTED AND JOYOUS, COMPASSIONATE, JOYFUL, FUN AND FUNNY.

WE ARE BUSY ACROSS GENERATIONS. THIS IS GOING TO TAKE SOME TIME.

CLEAR, INTERCONNECTION AND COMPASSION, WE CAN CARE FOR OURSELVES AND EACH OTHER IN THE WORLD.

WE ARE A CALM AND CONTENT SOCIETY.

WE COME FROM A WORLD WHERE EVERY CHILD IS TAUGHT COMPASSION IN SCHOOL. WE CAN CARE FOR OURSELVES.

THERE IS A TRUE SENSE OF GLOBAL COMMUNITY.

IT IS HOPEFULLY COLORFUL.

IT IS DIVERSE, IT IS DYNAMIC, IT IS WARM, IT IS GOOD.

WE SEE A WORLD WHERE PEOPLE ARE NOT ALONE DURING BIRTH. WHERE PEOPLE ARE NOT ALONE DURING ILLNESS.

PEOPLE ARE NOT ALONE AT THE END OF THEIR LIVES. WE COME FROM THE SENSATION OF LIGHT.

FACES SHINING AND REVEALING A TRUE BEAUTY OF THE SOULS INSIDE.

WE COME FROM A WORLD THAT IS A WHOLE LOT MORE FUN.

LOVE PREVAILS AND WISDOM AND CONNECTION AND BALANCE AND HUGE CIRCLES OF PEOPLE AND IDEAS SYNTHESIZING AND OPENING WITH A JOYOUS CONCERN FOR OTHERS, WE COME FROM A WORLD WHERE SELF-SACRIFICE IS VIEWED AS SELF-FULFILLMENT.

BORDERS MELT AWAY UNDER THE SUNSHINE OF HEARTS, HUMANS STAND BACK TO LET ALL CREATION BE FREE AND ARTICULATE.

I AM NO LONGER AFRAID OF YOU AND MAYBE YOU ARE NO LONGER AFRAID OF ME. A CHILD IS NO LONGER AFRAID TO MAKE EYE CONTACT.

MAYBE WE FEEL SAFE IN EACH OTHER'S EYE CONTACT.

THE FEMININE IS RESPECTED, HONORED, EQUALLY VALUED, SHARED IN POWER, BALANCED WITH THE MASCULINE.

OUR WOUNDED HEARTS BECOME TENDER HEARTS.

OUR TEARS OF PAIN BECOME THE MOISTURE FOR FIELDS OF FLOWERS BLOOMING IN OUTRAGEOUS COLORS.

IT IS GOOD TO BE HUMAN. AND IT IS BEAUTIFUL TO BE ALIVE. VIBRANT, ALIVE, GENEROUS. WITH THE VIVID BEAUTY, VIBRANT SYSTEMS ALIVE.

THERE IS A GREEN HUMMING, A BUZZING, A SINGING, A DANCING.

THERE IS LAUGHING AND WIGGLING REplete WITH LOVE AND -- PEACEFUL INTERCONNECTED, DEEP RELIEF AND CALM.

SWEETNESS, KIND.

MY HAND IN YOURS, SOFT AND STRONG, GROUNDED, HONEST AND HAPPY. YOUR EYES ARE BRIGHT.

I CAN SEE MYSELF IN THEM.

WE'RE SHARING THESE RESIDENCES.

A HOPE THAT CANNOT BE SEEN, BUT KNOWN. WE ARE A BEAUTIFULLY SUNG SONG.

OUR MINDS SETTLED LIKE A SNOW GLOBE.

WE.

WE ARE SOARING. [APPLAUSE]

His Holiness the Dalai Lama: THANK YOU. WONDERFUL.

Logan and Molly: THANK YOU.

Richard J. Davidson: SO YOUR HOLINESS, I WOULD LIKE TO NOW TURN THE PANEL OVER TO MY VERY DEAR FRIEND, SOMEONE I'VE KNOWN SINCE 1972. WE GREW UP TOGETHER AND IT IS REALLY QUITE EXTRAORDINARY HOW OUR LIVES HAVE CONTINUED TO BE SO INTERWOVEN. DAN GOLEMAN.

Daniel Goleman: THANK YOU, RICHIE. [APPLAUSE]

Daniel Goleman Continued: I HOPE THEY CONTINUE TO INTERWEAVE. IT'S REALLY WONDERFUL.

YOUR HOLINESS, TODAY THE TOPIC IS WELL-BEING. BY WELL-BEING WE'RE TALKING ABOUT SOMETHING BEYOND AN ABSENCE OF SICKNESS, WE'RE TALKING ABOUT BEING WELL IN EVERY SENSE, PHYSICALLY, MENTALLY, EMOTIONALLY IN OUR CONNECTIONS WITH EACH OTHER, EVEN THE PLANET WE LIVE ON. AND WE'RE GOING TO HEAR FROM A NUMBER OF NOTABLE EXPERTS ON DIFFERENT WAYS IN WHICH WE CAN FLOURISH.

THERE IS -- TO STAGE RIGHT HERE IS JONATHAN PATZ, WHO YOU KNOW WELL. JONATHAN HELPED ORGANIZE THE MIND AND LIFE MEETING ON ETHICS AND THE ENVIRONMENT AND INTERDEPENDENCE. JONATHAN IS A CO-WINNER OF THE NOBEL PEACE PRIZE FOR THE REPORT ON I.C.C. REPORT ON GLOBAL WARMING. AND HE IS GOING TO ADDRESS WHAT A HEALTHY PLANET LOOKS LIKE.

WE ARE HONORED TO HAVE ILONA KICKBUSCH WITH US WHO IS GOING TO LOOK AT GLOBAL HEALTH. SHE HAS WORKED WITH THE WORLD HEALTH ORGANIZATION, IS A PROFESSOR IN GENEVA AND ONE OF THE MOST PROMINENT VOICES ON GLOBAL HEALTH POLICY.

AND TO MY LEFT IS LORD RICHARD LAYARD, WHO YOU KNOW FROM OTHER OCCASIONS. RICHARD IS A MEMBER OF THE HOUSE OF LORDS AND IS ONE OF THE MOST ELOQUENT VOICES IN ECONOMICS, WHICH IS HIS DISCIPLINE, FOR THE ARGUMENT THAT FINANCIAL SUCCESS IS NOT THE RIGHT MEASURE OF THE SUCCESS OF A COUNTRY. RATHER, IT SHOULD BE THE HAPPINESS AND FULFILLMENT OF ITS PEOPLE.

AND THEN DON BERWICK, A PHYSICIAN AND PERHAPS THE MOST INFLUENTIAL VOICE IN AMERICAN HEALTH POLICY IS GOING TO TALK TO US ABOUT WHAT A HEALTHY -- HEALTHCARE SYSTEM ITSELF WILL BE. SO WE'LL JUST START RIGHT OFF WITH I THINK RICHIE. YES.

Richard J. Davidson: YOUR HOLINESS, I WOULD LIKE TO START BY FRAMING OUR CONVERSATION AND REMINDING US ALL THAT OUR MINDS AND BODIES ARE INTIMATELY CONNECTED. AND THIS IS SOMETHING THAT SCIENTIFIC RESEARCH HAS HELPED US TO BETTER UNDERSTAND HOW THE BRAIN CIRCUITS INVOLVED IN EMOTION IN OUR -- IN DIFFERENT REGIONS OF THE BRAIN, CONNECT TO DIFFERENT SYSTEMS IN THE BODY LIKE OUR IMMUNE SYSTEM, OUR AUTONOMIC ENDOCRINE SYSTEM AND OUR NERVOUS SYSTEM TO INFLUENCE OUR HEALTH.

WE KNOW THAT MENTAL TURMOIL, THAT STRESS, CAN EXACT A COST ON THE BRAIN AND ON THE BODY. IN THE BRAIN, STRESS CAN LEAD TO A DECREASE IN THE GROWTH OF NEW NEURONS. THIS IS ONE OF THE MAJOR MECHANISMS OF NEUROPLASTICITY. WE CALL IT NEUROGENESIS AND IT SIMPLY MEANS THE GROWTH OF NEW BRAIN CELLS. AND STRESS CAN IMPAIR NEUROGENESIS. STRESS CAN ALSO LEAD TO CHANGES IN THE CONNECTIONS BETWEEN BRAIN CELLS. IT STRENGTHENS SOME CONNECTIONS AND LEADS OTHER CONNECTIONS TO RETRACT. THERE ARE CHANGES IN THE LITERAL VOLUME OF DIFFERENT PARTS OF THE BRAIN, PARTICULARLY AMONG CHILDREN WHO ARE EXPOSED TO ADVERSITY. CHILDREN WHO ARE MALTREATED, WHO ARE SUBJECT TO EITHER EMOTIONAL ABUSE OR TO PHYSICAL ABUSE. WE ALSO KNOW THAT THERE ARE CHANGES IN THE BODY. THERE ARE CHANGES IN INFLAMMATION THAT ARE EXACERBATED AND INCREASED BY EXPOSURE TO STRESS.

ON THE FLIP SIDE, THERE IS NEW WORK THAT SHOWS THAT -- THERE IS NEW WORK THAT SHOWS THAT HAPPINESS AND WELL-BEING ARE ASSOCIATED WITH IMPROVED HEALTH OUTCOMES AND I WOULD LIKE TO GIVE TWO EXAMPLES:

- ONE IS A STUDY THAT WAS PUBLISHED FROM BRITAIN VERY RECENTLY BY A VERY PROMINENT SCIENTIST IN BRITAIN. THEY STUDIED ABOUT 4,000 INDIVIDUALS BETWEEN THE AGES OF 50 AND 80 YEARS. AND THEY OBTAINED MEASURES OF WELL- BEING AND THEN THEY FOLLOWED THESE INDIVIDUALS FOR FIVE YEARS. AND THEY CONTROLLED FOR MANY DIFFERENT FACTORS WHEN THEY STUDIED THEM INITIALLY. THEY CONTROLLED FOR THEIR CURRENT HEALTH, THEY CONTROLLED FOR THEIR SOCIO-ECONOMIC STATUS, THEY CONTROLLED FOR HEALTH RISK BEHAVIOR LIKE SMOKING AND EXERCISE, AND THEN THEY LOOKED AT INDIVIDUALS WHO WERE VERY HIGH IN WELL-BEING AND OTHER INDIVIDUALS WHO WERE VERY LOW IN WELL- BEING. AND WHAT THEY FOUND IS THAT ACROSS THE FIVE YEARS, THE DEATH RATE, MORTALITY AMONG INDIVIDUALS WHO WERE IN THE BOTTOM THIRD OF WELL- BEING WAS 7.3%. THE DEATH RATE AMONG THOSE WHO WERE IN THE HIGHEST LEVELS OF WELL-BEING WAS 3.6%. SO THERE WAS A DRAMATIC DIFFERENCE IN MORTALITY AMONG THOSE WHO DIFFERED IN THEIR WELL-BEING. SO CLEARLY WELL-BEING IS NOT JUST A SUBJECTIVE FEELING, IT ALSO SEEMS TO HAVE IMPORTANT CONSEQUENCES FOR OUR PHYSICAL WELL-BEING.
- ONE OTHER STUDY THAT APPEARED IN 2012, VERY IMPORTANT STUDY, BECAUSE IT HAS SUCH CRITICAL IMPLICATIONS WHICH I THINK EVERYONE WILL APPRECIATE. THIS IS A STUDY OF ABOUT 2500 INDIVIDUALS AND THEY ARE ALL MEMBERS OF THE HEALTH PLAN. AND THEY WERE THE WELL-BEING OF THESE INDIVIDUALS WAS EXAMINED AND THEN THEY WERE FOLLOWED JUST FOR ONE YEAR. AND WHAT THEY FOUND IS THAT FOR EACH INCREASE IN WELL-BEING, FOR EACH POINT THAT A PERSON HAD MORE WELL-BEING, THE PARTICIPANTS IN THIS STUDY HAD APPROXIMATELY 2 1/2% -- THEY WERE 2 1/2% LESS LIKELY TO HAVE A HOSPITAL ADMISSION.

Jinpa (HHDL Translator): HIS HOLINESS WAS WONDERING WHEN YOU USE THE TERM WELL-BEING, WHAT DO YOU MEASURE, WHAT IS THE CRITERIA?

His Holiness the Dalai Lama: MAINLY PHYSICAL LEVEL OR EMOTIONAL LEVEL.

Richard J. Davidson: EMOTIONAL. IT'S ABOUT PEOPLE'S -- THEIR

Jinpa: SELF-REPORT.

Richard J. Davidson: SELF-REPORT, THIS IS THE STANDARD -- A PERSON'S MEANING AND PURPOSE IN LIFE. BUT A MEASURE AS SIMPLE AS THIS, AND THE OTHER THING THEY FOUND IS THAT THOSE WHO WERE IN THE LOWEST GROUP OF WELL-BEING WERE MORE THAN 2 1/2 TIMES -- THEY HAD MORE THAN 2 1/2 TIMES THE ANNUAL EXPENDITURE IN DOLLARS FOR THEIR HEALTHCARE. THE PEOPLE WHO WERE THE LOWEST IN WELL-BEING, IT COST \$5,172 FOR THEIR HEALTHCARE ON AVERAGE IN THAT YEAR COMPARED TO THOSE WHO WERE THE HIGHEST IN WELL-BEING, IT COST \$1,185. THERE WAS ALMOST A FIVE-FOLD DIFFERENCE IN THE COST FOR HEALTHCARE IN THESE GROUPS THAT DIFFER IN WELL-BEING.

SO I THINK THAT THIS IS SOMETHING THAT IS GOING TO BE VERY IMPORTANT IN THIS CONVERSATION AS WE GO FORWARD. AND ONE OF THE THINGS THAT YOUR HOLINESS KNOWS WELL, YOU HAVE TAUGHT US SO MUCH ABOUT THIS, IS HOW MENTAL TRAINING CAN ACTUALLY CHANGE THE MIND AND THE HEART IN WAYS THAT ACTUALLY SCIENTISTS HAVE NOW FOUND CHANGE OUR BIOLOGY. THEY CHANGE THE BIOLOGY OF THE BRAIN AND THEY CHANGE THE BIOLOGY IN OUR BODIES. AND WE CAN ACTUALLY USE THESE MENTAL TRAINING METHODS TO CHANGE THE VERY MECHANISMS IN THE BRAIN THAT ARE IMPACTED BY ADVERSITY. WE CAN BEGIN TO USE MENTAL TRAINING TO BEGIN TO REVERSE AND TRANSFORM SOME OF THESE EFFECTS. AND IF WE CAN HAVE AN IMPACT ON WELL-BEING THROUGH THE CHANGES THAT OCCUR IN THE BRAIN AND THE BODY, MAYBE THESE METHODS CAN ACTUALLY HAVE AN

IMPACT ON OUR PHYSICAL HEALTH IN WAYS THAT HAVE ECONOMIC CONSEQUENCES AND ACTUALLY LEAD TO DECREASED HEALTHCARE COSTS. WHICH IS SOMETHING THAT I THINK WE'LL HEAR MORE ABOUT AS THIS CONVERSATION UNFOLDS OVER THE COURSE OF THE DAY.

THE OTHER GREAT INSIGHT IN MODERN NEUROSCIENCE HAS BEEN THAT PLASTICITY OF THE BRAIN IS GREATER EARLY IN LIFE. WE KNOW THAT IT'S MUCH EASIER FOR A CHILD TO LEARN A MUSICAL INSTRUMENT OR TO LEARN A SECOND LANGUAGE. AND IT IS PROBABLY THE CASE THAT IT IS ALSO EASIER TO NOURISH CERTAIN EMOTIONAL SKILLS. AND SO WE AND OTHERS ARE ENGAGED IN WORK TO SEE IF WE CAN ACTUALLY HARNESS THE PLASTICITY OF THE BRAIN EARLY IN LIFE WHERE A SMALL AMOUNT OF INTERVENTION, WE THINK, MAY HAVE RIPPLE EFFECTS OVER THE COURSE OF THE HUMAN LIFE TO IMPROVE DEVELOPMENT IN WAYS THAT CAN HAVE CONSEQUENCES NOT JUST FOR WELL-BEING BUT ALSO FOR OUR PHYSICAL HEALTH. AND I THINK THIS HAS VERY IMPORTANT IMPLICATIONS FOR OUR GLOBAL HEALTH.

SO I WOULD LIKE TO END HERE AND MAYBE JUST ASK YOUR HOLINESS TO COMMENT ON THIS ISSUE. WE KNOW THAT EVEN SMALL AMOUNTS OF PRACTICE CAN MAKE A DIFFERENCE. AND RECENT RESEARCH INDICATES THAT, EVEN JUST 15 MINUTES A DAY CAN MAKE A DIFFERENCE. AND THIS IS SOMETHING THAT SHOULD BE POSSIBLE FOR A LARGER NUMBER OF PEOPLE TO INCORPORATE INTO THEIR REGULAR WEEKLY ROUTINE.

I WONDER IF YOUR HOLINESS HAS ANY ADVICE OR COUNSEL OR REFLECTIONS ABOUT HOW WE CAN SENSITIZE PEOPLE SO THAT THIS CAN BECOME MORE WIDESPREAD AND WE CAN INCORPORATE THIS IN A MORE ROUTINE WAY IN A TYPICAL PERSON'S LIFE?

His Holiness the Dalai Lama: I THINK FOR YOU AND YOU, THOSE OF YOU ALREADY KNOW -- I THINK MY IDEA ALREADY YOU KNOW. BUT THE AUDIENCE, I THINK, MOST OF THEM I THINK ALREADY KNEW. SO, NO DANGER OF REPETITION.

[LAUGHTER]

His Holiness the Dalai Lama Continued: SO -- I THINK WHEN YOU ASK ME THIS QUESTION I THINK YOU ALREADY KNOW THE ANSWER.

[LAUGHTER]

Richard J. Davidson: IT IS AN IMPORTANT AUDIENCE.

His Holiness the Dalai Lama: NOW THIS VERY MOMENT I THINK EVERYBODY FEEL SORT OF CALM -- AND I MYSELF ALSO, IF I CONSIDER YOU SOMETHING DIFFERENT, I MYSELF BECAUSE I MYSELF CONSIDER SOMETHING FIRSTLY, I AM TIBETAN, I AM EASTERNER, ALTHOUGH SOME ASIAN PEOPLE HERE.

[LAUGHTER]

SO IF I HAVE TOO MUCH EMPHASIS, I AM ASIAN -- AND THEN USUALLY PEOPLE FOND TO MAKE DISTINCTION EASTERN OR WESTERN OR SOME KIND OF BIG DIFFERENCES ON THAT SORT OF LEVEL, I CONSIDER MYSELF EASTERNER THEN BUDDHIST, BUDDHIST MONK. THEN EVEN IF I THINK MORE OH I AM HIS HOLINESS, DALAI LAMA.

[LAUGHTER]

His Holiness the Dalai Lama Continued: YOU SEE THAT KIND OF THINKING OR FEELING IS AUTOMATICALLY MAKE DISTANCE FROM YOU -- RESULT MORE KIND OF ANXIETY, UNEASINESS SOMETIMES EVEN FEEL A LITTLE FEAR. SAME OCCASSION, IT'S THE SAME SITUATION, I CONSIDER YOU

ANOTHER HUMAN BEING. HUMAN BROTHERS AND SISTERS. NO DIFFERENCES. I AM JUST TALKING TO ANOTHER HUMAN BEING. – THEN THAT KIND OF SOURCES OR LIMITS OF ANXIETY A LITTLE BIT OR STRESS, THAT EVENTUALLY WILL GO. IF I COME TALK HERE –SOME KIND OF NOTE, SOME PREPARED SORT OF NICE SPEECH. THEN SOMETIMES READ THAT AND SOMETIMES DIFFICULT TO SEE, THEN MORE NERVOUS. SO JUST COME HERE. I ALWAYS FEEL I AM GOING TO TALK WITH ANOTHER HUMAN BEING. NOTHING SPECIAL. I DON'T CARE.

[LAUGHTER]

His Holiness the Dalai Lama Continued: SOME SERIOUSNESS, SO THEREFORE IT'S REALLY A RELIEF, SOME KIND OF GRASPING OR IMPORTANCE FOR MYSELF RELEASE. THEN IT BECOMES EASY – NOW I AM HERE, I FEEL EVERYBODY I THINK FEEL SOME KIND OF PEACEFUL ATMOSPHERE. IF WE ARE SELLING SOME SORT OF ARTICLES -- ACTION, I THINK THEN EVERYBODY MAYBE A LITTLE BIT TENSE. SO SAME ROOM, SAME HALL, SAME HUMAN BEING BUT DUE TO DIFFERENT MENTAL ATTITUDE, MENTAL STATE, THE PERSON IS FEELING BIG DIFFERENCES. EXPERIENCE BIG DIFFERENCES. SO OBVIOUSLY, I THINK EACH ONE, WHEN YOU MET YOUR DEAR FRIEND NOT ONLY JUST A FRIEND OF MONEY OR FRIEND OF POWER, BUT GENUINELY AS A FRIEND OF HUMAN COLLEAGUE, A HUMAN BEING. AND WHEN YOU TALK WITH SUCH PEOPLE, EVEN THE WHOLE DAY SPENT, YOU FEEL SHORT PERIOD -- IF YOU TALK WITH SOMEONE YOU ARE A LITTLE BIT SORT OF EVEN NOT SO HATED BUT EVEN A LITTLE BIT OF DISTRUST, THEN EVEN FEW MINUTES YOU FEEL LITTLE DIFFICULTIES, STRESS. SO ALL THIS -- ALL THIS IS RELATED WITH MENTAL ELEMENT.

SO THEREFORE, I AM EXTREMELY HAPPY, REALLY, ENCOURAGED HOW THESE SCIENTISTS -- SOME SCIENTISTS, EVEN IF THEY DO NOT ACCEPT EXISTENCE OF MIND, JUST BRAIN AND NEURON.

[LAUGHTER]

SO CHANGE OUR LIFE THROUGH SURGERY. NOT TRAIN YOUR MIND. IF WE ARE DEALING WITH MISSION, OR LIKE THIS HAT, THEN ONLY THING IS CUT -- WE HAVE THIS MYSTERIOUS THINGS THAT WE CALL MIND OR CONSCIOUSNESS OR EMOTION. SO DEALING WITH THAT IT'S OWN WAY NOT THROUGH SURGERY OR THESE THINGS -- OF COURSE GROSSER LEVEL OF MIND ENTIRELY BASED ON BRAIN, SO SOME SURGERY HERE, SOME CHANGE, BRAIN, THE SITUATION, SOME CHANGE. BUT THEN MORE SUBTLE LEVEL THEN I THINK, STILL I THINK WE NEED FURTHER RESEARCH. SOMETIMES IT SEEMS AS IF THE SUBTLE LEVEL OF THE MIND COMES FIRST A CERTAIN EXPERIENCE, THEN CHANGE OR EFFECT ON OUR BRAIN. SO NOW DEALING WITH MIND AND THE PROPER WAY OF DEALING WITH MIND IS THROUGH MIND ITSELF, THROUGH TRAINING. SO HERE I ALWAYS STRESS NOT TALKING ONLY ABOUT NEXT LIFE, NOT TALKING ABOUT HEAVEN OR THESE THINGS, SIMPLY HOW TO BUILD A HEALTHY HUMAN SOCIETY. A HEALTHY HUMANITY. A HEALTHY SOCIETY, HEALTHY HUMANITY WILL NOT BE ACHIEVE THROUGH GOVERNMENT REGULATIONS, EVEN THE UNITED NATIONS CANNOT DO THAT. WE CANNOT BUY A HEALTHY MIND FROM SUPERMARKET. PERHAPS NOW THOSE BRAIN SPECIALIST ONE DAY I THINK THEY MAY FIND SOME TECHNIQUE, ALL THOSE EMOTIONS THAT CREATE TROUBLE AND THE PART OF THE BRAIN WHICH COME THESE EMOTIONS, REMOVE.

[LAUGHTER]

THEN PERHAPS EVERYBODY FROM BUDDHIST POINT THROUGH SURGERY, EVERYBODY BECOME BODHISATTVA OR BUDDHA. I THINK THAT'S IMPOSSIBLE.

Richard J. Davidson: I THINK SO, TOO. I THINK IT'S IMPOSSIBLE.

His Holiness the Dalai Lama: SO ONLY THING IS THROUGH TRAINING. TRAINING MEANS AWARENESS, YOU SEE DEEPER SORT OF ANALYZE REALITY, NOT BASED ON SUPERFICIAL BUT DEEPER LEVEL COMBINED WITH OUR OWN EXPERIENCES. MORE AWARENESS THEN EVERYBODY WANTS A HAPPY LIFE, A PEACEFUL MIND. SO THE PROBLEM IS WE NEVER PAY MUCH ATTENTION ABOUT THAT AND EVEN IF PAY SOME

ATTENTION THEY USUALLY PRAY TO GOD, PRAY TO BUDDHA "PLEASE BRING ME PEACE OF MIND". THAT'S UNREALISTIC. WE MUST PRODUCE PEACE OF MIND THROUGH OUR OWN EFFORT, THROUGH OUR OWN SORT OF MENTAL ACTION. MENTAL ACTION. SO AWARENESS, THE MENTAL FUNCTION, THE MENTAL SYSTEM. THEN INTEREST ALREADY THERE, THE ONLY THING IS HOW TO TACKLE THESE DESTRUCTIVE EMOTION AND WHAT IS THE METHOD TO INCREASE THESE CONSTRUCTIVE EMOTION? ONCE WE KNOW THAT, THEN INCLUDING OUR DREAM, YOU SEE, YOU PAY SOME ATTENTION. METHOD TO TRANSFORM OUR EMOTION. THAT'S THE WAY, TRAINING OF MIND.

SO JUST EDUCATION ABOUT MIND AND KNOWLEDGE, METHOD, HOW TO DEAL WITH THESE THINGS. THEN PERHAPS GROSSER THE LEVEL OF EMOTION, VERY MUCH THE PHYSICAL. SO TAKING CARE PHYSICAL ALSO, THEN COMBINE WITH A HEALTHY BODY, HEALTHY MIND, THEN MAYBE I THINK THAT, I THINK WHETHER WE ACHIEVE IT OR NOT, I THINK ACTUALLY IT IS WORTHWHILE TO MAKE AN ATTEMPT. SO THEN THIS 21st CENTURY, THIS IS JUST THE BEGINNING OF THAT CENTURY. SO THE REAL POSITIVE RESULT, MAY I SAY SO, I FEEL WE, SPEAKER, MAY NOT SEE THAT. WE TRULY BELONG TO THE, WE ARE GENERATION OF 20th CENTURY THAT IS ALREADY GONE.

[LAUGHTER]

SO WE MAY NOT SEE THE REAL OBVIOUS RESULT BUT WE MUST START WORK WITH FULL COOPERATION OF SCIENTIFIC RESEARCH AND HEALTH COMMUNITY. THEN I THINK I ALWAYS MAKE DISTINCTION, BUDDHIST PSYCHOLOGY AND THE BUDDHIST RELIGION, TWO SEPARATE. OF COURSE IN ORDER TO PRACTICE BUDDHISM, SINCE BUDDHIST PRACTICE IS CHANGING OUR MIND, TRANSFORMING OUR MIND. SO THEREFORE, IT IS HIGHLY ESSENTIAL FULL KNOWLEDGE ABOUT MIND WORLD, WORLD OF MIND. BUT WE CAN TAKE THAT AS A SCIENCE OF MIND, NOT RELIGION WITH BUDDHISM. BUDDHISM FOR BUDDHIST, BUT SCIENCE OF MIND IS SOMETHING UNIVERSAL. SO I ALWAYS STRESS THAT. OTHERWISE, YOU SEE, I THINK PEOPLE GET IMMEDIATELY SORT OF GET IMPRESSION OR HEAR ONE BUDDHIST MONK NOW TALKING ABOUT BUDDHISM SO SOME PEOPLE MAY FEEL, OH DALAI LAMA BUDDHIST MONK TRYING TO CONVERT THESE SCIENTISTS TO BUDDHIST. NONSENSE, NONSENSE. I NEVER SORT OF TRY TO PROPAGATE BUDDHA DHARMA -- IT IS PRIVATE BUSINESS. I THINK THE LAST FEW DECADES I THINK WE NEVER DISCUSS ABOUT SALVATION OR THESE THINGS. WE'RE SIMPLY TALKING ABOUT MIND. THE VERY NAME AT THE BEGINNING WHICH IS DIALOGUE BETWEEN BUDDHISM AND MODERN SCIENCE, AND THEN I TOLD THIS IS WRONG WORD. BUDDHIST SCIENCE, IN OTHER WORDS ANCIENT INDIAN PSYCHOLOGICAL AND MODERN SCIENCE. MODERN PSYCHOLOGY. SO THAT'S MY VIEW.

SO I REALLY VERY MUCH SORT OF ENCOURAGE NOW MORE AND MORE PEOPLE AMONG THE SCIENTISTS REALLY NOW THERE IS INTEREST TO REALLY REACH DEEPER, DEEPER, DEEPER. IN ORDER TO KNOW REALITY WE SHOULD NOT SATISFY SOME KNOWLEDGE ABOUT A SUPERFICIAL LEVEL. THAT'S DIFFICULT. SO WE MUST CARRY FURTHER RESEARCH, FURTHER RESEARCH, FURTHER RESEARCH. ONE GENERATION CARRIES RESEARCH AND REACH CERTAIN LEVEL AND THEN NEXT GENERATION I THINK SHOULD FOLLOW. THEN THAT'S THE WAY TO GET DEEPER UNDERSTANDING ABOUT REALITY. I THINK AMONG THE SCIENTISTS IN WESTERN SCIENCE, I THINK INTEREST ABOUT MIND OR CONSCIOUSNESS, I THINK THESE ARE QUITE NEW.

SO SHOULD NOT THINK THESE ARE SOMETHING -- THIS IDEA COME FROM EAST AND IT BELONGS TO EASTERN. YOU WESTERNER NO INTEREST, WESTERNER ONLY MONEY. THAT'S WRONG. YOU ALSO HAVE EMOTION, LOT OF EMOTION I THINK SOMETIMES YOUR EMOTION IS MORE RAW BECAUSE NO TRAINING OF MIND1

[LAUGHTER]

PERHAPS I THINK TOO BOLD TO SAY THAT WAY.

[LAUGHTER]

SO YOU REALLY FEEL REALLY GREAT PROGRESS FOR SUCH GOOD REASON ABOUT TECHNOLOGY, ABOUT MODERN SCIENCE, THESE THINGS - REALLY WONDERFUL. SO YOU, MANY PEOPLE, CONTENTED THERE - TALKING ABOUT EMOTION, TALKING ABOUT MIND AS SOMETHING -- I THINK THAT'S WRONG. GOOD – TOO LONG. [LAUGHTER]

Daniel Goldman: THANK YOU SO MUCH. WE'LL GO TO A DIFFERENT LEVEL NOW. WE'VE BEEN TALKING ABOUT THE MIND AND THE BRAIN AND WELL-BEING AT THE INDIVIDUAL LEVEL. JONATHAN IS GOING TO ADDRESS THE IDEA OF A HEALTHY PLANET.

Jonathan Patz: YOUR HOLINESS IT IS A SINCERE HONOR TO BE WITH YOU AGAIN. AND I WOULD LIKE TO UPDATE YOU ON OUR LAST CONVERSATION. WHEN WE WERE IN INDIA TOGETHER, I WAS TALKING ABOUT GLOBAL CLIMATE CHANGE. AND I HAVE SOME BAD NEWS FOR YOU.

JUST LAST THURSDAY, IT WAS REPORTED THAT FOR THE FIRST TIME IN HUMAN EXISTENCE THE LEVEL OF CARBON DIOXIDE IN OUR ATMOSPHERE HAS EXCEEDED 400 PARTS PER MILLION. NOW, 50 YEARS AGO WE WERE AT 320 PARTS PER MILLION AND SCIENTISTS ARE VERY WORRIED, THOSE OF US THAT ARE STUDYING THE IMPACTS OF GLOBAL CLIMATE CHANGE, ARE VERY WORRIED ONCE WE GET ABOVE 450 PARTS PER MILLION THAT MANY PEOPLE THINK IS THE DANGEROUS LEVEL. CARBON DIOXIDE IS THE MOST ABUNDANT GAS.

His Holiness the Dalai Lama: MAY I ASK, THIS MEANS THE MORE ILLNESS, MORE DIFFICULT LIFE, OR INDIVIDUALLY THE HUMAN BEING WILL DIMINISH?

Jonathan Patz: WELL, THAT'S AN EXCELLENT QUESTION. I HAVE GIVEN SEVERAL LECTURES WHERE THE TITLE IS, GLOBAL CLIMATE CHANGE, OUR DEMISE OR OUR SALVATION? AND I'LL EXPLAIN THAT. SO –

His Holiness the Dalai Lama: IS THERE SUCH DANGER?

Jonathan Patz: WHAT HAPPENED LAST WEEK WAS A MILESTONE LEVEL. WE KNEW WE HAD BEEN CLIMBING BUT FOR THE FIRST TIME IN THREE MILLION YEARS WE ARE AT THIS LEVEL OF 400. AND WE –

Jinpa: SO CAN YOU SAY IT AGAIN? ... FOR THE FIRST TIME IN 300 YEARS...

Jonathan Patz: FOR THE FIRST TIME SINCE HUMANS WALKED THE FACE OF THE EARTH, SO IN OUR OWN SPECIES' EXISTENCE WE'VE NEVER EXPERIENCED 400 PARTS PER MILLION, THIS LEVEL OF CARBON DIOXIDE AND SO WE'VE COME UP FROM 320 TO NOW 400 AND THE WORRY IS ABOVE 450 WHERE WE'RE CERTAINLY HEADING THAT WAY RIGHT NOW. ESPECIALLY CONSIDERING THAT WE BURN FOSSIL FUELS FOR ENERGY AND WE GLOBALLY EMIT TWO MILLION POUNDS OF CARBON DIOXIDE EVERY SECOND. EVERY SECOND THE CLOCK TICKS THERE ARE TWO MILLION POUNDS THAT WE PUT UP INTO THE ATMOSPHERE AND THE -- THAT IS ABOUT -- AND WE ARE WARMING BECAUSE OF THAT. THE EARTH IS HEATING UP.

NOW THE LAST TIME WE MET, I TOLD YOU THE CONCERN THAT I HAD THAT GLOBAL CLIMATE CHANGE IS ONE OF THE GREATEST THREATS THAT WE FACE. AND I TALKED ABOUT HEAT WAVES, FLOODS, SEA LEVEL RISE, HUNGER AND DROUGHTS, AND VERY MUCH CONCERN ABOUT THESE ISSUES, INCLUDING CLIMATE SENSITIVE INFECTIOUS DISEASES AND YOU TOLD ME, IF YOU RECALL, BECAUSE I WATCHED THE VIDEO AGAIN AND I KNOW EXACTLY WHAT YOU TOLD ME.

[LAUGHTER]

Jonathan Patz Continued: THROUGH YOUR INTERPRETER JINPA, THAT YOU SAID THAT IF YOU NOW -- IF

YOU HAVE THE KNOWLEDGE THAT THIS POLLUTION IS DANGEROUS, HAS A DANGEROUS EFFECT FROM BURNING FOSSIL FUELS, THEN THERE IS AN ETHICAL RESPONSIBILITY TO ACT IS WHAT YOU TOLD ME. I GET CHOKED UP WHEN I TALK ABOUT THIS. NOW, THIS IS A VERY LARGE CHALLENGE BUT I PERSONALLY BELIEVE THAT CONFRONTING CLIMATE CHANGE –

[HIS HOLINESS PASSES HIS WATER TO JONATHAN PATZ] [LAUGHTER]

Jonathan Patz Continued: YOUR HOLINESS, YOU ARE THE MOST COMPASSIONATE MAN I KNOW.
[LAUGHTER]

His Holiness the Dalai Lama: NO, NO. SELFISH

Jinpa: HIS HOLINESS IS SAYING THERE IS A SELF INTEREST INVOLVED BECAUSE IF YOU CHOKE -- IF YOU CAN'T SPEAK WELL, THEN WE WON'T BE ABLE TO BENEFIT FROM WHAT YOU HAVE TO SAY.

[LAUGHTER]

Jonathan Patz: THIS IS GOOD TIMING BECAUSE THIS IS REALLY ONE OF MY MAIN POINTS IS THAT I BELIEVE THAT BY CONFRONTING GLOBAL CLIMATE CHANGE, WE HAVE AN ENORMOUS OPPORTUNITY FOR OUR HEALTH AND WELL-BEING AND HERE IS WHY I BELIEVE THAT.

THE MOST RECENT ANALYSIS OF THE INTERNATIONAL GLOBAL BURDEN OF DISEASE REPORT, THE INTERNATIONAL REPORT LOOKING AT ALL DISEASES AROUND THE WORLD, THE MOST RECENT REPORT CAME OUT JUST THIS YEAR AND IF YOU THINK ABOUT WHEN WE BURN FOSSIL FUELS THAT CAUSE HEAT TRAPPING GASES AND CHANGES, HEATS UP OUR PLANET, WE'RE ALSO EMITTING URBAN AIR POLLUTION, THE DIRTY, FOUL AIR THAT IS IN POLLUTED AREAS.

ACCORDING TO THE GLOBAL BURDEN OF DISEASE REPORT, EVERY YEAR THREE MILLION PEOPLE DIE PREMATURELY. THEY DIE EARLY BECAUSE OF URBAN AIR POLLUTION. PRIMARILY FROM BURNING COAL, OIL, GAS. IN ADDITION, THERE ARE MANY PEOPLE AROUND THE WORLD THAT USE COAL AND WOOD FOR COOKING INDOORS. AND SO THE ADDED EFFECT FROM BREATHING THAT DIRTY AIR IS ANOTHER 3 1/2 MILLION PEOPLE. SO WE'RE TALKING MORE THAN SIX MILLION PEOPLE DIE EARLIER BECAUSE OF THIS EXPOSURE TO POLLUTION. THAT'S EQUIVALENT TO THE SAME NUMBER OF PEOPLE AROUND THE WORLD DIEING FROM SMOKING TOBACCO. FROM SMOKING CIGARETTES, WHICH IS A HUGE PUBLIC HEALTH CONCERN. SO IF YOU ADD ONTO THIS, THIS AIR POLLUTION THE FACT THAT PART OF WHAT WE USE FOSSIL FUELS FOR IS TO RUN AUTOMOBILES AND INTERNAL COMBUSTION ENGINES, AND ACCORDING TO THIS REPORT AND THE WORLD HEALTH ORGANIZATION, THERE ARE MANY PEOPLE THAT ARE NOT GETTING ENOUGH EXERCISE BECAUSE OF OUR CAR-DEPENDENT LIFESTYLE IN MANY PLACES. AND THE ESTIMATE, THE LATEST ESTIMATE IS THAT 3.2 MILLION PEOPLE DIE PREMATURELY EVERY YEAR FROM LACK OF PHYSICAL EXERCISE.

OUR OWN RESEARCH HERE AT THE UNIVERSITY OF WISCONSIN, WE ASKED THE QUESTION IF REGIONALLY, THE LARGEST CITIES IN OUR GREAT LAKES REGION HERE, THE SHORT CAR TRIPS, LESS THAN 2 1/2 MILES, ACTUALLY LESS THAN 4 KILOMETERS. IF THESE SHORT CAR TRIPS WERE ELIMINATED WHAT WOULD BE THE AIR QUALITY BENEFIT. YOU KNOW CLEANER AIR, WHAT WOULD BE THE BENEFIT TO HEALTH? THAT WAS THE FIRST QUESTION. THE SECOND QUESTION IS WHAT IF THESE SHORT CAR TRIPS WERE ACHIEVED BY BICYCLE? WE'RE TRYING TO BE PRACTICAL. JUST HALF OF THOSE SHORT CAR TRIPS AND ONLY IN THE SUMMERTIME.

[LAUGHTER]

Jonathan Patz Continued: SO FOUR MONTHS OF THE YEAR, HALF OF THE CAR TRIPS WERE ACHIEVED. WHAT WE FOUND WE WOULD SAVE IN THIS REGION 1200 LIVES EVERY YEAR, HUNDREDS OF THOUSANDS OF HOSPITALIZATIONS AVOIDED, AND IF YOU -- BECAUSE LORD RICHARD LAYARD IS HERE I'LL THROW THE ECONOMICS IN. THAT EQUATES TO ABOUT \$8 BILLION EVERY YEAR IN AVOIDED MORTALITY AND HEALTH COSTS. SO IT'S ONE EXAMPLE OF WHY WE NEED TO DESIGN HEALTHY PLACES LIKE BUILDING CITIES FOR PEOPLE INSTEAD OF THE AUTOMOBILE. AND YOU WILL HEAR FROM THE SPEAKERS. YOU WILL HEAR FROM THE SPEAKERS FOLLOWING ME MORE ABOUT HOW OUR HEALTH DEPENDS ON ALL SECTORS OF SOCIETY AND THE ENVIRONMENT.

BUT I WOULD LIKE TO JUST END BY TELLING YOU A STORY, A PERSONAL STORY. AND IT'S WHEN I FINISHED COLLEGE AND BEFORE I WENT INTO MEDICINE AND PUBLIC HEALTH, I WORKED WITH AN ENDANGERED SPECIES. I WORKED WITH THE PEREGRINE FALCON. AND WHEN WE WERE ADDRESSING ENDANGERED SPECIES ORIGINALLY. ANY ENDANGERED SPECIES BUT IN THIS ONE WE FOCUSED ON THE BIRD ITSELF. WE FOCUSED ON THE SPOTTED OWL. VARIOUS ENDANGERED SPECIES THAT WERE ABOUT TO BE WIPED OUT AND WE FOCUSED SO MUCH ON THE INDIVIDUAL BIRD OR ANIMAL OR PLANT, WE WERE FAILING. AND IT WAS ONLY WHEN WE SHIFTED OUR FOCUS AWAY FROM THE INDIVIDUAL ENDANGERED SPECIES AND LOOKED AT ITS HABITAT AND WE SHIFTED OUR ENERGY AWAY FROM JUST THAT NARROW FOCUS AND TO LOOK AT THE CONTEXT IN WHICH THAT SPECIES LIVED, THE NATURAL SURROUNDINGS, THAT'S WHEN WE HAD SUCCESS. WHEN WE BROUGHT EXPERTS TOGETHER IN WILDLIFE ECOLOGY, TOXICOLOGY, LAW, AND OTHER SCIENCES. THE HABITATS WERE RESTORED AND THE FALCONS' POPULATION HAS NOW RECOVERED AND IT IS OFF THE ENDANGERED SPECIES LIST.

SO I'LL END BY SAYING WHEN WE THINK OF OUR OWN SPECIES, OUR OWN HUMAN SPECIES, WE NEED TO SEE OURSELVES IN THE CONTEXT AND DEPENDENCE ON HEALTHY ENVIRONMENTS AND A HEALTHY PLANET. WE NEED TO PURSUE A NEW GLOBAL HEALTH ETHIC ALSO. AND THAT IS, HEALTH FOR TODAY WITH COMPASSION AND CONSERVATION OF NATURAL RESOURCES FOR A HEALTHY TOMORROW.

His Holiness the Dalai Lama: WONDERFUL [APPLAUSE]

Jonathan Patz: SO I HAVE A QUESTION FOR YOU. WHEN PEOPLE DO LEARN AND UNDERSTAND OF THESE CONNECTIONS, WHAT IS THE NEXT STEP TO INSPIRE INDIVIDUALS AND COMMUNITIES TO ACTUALLY TAKE ACTION AND CHANGE THEIR BEHAVIOR?

His Holiness the Dalai Lama: I THINK, FIRSTLY, KNOWLEDGE THROUGH EDUCATION. SUCH ARE YOU. WHEN YOU EXPLAIN THE REALITY ACCORDING TO YOUR RESEARCH. REALLY SHOWING SOME SORT OF SERIOUSNESS. SO MANY PEOPLE DO NOT KNOW. SO FIRSTLY, EDUCATION. EDUCATE PEOPLE. THEN ALSO IN SPITE KNOW THAT DANGER BUT STILL THEY SAY CONSIDER THE IMPORTANCE OF IMMEDIATE BENEFIT. I THINK LIKE USE CAR, SHORT DISTANCE. IN SPITE OF KNOWING THAT, I DON'T CARE, MUCH EASIER, MORE COMFORTABLE, MORE CONVENIENT, MORE CONVENIENT.

SO NOW HERE AGAIN THERE IS A CERTAIN KIND OF WILL POWER, DETERMINATION. LONG TERM INTEREST NOT ONLY INDIVIDUAL BUT WHOLE SOCIETY, WHOLE HUMANITY. SO THAT THEN DEVELOP THE WILL POWER, I MUST IMPLEMENT THAT IN SPITE SOME TEMPORARY LITTLE INCONVENIENCE. SO HERE I THINK MORAL PRINCIPLE AGAIN I THINK IS IMPORTANT NOT ONLY JUST AWARENESS BUT A SENSE OF RESPONSIBILITY COMBINED.

Daniel Goleman: THANK YOU, YOUR HOLINESS. ONE OF MY ROLES HERE IS AS TIME POLICE. SO WE HAVE ONE HOUR LEFT AND WE HAVE THREE SPEAKERS. OUR NEXT IS DON BERWICK WHO WILL CHANGE OUR FOCUS AGAIN. NOW WHAT HAPPENS IN -- AT THE LOCAL LEVEL OR THE REGIONAL LEVEL HELPING PEOPLE WHO ARE ILL GET PROPER CARE AND HOW DOES A SENSE OF WELL-BEING FIT INTO THAT?

DON?

Donald Berwick: YOUR HOLINESS IT IS AN ENORMOUS HONOR TO SPEAK WITH YOU. I'M TRYING TO FEEL CALM SPEAKING WITH YOU BUT IT'S NOT WORKING. I'LL KEEP TRYING. I'M GOING TO ADD IN THE END ASK YOU ABOUT FEAR.

[LAUGHTER]

Donald Berwick Continued: I WOULD LIKE TO START WITH THREE FACTS. I'M A PEDIATRICIAN, A CHILD DOCTOR, AND WHEN I SAW CHILDREN WHO HAD LEUKEMIA WHEN I WAS YOUNG IN MY 20s, EVERYONE DIED. THEY ALL DIED. I HELD THOSE CHILDREN AND TODAY THEY ALL LIVE. EVERY CHILD WITH LEUKEMIA THAT GETS PROPER TREATMENT CAN LIVE. SO THIS IS A MIRACLE. MEDICINE HAS CHANGED THE FATE OF MANY, MANY PEOPLE, ORGAN TRANSPLANTS AND DRAMATIC SUCCESSES. THAT'S THE FIRST FACT. I DON'T DENY THAT.

THE SECOND FACT IS THAT IN ALMOST EVERY COUNTRY IN THE WORLD, CERTAINLY EVERY DEVELOPED COUNTRY TODAY, THE COST OF HEALTHCARE HAS NOW BECOME A MAJOR PROBLEM, A MAJOR BURDEN. WHETHER THE COSTS ARE PAID BY GOVERNMENT OR BY THE PRIVATE SECTOR, DEPENDS ON THE COUNTRY, BUT ALWAYS THE HEALTHCARE COSTS ARE GOING UP MUCH, MUCH FASTER THAN OTHER PARTS OF SOCIAL ENTERPRISE AND THEREFORE HEALTHCARE TAKES MONEY FROM OTHER THINGS. IN THE STATE THAT I LIVE IN, MASSACHUSETTS, INVESTMENT IN EDUCATION OF CHILDREN BY THE STATE HAS FALLEN 45% IN TEN YEARS. HEALTHCARE COSTS HAVE GONE UP 60% IN TEN YEARS AND THEY ARE RELATED FACTS. AS HEALTHCARE TAKES MORE, THERE IS LESS AVAILABLE FOR OTHER IMPORTANT SOCIAL INVESTMENTS. SO WE HAVE MIRACLES AND THE COSTS ARE NOW UNSUSTAINABLE IN MY COUNTRY AND MANY OTHERS.

THE THIRD FACT IS THE HARDEST ONE TO EXPLAIN BUT IT IS OVERALL THERE APPEARS TO BE NO RELATIONSHIP BETWEEN THE INCREASE IN HEALTHCARE COSTS AND THE HEALTH OF THE SOCIETY. IN AMERICA, WE HAVE A LOT OF DATA ON VARIABILITY, VARIATION IN HEALTHCARE COSTS FROM CITY TO CITY IN AMERICA, THE VARIATION IS ABOUT 400%. FOR PEOPLE MY AGE, THAT VARIATION IS FROM ABOUT \$8,000 PER YEAR TO WELL OVER \$20,000 PER YEAR. IF YOU STUDY IT, IT MAY SEEM REMARKABLE BUT IF YOU ASK THE QUESTION, IS THERE A RELATIONSHIP BETWEEN THE AMOUNT OF MONEY BEING SPENT AND THE HEALTH OF THE POPULATION, EVEN THE SATISFACTION OF THE DOCTORS AND THE AMOUNT OF MONEY BEING SPENT, THE ANSWER IS THERE IS A RELATIONSHIP BUT IT IS A NEGATIVE RELATIONSHIP. THE BEST HEALTH IS IN THE AREA SPENDING THE LEAST AMOUNT OF MONEY AND THE WORST HEALTH, THE WORST QUALITY, THE WORST CARE, IS IN THE PLACES SPENDING THE MOST AMOUNT OF MONEY.

His Holiness the Dalai Lama: WHAT IS THE REASON?

Donald Berwick: THE REASON IS THAT WE BUILT HEALTHCARE IN THE WRONG PLACE. WE BUILT A SYSTEM WHICH TREATS DISEASE WITH TECHNOLOGIES WHICH CAN WORK MIRACLES BUT WE KEPT BUILDING THE TECHNOLOGIES EVEN WHEN THEY STOPPED BRINGING THE MIRACLES. AND WHERE WE REALLY NEED THE INVESTMENT IN BEHAVIORAL HEALTH, MENTAL HEALTHCARE, IN CHRONIC DISEASE CARE.

[APPLAUSE]

Donald Berwick Continued: AND I THINK IN CARE THAT IS BASED IN COMMUNITIES, NOT IN HOSPITALS. WE'RE NOT PUTTING THE RESOURCES THERE. AND THE ECONOMIC SELF-INTEREST, THE COMPANIES THAT MAKE THEIR MONEY ON IT. SO THE GOOD NEWS IS WE HAVE A SOLUTION. IT WOULD BE POSSIBLE TO REBUILD HEALTHCARE TO PRODUCE HEALTH OR PARTICIPATE IN PRODUCING HEALTH. BUT THE BAD NEWS IS IT REQUIRES A TREMENDOUS AMOUNT OF CHANGE. MY WORK HAS BEEN TO TRY TO HELP THOSE CHANGES OCCUR. BUT HERE IS THE PROBLEM. I THINK IT IS FEAR. PEOPLE HAVE A MENTAL IDEA OF WHAT GREAT CARE IS AND THERE ARE THREE BELIEFS THAT I WANT TO FOCUS ON AND ONE IS THAT MORE TREATMENT IS BETTER. MORE TREATMENT, MORE DRUGS, MORE TESTS. THAT'S NOT TRUE. I JUST TOLD YOU WHERE WE SEE MORE WE HAVE WORSE RESULTS THAN WHERE WE SEE MORE SUBTLE USE OF CARE.

THE SECOND BELIEF IS THAT THE WAY TO GET HEALTH IS THROUGH HEALTHCARE. AS IF, IF YOU WENT TO THE HOSPITAL ENOUGH, IF YOU HAD ENOUGH PROCEDURES WOULD BE BECOME HEALTHY. WE KNOW THAT'S NOT TRUE. WE KNOW THAT FOR EVERY PERCENTAGE CHANGE IN HEALTH THAT HEALTHCARE BRINGS YOU, OTHER THINGS LIKE WHAT YOU EAT AND HOW YOU EXERCISE AND WHETHER THERE IS POVERTY AND WHETHER THERE IS JUSTICE, THESE HAVE 400% MORE INFLUENCE ON HEALTH, 400% MORE INFLUENCE THAN THE CARE. BUT PEOPLE DON'T BELIEVE THAT. PEOPLE BELIEVE YOU GET HEALTHY THROUGH CARE.

THE THIRD BELIEF, WHICH RICHARD WILL TALK ABOUT, IS THAT YOU CAN SEPARATE BODY CARE FROM MIND CARE. THAT YOU CAN TREAT MY BODY AND NOT MY EMOTION. AND THAT IS NOT TRUE. WE KNOW THERE IS A VERY STRONG RELATIONSHIP BETWEEN ATTITUDES AND SELF-ESTEEM AND PRIDE AND JOY AND HEALTH AS RICHIE KNOWS.

BUT PEOPLE ARE FRIGHTENED. AND WHEN YOU GO TO THE PUBLIC AND YOU SAY MORE IS NOT BETTER. THEY THINK OH, YOU'RE GONNA TAKE SOMETHING AWAY FROM ME. THAT'S A TRICK. IT MEANS YOU'RE TRYING NOT TO GIVE ME WHAT I NEED. IF YOU SAY YOU CAN'T FIND HEALTH THROUGH HEALTHCARE, IT HAS TO DO WITH JUSTICE AND ENVIRONMENT AND YOUR OWN BEHAVIOR PEOPLE SAY WELL, YOU'RE SHIFTING RESPONSIBILITY TO ME. YOU ARE TRYING TO -- IT'S A TRICK. IF YOU SAY THE MIND AND THE BODY ARE CONNECTED, PEOPLE SAY YOU'RE BLAMING ME. I DIDN'T MAKE MY DISEASE. WE NEED A WAY TO COMMUNICATE WITH THE PUBLIC IN ORDER TO CHANGE A SYSTEM THAT IS TAKING MONEY AND HEALTH FROM OTHER VERY, VERY IMPORTANT SOCIAL SECTORS. AND I AM SEARCHING FOR IDEAS ABOUT HOW TO OVERCOME THE FEAR AND TALK TO PEOPLE IN A WAY THAT THEY DON'T THINK IT'S A TRICK. THAT THEY UNDERSTAND YOU ARE ON THEIR SIDE.

[APPLAUSE]

His Holiness the Dalai Lama: I THINK AGAIN I BELIEVE EDUCATION, AWARENESS, I THINK SOCIETY, CERTAIN SORT OF HABIT OR CERTAIN SORT OF WAY OF LIFE AND WAY OF THINKING.THE CUSTOMS.

Jinpa: THE CUSTOMS ARE SORT OF FIRMLY INGRAINED.

His Holiness the Dalai Lama: WITH THE NEW FINDINGS, A NEW EXPLANATION ON THE BASIS OF FINDINGS. NOT EASY TO ACCEPT EASILY. SO AGAIN, BECAUSE OF THAT, EDUCATE, TELL, TELL. SHARE THIS.

Jinpa: THE MAIN THING IS REALLY TO FIND A WAY TO EXPLAIN IT.

His Holiness the Dalai Lama: I THINK LIKE YOU THESE PEOPLE, ARE REALLY VERY VERY THE EXPERT. SO I THINK YOU SHOULD SPEAK MORE AND I THINK -- I THINK THOSE PEOPLE ---

[APPLAUSE]

His Holiness the Dalai Lama Continued: THE TELEVISION AND MEDIA PEOPLE, I THINK THEY SHOULD GIVE MORE TIME, SPEAK. LET THESE PEOPLE. RATHER THEN ADVERTISING OR THIS IS SOMETHING VERY GOOD, WONDERFUL, OR SOMETIMES THE POLITICAL SORT OF THE PROPAGANDA. I THINK THIS IS A FUNDAMENTAL ISSUE, FUNDAMENTAL ISSUE, ISN'T IT? SO THE ECONOMY, THESE THINGS ARE SECONDARY I FEEL, THIS IS FUNDAMENTAL. WE HUMAN BEING. SEE EVERYBODY WANT TO LIVE LONG AND MORE COMFORTABLE. SO I THINK THIS IS A FUNDAMENTAL ISSUE. SO YOU SEE A CERTAIN WAY OF THINKING, CERTAIN CULTURAL----

Jinpa: CERTAIN HABITS AND CUSTOMS

His Holiness the Dalai Lama: NOW THIS INITIALLY CERTAINLY SOME RESISTANCE OR DIFFICULT TO ACCEPT THAT OR UNDERSTAND THAT. SO WE HAVE TO LOOK AT CONTINUOUSLY. I THINK NOW AFTER YOU.

Daniel Goleman: THANK YOU. I'LL MAKE YOU A DEPUTY TIME POLICE. MAKE YOU AN ASSISTANT. THANK YOU YOUR HOLINESS, WE'RE ACTUALLY DOING VERY WELL. AGAIN, WE'RE GOING TO SHIFT OUR FOCUS FROM THE HEALTHCARE SYSTEM, FROM THE PLANET, FROM THE INDIVIDUAL, TO GLOBAL HEALTH. ILONA KICKBUSCH HAS BEEN DEALING WITH THIS PROBLEM FOR QUITE A WHILE AND HAS SOME INSIGHT.

Ilona Kickbusch: THANK YOU VERY MUCH I'M PLEASED YOUR HOLINESS TO SPEAK WITH YOU. BEFORE I SPEAK ABOUT MY ISSUE I MUST SAY I'M PERHAPS, OR NOT HAPPY TO BE THE ONLY WOMAN ON THIS PANEL AND I THOUGHT JUST LIKE YOU, YOU HAD THE COLOR, SINCE I WAS THE ONLY WOMAN, I WOULD ALSO BRING SOME COLOR.

THE ISSUE OF GLOBAL HEALTH, WE'VE BEEN THROUGH A GLOBAL HEALTH REVOLUTION AND PROBABLY YOU'VE HEARD ABOUT THAT. THE MILLENNIUM DEVELOPMENT GOALS HAVE HELPED US AND IF YOU THINK THAT WE'VE BEEN ABLE TO REDUCE HIV/AIDS INFECTIONS BY 25%. ABLE TO REDUCE CHILDHOOD MORTALITY BY HALF. WE'VE BEEN ABLE TO NEARLY ERADICATE POLIO. WE'VE MADE ENORMOUS STRIDES IN GLOBAL HEALTH BUT WE'RE COMING TO A LIMIT WITH THE MODEL WE ARE USING BECAUSE THESE STRIDES HAVE BEEN MADE WITH WHAT WE COULD CALL A VERTICAL DISEASE MODEL. VERY FOCUSED, VERY INTENSE, AND AS I'VE SAID, WITH SIGNIFICANT RESULTS. BUT IF WE WANT TO MOVE FURTHER IN GLOBAL HEALTH, WE ARE FINDING WE NEED TO REDISCOVER WHAT SOME OF US SEE AS OUR GUIDING LIGHT AND THAT IS THE HEALTH DEFINITION OF THE WORLD HEALTH ORGANIZATION. SAYING CLEARLY THAT HEALTH IS MORE THAN THE ABSENCE OF DISEASE. THAT IT IS PHYSICAL, MENTAL AND SOCIAL HEALTH AND AS YOU KNOW, YOUR HOLINESS, MANY PEOPLE ARE ARGUING THAT DEFINITION SHOULD INCLUDE SPIRITUAL HEALTH. WHEN WE DISCUSS THAT IN THE EXECUTIVE BOARDS OF THE W.H.O., TO GET A CHANGE IN THE CONSTITUTION, SOME COUNTRIES SAID NO, THAT WAS NOT POSSIBLE BECAUSE THE OTHER THREE TYPES OF HEALTH WE CAN MEASURE. BUT SPIRITUAL HEALTH WE CANNOT MEASURE. BUT WHAT I'M TRYING TO GET AT IS WE'RE TRYING IN THE GLOBAL HEALTH ARENA TO SAY --

His Holiness the Dalai Lama: MAY I ASK ONE THING. SPIRITUAL HEALTH.

Jinpa: SO, WHEN YOU HAD THE DISCUSSION ABOUT SPIRITUAL HEALTH THAT IT CANNOT BE MEASURED. WHAT KIND OF SPIRITUAL HEALTH? WHAT WAS THE WAY IN WHICH SPIRITUALITY WAS UNDERSTOOD THERE?

His Holiness the Dalai Lama: NOW HERE, LET ME SORT OF SAY THE REALITY, I THINK THERE ARE TWO LEVELS OF SPIRITUALITY. ONE SPIRITUALITY WITH BELIEF, WITH FAITH, RELIGIOUS FAITH. ANOTHER SPIRITUALITY IS A CERTAIN SORT OF CONCEPT OR CERTAIN MORAL PRINCIPLE AND CERTAIN VALUES. THAT IS SOMETIMES DESCRIBED AS SPIRITUALITY BUT WITHOUT CONNECTED WITH FAITH.

Ilona Kickbusch: THAT WAS THE FOCUS OF THE W.H.O. DISCUSSIONS. I THINK PROBABLY TODAY, YOU KNOW, AS WE DISCUSSED THE OTHER DAYS IT IS A TERMINOLOGY THAT IS NOW BEING CALLED MINDFULNESS OR OTHER TYPES. IT WAS NOT A RELIGIOUS DEBATE IN THE W.H.O. IT WAS TO SAY THERE ARE DIMENSIONS OF OUR BEING.

SO WHAT WE'RE DISCUSSING RIGHT NOW IS HOW WE CAN MOVE FROM THE DISEASE MODEL OF HEALTH TO A MODEL OF WELL-BEING, A MODEL OF INDIVIDUAL WELL-BEING BUT ALSO THAT BRINGS TOGETHER THE KIND OF ISSUES THAT WERE TOUCHED UPON ON THE ONE HAND TO TAKE MORE INTO ACCOUNT THE ENVIRONMENT IN WHICH WE LIVE AND HOW PEOPLE NOT ONLY CREATE THEIR OWN HEALTH, BUT CREATE EACH OTHER'S HEALTH BY SUPPORTING EACH OTHER BY HELPING CREATE HEALTHY COMMUNITIES AND WE HAVE EMBARKED ON SUCH INITIATIVES. BUT NOW EVEN ONE STEP FURTHER TO START TO UNDERSTAND THAT WE ALSO CANNOT ONLY THINK OF HUMAN HEALTH, WE HAVE TO INCLUDE THE HEALTH OF THE PLANET. AND FOR THAT WE ARE SEEING THAT THE MODELS OF PRODUCTION AND CONSUMPTION IN OUR SOCIETY ARE COUNTERPRODUCTIVE.

IN THE HEALTH DISCUSSION WE SEE VERY CLEARLY WE'RE MOVING FROM THE INFECTIOUS DISEASE EPIDEMICS TO WHAT WE CALL THE NON-COMMUNICABLE DISEASE EPIDEMICS. IF YOU THINK OF THE FACT THAT 30 MILLION CHILDREN IN DEVELOPING COUNTRIES ARE OVERWEIGHT AND OBESE, AND THEY ARE OVERWEIGHT AND OBESE BECAUSE OF THIS CHANGE OF LIFESTYLE. BECAUSE OF A PUSH FROM TRANSNATIONAL COMPANIES, BECAUSE OF MARKETING OF FOOD, OF SOFT DRINKS, TO CHILDREN GLOBALLY, THEN THERE IS A NEW TYPE OF GLOBAL HEALTH RESPONSIBILITY AND A NEW TYPE OF GLOBAL HEALTH ETHIC THAT BECOMES IMPORTANT AND THAT WE HAVE BEGUN TO CALL THE COMMERCIAL DETERMINANTS OF HEALTH THAT WE ALSO NEED TO LOOK AT.

AT THE SAME TIME, WE FIND THAT THE HEALTH DISCUSSION THEN GETS VERY CLOSE TO A DISCUSSION ABOUT CONSUMERISM. HOW DO WE ALSO IN THIS PART OF THE WORLD, HOW DO WE EXERT THE INFLUENCE THAT WE HAVE WHETHER IT'S THE WORKING CONDITIONS OF WOMEN IN BANGLADESH OR WHETHER IT IS IN RELATION TO OUR MEAT CONSUMPTION OR TO OTHER ISSUES? SO WE'RE GRAPPLING IN THE GLOBAL HEALTH ARENA HOW CAN WE STAY FOCUSED? HOW CAN WE MEASURE OUR RESULTS? BUT AT THE SAME TIME, HOW CAN WE COMBINE THE DRIVE FOR EQUITY THAT THE GLOBAL HEALTH ETHIC AND THE GLOBAL HEALTH MOVEMENT HAS WITH A DRIVE FOR WELL-BEING AND A DIFFERENT UNDERSTANDING OF HOW HEALTH AND SOCIETY INTERACT? AND THAT, OF COURSE, ALSO MEANS SPEAKING THE TRUTH TO POWER. AND WE FIND THAT FREQUENTLY GLOBAL HEALTH ADVOCATES COME INTO SITUATIONS WHERE IT IS DIFFICULT TO SPEAK THE TRUTH TO POWER. THAT CAN BE ABOUT SEXUAL AND REPRODUCTIVE HEALTH OF WOMEN. THAT CAN BE ABOUT THE TOBACCO CONSUMPTION AND COMPANIES. BUT THAT CAN ALSO BE ABOUT THE KINDS OF ISSUES THAT WERE RAISED BY DON BERWICK, WHAT KIND OF HEALTH SYSTEMS ARE WE BUILDING IN DEVELOPING COUNTRIES? ARE THEY HEALTH SYSTEMS REALLY IN THE COMMUNITY FOR THE COMMUNITY WITH THE COMMUNITY? OR ARE THEY HEALTH SYSTEMS THAT ARE FOCUSED ON A DISEASE MODEL THAT BRING AN EXTENSIVE AMOUNT OF PHARMACEUTICAL AND TECHNOLOGICAL SOLUTIONS. WE'RE DISCOVERING WHAT WE CALL REVERSE INNOVATION.

THAT IS TO SAY THAT WE ACTUALLY, IF WE WANT TO REFORM OUR HEALTH SYSTEMS, WE MUST LEARN FROM SOME OF THOSE COMMUNITY MODELS IN OTHER PARTS OF THE WORLD WHO ARE ACTUALLY TEACHING US HOW YOU HELP CREATE HEALTH WITHIN A SOCIAL CONTEXT, WITHIN A DIFFERENT UNDERSTANDING OF HEALTH, BODY INTERACTIONS WITH THE MIND AND A NEW TYPE OF RESPONSIBILITY THAT WE TAKE FOR OURSELVES BUT ALSO FOR THOSE AROUND US. AND NOT ONLY FOR OUR NEIGHBORS HERE, BUT REALLY GIVEN THE GLOBAL HEALTH INEQUALITIES THAT ARE STILL UP TO 40 YEARS IN LIFE EXPECTANCY THAT WE ARE WILLING TO TAKE RESPONSIBILITY FOR THOSE IN OTHER PARTS OF THE WORLD.

[APPLAUSE]

His Holiness the Dalai Lama: THE PROBLEM OVERWEIGHT, IN THE DEVELOPED COUNTRIES ALSO THERE IS THAT PROBLEM. I SEE MANY PEOPLE ---- AND THE CHILDREN, THE YOUNGER GENERATION.

Jinpa: SO WHY IS THE SPECIFIC MENTION OF THE DEVELOPING COUNTRIES HAS THERE BEEN A RISE IN OBESITY IN CHILDREN? ISN'T THAT THE CASE IN THE DEVELOPED COUNTRIES AS WELL?

His Holiness the Dalai Lama: I SEE MANY YOUNG PEOPLE WHO ARE OVERWEIGHT, OH VERY STRONG BODY...

Ilona Kickbusch: ACTUALLY, THE HIGHEST RATE OF OBESITY IN CHILDREN IS IN THE UNITED STATES OF AMERICA. THAT IS ONE THING. THE SECOND THING IS THAT THE HIGHEST RATE OF OBESITY IS WITH CHILDREN LIVING IN POVERTY IN THE UNITED STATES OF AMERICA. AND THE REASON WE DRAW ATTENTION TO OBESITY IN THE DEVELOPING COUNTRIES IS BECAUSE MANY PEOPLE THINK NON- COMMUNICABLE DISEASE ARE ONLY A PROBLEM HERE AND WE'RE ACTUALLY STARTING TO SEE THAT AS WE ARE SUCCESSFUL IN GLOBAL HEALTH IN FIGHTING INFECTIOUS DISEASE, THAT THE NON- COMMUNICABLE DISEASES DUE TO THE CHANGES IN THE LIVING ENVIRONMENT AND CONSUMERISM ARE LEADING TO NEW HEALTH PROBLEMS. MANY PEOPLE THINK OBESITY IS A DISEASE OF AFFLUENCE. IT IS ACTUALLY A DISEASE OF POVERTY AND THAT'S WHAT WE'RE SEEING VERY CLEARLY.

Daniel Goleman: DO YOU HAVE ANY FURTHER THOUGHTS? WE HAVE A LITTLE TIME.

His Holiness the Dalai Lama: I DON'T KNOW, NO. I AM ALWAYS LEARNING. VERY GOOD, WONDERFUL.

Daniel Goleman: WELL, WE HAVE A --

His Holiness the Dalai Lama: NOW I'M WAITING. THE ENGLISH ACCENT.

Daniel Goleman: IT SOUNDS BETTER, DOESN'T IT. IT'S RICHARD LAYARD, LORD RICHARD LAYARD.

Lord Richard Layard: I WAS SO EXCITED WHEN I HAD RICHARD'S INVITATION TO MEET WITH YOU AGAIN BECAUSE YOU REMEMBER LAST TIME WHEN WE MET IN ZURICH I WAS TELLING YOU ABOUT THE MOVEMENT THAT WE PLANNED TO LAUNCH CALLED ACTION FOR HAPPINESS. AND I WAS EXPLAINING THAT THE FIRST THING WE ASKED MEMBERS TO DO IS TO PLEDGE TO LEAD THEIR LIVES SO AS TO PRODUCE MORE HAPPINESS IN THE WORLD AND LESS MISERY. AND AT THAT POINT YOUR HAND WENT UP AND YOU SAID CAN I BE THE FIRST MEMBER? AND I HAVE A PROOF. I HAVE THE PHOTOGRAPH. SO YOU ARE OUR FIRST MEMBER. BUT THE NEXT THING WE HAD TO DO WAS TO APPOINT A DIRECTOR. AND WE HAD SOME VERY INTERESTING APPLICANTS. ONE OF THEM HAD GONE INTO THE WORLDWIDE WEB TO SEE IF THERE WAS ANY OTHER ORGANIZATION THAT ACTUALLY HAD THIS WORD HAPPINESS IN ITS TITLE. AND THIS IS THE ANSWER THAT CAME BACK ON HIS COMPUTER. WHAT THE COMPUTER SAID ON THE SCREEN WAS, YOUR SEARCH FOR HAPPINESS HAS YIELDED NO RESULTS.

Lord Richard Layard Continued: ANYWAY, YOU'LL BE PLEASED THE KNOW OUR MOVEMENT WAS LAUNCHED. THAT IT NOW HAS 30,000 MEMBERS WHO ARE TRYING TO LIVE IN THE WAY THAT YOU HAVE TAUGHT US THROUGH THE BASIC PRINCIPLES OF SECULAR MORALITY. SO WE ARE ON OUR WAY BUT WE'RE A VERY TINY RIPPLE, I THINK, IN WHAT I SEE AS A GREAT TIDE SWEEPING THE WORLD OF PEOPLE WHO ARE DEMANDING THAT WE SHOULD JUDGE OUR SOCIETY NOT BY HOW RICH IT IS BUT BY HOW CONTENTED PEOPLE ARE IN THEIR LIVES. NOT BY OUR WEALTH, BUT BY OUR WELL-BEING. AND I THINK THIS IS THIS WORLDWIDE MOVEMENT WHICH YOU HAVE CONTRIBUTED SO MUCH TO AND I THINK THAT WE HAVE SOME VERY ENCOURAGING SIGNS. I JUST WANTED THE TALK ABOUT TWO DIMENSIONS OF THIS. ONE IS THE DIMENSION, THE GOVERNMENTAL AND INTERGOVERNMENTAL DIMENSION. WHERE THERE IS SOME PROGRESS AND SECOND IT'S THE HEALTHCARE REFORM.

SO IF WE LOOK AT GOVERNMENT, WE ALREADY HAVE SOME GOVERNMENTS THAT HAVE ADOPTED WELL-BEING AS THE OBJECTIVE OF THE GOVERNMENT. OF COURSE, WE HAVE BHUTAN BUT WE ACTUALLY ALSO HAVE BRITAIN. THIS IS NOW THE OFFICIAL OBJECTIVE OF THE GOVERNMENT. AND WE HAVE WELL-BEING DEPARTMENTS IN ALL THE MAIN BRANCHES OF OUR GOVERNMENT WHO ARE HARASSING THE OTHER WORKERS IN THOSE DEPARTMENTS TO MAKE THEM MORE SENSITIVE TO WELL- BEING. AND WE ARE MEASURING -- WE HAVE NOW FOR TWO YEARS BEEN MEASURING THE WELL- BEING OF THE BRITISH POPULATION. THIS IS NOW PART OF THE OFFICIAL STATISTICS OF BRITAIN, ALONG WITH THE GROSS NATIONAL PRODUCT AND THE OTHER THINGS. AND THIS THEME OF MEASUREMENT AS THE FIRST THING TO GET ESTABLISHED, MAYBE IT'S THE EASIEST. BUT AT LEAST IT'S THE FIRST STEP. HAS BEEN TAKEN UP AS I THINK YOU PERHAPS KNOW BY THE OECD, THE CLUB OF RICH NATIONS IN PARIS, AND THIS LAST MONTH THEY PRODUCED A VERY THICK VOLUME ON HOW SHOULD WE MEASURE THE SUBJECTIVE WELL-BEING OF THE POPULATION?

THIS IS NOT ALL THOSE OBJECTIVE INDICATORS WEIGHTED BY SOMETHING OR OTHER, THIS IS THE ACTUAL INNER EXPERIENCE OF THE POPULATION OF THESE COUNTRIES AND THEY ARE SAYING TO OF THE MEMBER COUNTRIES WE WOULD LIKE YOU TO MEASURE THE WELL-BEING OF YOUR PEOPLE IN THIS STANDARD WAY SO THAT WE CAN COMPARE AND LEARN FROM EACH OTHER. THIS IS ACTUALLY VERY IMPORTANT BECAUSE THIS ORGANIZATION WAS THE ONE THAT PIONEERED THE MEASUREMENT OF THE GROSS NATIONAL INCOME, SO THAT IF THEY -- THAT WAS 60 YEARS AGO -- THEY NOW ARE PUSHING THE SUBJECTIVE WELL-BEING. THIS IS A MAJOR REVOLUTION. IT'S A MAJOR REVOLUTION IN THE DIRECTION OF OUR WORLD CULTURE.

BUT OF COURSE, THE MOST INTERESTING THING THIS YEAR IS GOING TO BE WHAT HAPPENS AT THE UNITED NATIONS GENERAL ASSEMBLY IN SEPTEMBER WHEN THEY ADOPT THE SUSTAINABLE DEVELOPMENT GOALS FOR POST 2015. AND THERE IS A LOT OF PRESSURE TO GET THEM TO ADOPT WELL-BEING, AT LEAST AS ONE OF THE OBJECTIVES. AND THIS WE'RE REALLY HOPING THAT IN SOME WAY OR OTHER THIS WILL COME INTO THE STATEMENT OF THESE GOALS AND THAT WOULD, OF COURSE, BE A REAL TURN OF THE TIDE AT THE WORLD LEVEL, WHICH I THINK WE'RE NOW READY FOR. BUT, OF COURSE, IF YOU SAY THE HIGHER WELL-BEING FOR THE POPULATION, WE THEN HAVE TO KNOW WHAT CAUSES WELL-BEING. AND JUST TO SUMMARIZE WHAT WE KNOW ABOUT WHO IS MISERABLE AND WHO IS HAPPY IN A GIVEN SOCIETY, WE CAN EXPLAIN ABOUT A THIRD OF THE DISTRIBUTION, THE VARIATION OF WELL-BEING ACROSS THE POPULATION BY THINGS WE KNOW ABOUT PEOPLE. AND WHAT ARE THE FACTORS WHICH CONSTITUTE THAT? INCOME IS A VERY TINY BIT. EVEN IN THE UNITED STATES WHICH TALKS ABOUT IT SO MUCH. INCOME ONLY EXPLAINS UNDER 2% OF THE VARIATION IN THE POPULATION OF WHO IS HAPPY AND WHO IS MISERABLE. THE MAIN FACTORS ARE ON THE EXTERNALS OF OUR LIVES. THE HUMAN RELATIONSHIPS THAT WE HAVE. ACTUALLY IN EVERY COUNTRY IN THE WORLD THE FAMILY RELATIONSHIP IS THE MOST IMPORTANT RELATIONSHIP. BUT ALSO, OF COURSE, IF YOU HAVE WORK IF YOU WANT IT THAT GIVES YOU A RELATIONSHIP AND THE QUALITY OF THE RELATIONSHIPS AT WORK AND ALSO, OF COURSE, THE QUALITY OF THE RELATIONSHIPS IN YOUR COMMUNITY. THOSE ARE THE EXTERNALS.

INTERNAL ARE MAINLY YOUR HEALTH BUT ABOVE ALL IT'S VERY INTERESTING THAT IN THESE ANALYSES WHERE YOU SAY HOW DO WE EXPLAIN WHO ARE THE MOST MISERABLE PEOPLE IN THE COUNTRY, MENTAL HEALTH EXPLAINS MORE OF THE MISERY IN RICH COUNTRIES, ANYWAY, THAN PHYSICAL HEALTH DOES. THERE IS VARIATION IN BOTH. BUT THE VARIATION IN MENTAL HEALTH IS THE BIGGEST SINGLE EXPLANATORY FACTOR. MUCH MORE THAN INCOME, AS I SAID. MORE THAN EMPLOYMENT, WHICH HAS BEEN THE SUBJECT I WORKED ON MOST OF MY LIFE AND IS AN IMPORTANT SUBJECT. BUT THESE ARE VERY SMALL FACTORS COMPARED WITH MENTAL HEALTH. MENTAL HEALTH, AS I MENTIONED, EXPLAINS MORE OF THE MISERY THAN PHYSICAL ILLNESS AND YET HEALTHCARE SYSTEMS HAVE A VERY TINY FRACTION. NO COUNTRY SPENDS EVEN 10% OF ITS HEALTH BUDGET ON MENTAL HEALTH. IT IS A HUGE STRUGGLE TO GET MENTAL HEALTH PROPERLY REGARDED. I WAS VERY PLEASED. I DON'T KNOW WHY PEOPLE CHEERED YOU, DON, BUT I THINK IT

WAS WHEN YOU MENTIONED MENTAL HEALTH. MAYBE THEY WERE JUST CHEERING YOU GENERALLY.

I GIVE AN ILLUSTRATION OF THE DIFFICULTIES OF THIS. RICHIE AND DON AND I WERE AT THE --- MEETING, WORLD ECONOMIC FORUM, LAST YEAR AND I WENT TO A MEETING OF WHAT IS CALLED THE WORKPLACE WELLNESS ALLIANCE. THIS IS 60 OF THE MOST ENLIGHTENED COMPANIES IN THE WORLD CONCERNED WITH HEALTH OF THEIR WORKERS. SO THIS IS A 90-MINUTE MEETING. WE HAD 10 MINUTES ON CARDIOVASCULAR, ANOTHER 10 MINUTES CANCER, 10 MINUTES DIABETES, 10 MINUTES LUNG PROBLEMS AND THE TIME HAD DISAPPEARED. NO MENTION OF MENTAL HEALTH. NO MENTION. ALTHOUGH THESE ARE EMPLOYERS, 40% OF ALL THE SICKNESS ABSENCE THAT THEY SUFFER FROM IS DUE TO MENTAL ILLNESS, NOT PHYSICAL ILLNESS. AND OF COURSE IN THE SOCIETY, 40% OF ALL DISABILITY IS DUE TO MENTAL ILLNESS AND NOT PHYSICAL ILLNESS. BUT WE CANNOT GET IT TAKEN THAT SERIOUSLY AND SO I JUST WANT TO MENTION -- I WOULD JUST LIKE TO MENTION TWO SHOCKING FACTS.

- IF YOU HAVE A PHYSICAL ILLNESS, SAY YOU HAVE DIABETES; AT LEAST 90% OF PEOPLE WILL BE IN TREATMENT.
- IF YOU HAVE A MENTAL ILLNESS LIKE DEPRESSION, OR CHRONIC ANXIETY DISORDER, SOCIAL PHOBIA, POST TRAUMATIC STRESS, ETC., IT WILL ONLY BE 1/3 OF THOSE PEOPLE WHO ARE RECEIVING ANY TREATMENT.

SO IT IS A COMPLETE DISCRIMINATION AGAINST MENTAL ILLNESS IN OUR HEALTHCARE SYSTEMS. EVEN THOUGH WE HAVE GOOD TREATMENTS NOW, GOOD EVIDENCE-BASED TREATMENTS. NOT ONLY DRUG TREATMENT SOMETIMES BUT ALSO INCREASINGLY THE EVIDENCE-BASED PSYCHOLOGICAL TREATMENTS. WELL TRIALED, THOUSANDS OF TRIALS 50% RECOVERY RATES, GOOD EFFECTS ON LIKELIHOOD OF RELAPSE. THESE ARE AVAILABLE TO BE PROVIDED BUT THEY'RE NOT BEING PROVIDED IN THE SCALE AT ALL WHICH IS NEEDED. SO WE DON'T HAVE ENOUGH WELL-TRAINED PSYCHOLOGICAL THERAPISTS AVAILABLE OUT THERE. SO PRIMARY CARE PHYSICIANS HAVE NO ONE TO REFER THEIR PATIENTS TO SO THEY JUST WRITE THE PRESCRIPTION FOR THE DRUG AND MANY PEOPLE DON'T WANT THE DRUG. SO THEY DON'T EVEN GO TO THE PHYSICIAN. BUT THERE IS JUST THIS HUGE DEMAND FOR PSYCHOLOGICAL THERAPY WHICH IS NOT BEING MET. INSURANCE COMPANIES RATION HOW MANY SESSIONS YOU CAN HAVE. THEY WOULD NEVER RATION HOW MANY SESSIONS YOU CAN HAVE FOR PHYSICAL ILLNESS BUT THEN THEY RATION IT FOR MENTAL ILLNESS. SOMEHOW OR OTHER IT IS NOT TAKEN IN THE SAME SERIOUSNESS AS OTHER THINGS. BUT I JUST WANTED TO REPORT ONE GLIMMER OF HOPE FROM MY OWN COUNTRY. WE TOOK YOUR WELL-BEING ARGUMENT THAT WELL-BEING IS THE CRITERIA AND, AS I SAY, THIS IS NOW AN ARGUMENT THAT IS RESPECTABLE IN BRITAIN. WE TOOK THIS ARGUMENT. WE ALSO TOOK THE EVIDENCE OF THE HUGE COST OF MENTAL ILLNESS, THE COST TO THE EMPLOYER I MENTIONED. BUT ALSO, OF COURSE, THE COST TO THE GOVERNMENT. THEY HAVE TO PAY ALL THE WELFARE BENEFITS FOR DISABLED PEOPLE.

TOOK THESE TWO ARGUMENTS TO THE GOVERNMENT AND WE SAID WE NEED TO PROVIDE A COMPLETELY NEW SERVICE OF PSYCHOLOGICAL THERAPY BASED ON THESE EVIDENCE-BASED TREATMENTS WHICH ARE CLOSELY RELATED TO THE IDEAS OF MINDFULNESS, AS YOU KNOW. AND THIS WAS AGREED ABOUT FIVE YEARS AGO NOW. WE NOW ARE IN THE FIFTH YEAR OF BUILDING UP A NATIONAL PSYCHOLOGICAL THERAPY SERVICE. WE TREATED LAST YEAR HALF A MILLION PEOPLE IN THE COUNTRY OF 50 MILLION. IT'S NOT SO BAD. WE HAVE A VERY, VERY LONG WAY TO GO. BUT I THINK THAT THIS IS A LITTLE GLIMMER. STILL VERY DIFFICULT TO GET THE PEOPLE INTERESTED IN THE BODY TO ALSO BE INTERESTED IN THE MIND, EVEN THOUGH, OF COURSE, FOR THE PROBABLY MAJORITY OF PEOPLE WITH CHRONIC PHYSICAL CONDITIONS, THERE IS A MENTAL PROBLEM WHICH IS ALSO MAKING THE PHYSICAL CONDITION WORSE. SOMEHOW OR OTHER I WOULD LIKE TO SUGGEST THAT CERTAINLY IN THE RICH COUNTRIES THE MAIN ISSUE FACING HEALTHCARE SYSTEMS

IS HOW TO HAVE AN INFUSION OF PSYCHOLOGICAL TREATMENT AND PSYCHOLOGICAL AWARENESS AND APPROPRIATE PSYCHOLOGICAL ASPECTS CONSIDERED NOT JUST BY THE MENTAL HEALTH SPECIALIST BUT ALSO BY THE PHYSICAL SPECIALISTS. I THINK IT IS A VERY BIG BATTLE. AND WE FIND EVERY TIME THERE IS ANY EXCUSE FOR PUSHING IT UNDER THIS CARPET OR SOME OTHER CARPET THAT'S WHERE IT GOES. ANY SHORTAGE OF MONEY, CUT. PSYCHOLOGICAL THERAPY. WELL IT'S EASY TO CUT. WE DON'T CUT HEART SURGERY. WE CUT PSYCHOLOGICAL THERAPY. SO I WOULD LIKE TO SUGGEST THAT SOMEHOW OR OTHER THE REAL CHALLENGE FOR THE HEALTH PROFESSION IS TO RECOGNIZE THAT MENTAL ILLNESS IS THE BIGGEST CAUSE OF MISERY AND PLEASE TREAT IT EQUALLY AND SURELY THE SIMPLEST PRINCIPLE IS THAT CERTAINLY THE TREATMENT FOR MENTAL ILLNESS SHOULD BE AS AVAILABLE AS THE TREATMENT FOR PHYSICAL ILLNESS.

[APPLAUSE]

Lord Richard Layard Continued: I WANTED TO ASK YOUR HOLINESS, HOW DO YOU INTERPRET THIS GREAT DIFFICULTY WE HAVE IN MAKING PEOPLE THINK THAT ILLNESS OF THE MIND IS AS SERIOUS AS ILLNESS OF THE BODY? WHY IS IT SO DIFFICULT TO MAKE PEOPLE ACCEPT IT?

His Holiness the Dalai Lama: I THINK THEIR KNOWLEDGE, CONCEPT ABOUT MIND IS I THINK --

Jinpa: PART OF THE PROBLEM PROBABLY HAS TO DO WITH PEOPLE HAVE A VERY SIMPLISTIC VIEW OF WHAT MIND IS.

His Holiness the Dalai Lama: SO YOU ALREADY HAVE SOME SORT OF CULTURE OR CUSTOM -- SO ACTUALLY, THE BRAIN IS VERY SOPHISTICATED AND COMPLEX.

Jinpa: VERY COMPLEX

His Holiness the Dalai Lama: AND EQUALLY MIND, EMOTION, ALSO VERY VERY SOPHISTICATED,

Jinpa: VERY COMPLEX.

His Holiness the Dalai Lama: SO I THINK THE VERY CONCEPT THAT THERE IS SOME PROBLEM AT THE MENTAL LEVEL THAT CAN TREAT THROUGH DEALING WITH BRAIN. I THINK THAT MAY BE THE FUNDAMENTAL THOUGHT --.

Jinpa: SO MAYBE THERE IS SOMETHING LACKING IN THE FUNDAMENTAL STANCE WITH THE RELATION TO MENTAL ISSUES BECAUSE YOU ASSUME THAT BY SIMPLY FIXING IT AT THE PHYSICAL LEVEL, THINGS CAN GET FIXED.

His Holiness the Dalai Lama: SO THAT I THINK THAT IS WITH CULTURE. I THINK FURTHERMORE, PERHAPS THE JUDEO-CHRISTIAN RELIGIOUS TRADITION THE EMPHASIS ON FAITH. NOT MY SORT OF TALKING, NOT DISCUSSION ABOUT HOW TO TRAIN OUR MIND. WITH FULLER PICTURE OF WORLD OF EMOTION, WORLD OF MIND. WHEREAS I THINK INDIA, THOSE TRADITION WHICH INCLUDE PRACTICE OF SINGLE POINTED MIND AND--

Jinpa: CULTIVATION OF INSIGHT.

His Holiness the Dalai Lama: BOTH NOT SIMPLY PRAYER OR FAITH BUT SOME KIND OF TRAINING OUR MIND. SO IN ORDER TO CARRY THIS TRAINING, YOU HAVE TO HAVE SUFFICIENT KNOWLEDGE, SOME UNDERSTANDING ABOUT THE MIND ITSELF OR EMOTIONS. AS I MENTIONED BEFORE, I THINK THE TOPIC, THE EXPLANATION ABOUT THIS EMOTIONS OF MIND, I THINK SHOULD TREAT AS A SEPARATE CATEGORY, NOT LINKED WITH RELIGIOUS TRADITION OR FAITH. SO THEN, YOU KNOW, THESE DAYS I DESCRIBE -- I EXPRESS WE TAKE THE PHYSICAL HEALTH SERIOUSLY. SO HYGIENE OF PHYSICAL IT IS SOMETHING COMMON. ALSO WE EDUCATE THIS. THEN SIMILARLY, WE SHOULD HAVE HYGIENE OF EMOTION. SO IN ORDER TO CARRY THAT, WE SHOULD HAVE MORE OF, A WIDER KNOWLEDGE ABOUT THE WORLD OF EMOTION. THE WORLD OF MIND. SO I THINK --

[APPLAUSE]

His Holiness the Dalai Lama Continued: I THINK THROUGH EDUCATION. NOW AGAIN I MAY REPEAT, IN ORDER TO CARRY SECULAR ETHICS.... NOW I WOULD LIKE TO ASK YOU (addresses **Lord Richard Layard**), I THINK ACCORDING TO THE OXFORD DICTIONARY, IS SECULAR REALLY SOME MEANING OF NEGATIVE TOWARD RELIGION OR NOT?

Jinpa: THE WORD SECULAR

Lord Richard Layard: I WOULDN'T SAY IT'S ANTI-RELIGIOUS BUT IT'S A-RELIGIOUS, NON-RELIGIOUS IS WHAT SECULAR MEANS.

His Holiness the Dalai Lama: ATHEISM IT IS SOMETHING DIFFERENT, IT IS? ATHEISM SOME SORT OF MEANING OF ANTI-GOD OR SOMETHING? IT ISN'T. ATHEISM. BUT SECULAR –

Daniel Goleman: SECULAR DOESN'T MEAN ATHEIST.

His Holiness the Dalai Lama: ATHEISM AND SECULARISM ARE TWO DIFFERENT THINGS. SO, MY FRIEND, SOME CHRISTIAN, SOME MUSLIM, SAY THEY HAVE SOME RESERVATION WITH THE WORD OF SECULAR

Jinpa: IN THE CONTEXT OF SECULAR ETHICS.

His Holiness the Dalai Lama: BUT IN INDIA, THE INDIAN COUNTRY ITSELF IS BASED ON SECULAR PRINCIPLE. SO INDIA, WHOLE NATION, VERY MUCH RELIGIOUS-MINDED NATION. SO THE SECULAR, NOT AT ALL THIS IS SOME KIND OF NEGATIVE TOWARDS RELIGION BUT RATHER RESPECT ALL RELIGIONS AND ALSO EQUARING SOME OF MY INDIAN FRIENDS THEY EXPLAIN THAT SECULAR ALSO MEANS RESPECT FOR NON-BELIEVER. SO I OFTEN TELLING OR USE THIS WORD SECULAR. SO THE SECULAR EDUCATION, SOME SORT OF EDUCATION ABOUT MORAL PRINCIPLES WITH FURTHER SORT OF DETAILING, EXPLANATION ABOUT MIND AND EMOTION. THIS SHOULD CONSIDER AS AN ACADEMIC SUBJECT AND THE SECULAR APPROACH WHETHER BELIEVER OR NON-BELIEVER IT SHOULD BE UNIVERSAL.

SO SECULARLY TO APPROACH, PROMOTE SECULAR ETHICS NOT BASED ON RELIGIOUS FAITH. EVEN I THINK FRANKLY SPEAKING EVEN AMONG RELIGIOUS PEOPLE THERE ARE CORRUPTIONS. SOMETIMES I AM FRANKLY TELLING, SOMETIMES RELIGION TEACH US THE PRACTICE OF HYPOCRISY, OF SAYING NICE THING BUT DOING SOMETHING DIFFERENT, NOT VERY SERIOUS. SO THIS I THINK LACK OF FUNDAMENTAL CONVICTION OF MORAL PRINCIPLE, OF SECULAR PRINCIPLE. THROUGH EDUCATION. IF WE HAVE SOME SORT OF WAY TO EDUCATE PEOPLE IN THE IMPORTANCE OF SECULAR ETHICS, THEN ON TOP OF THAT, ETHICS BASED ON RELIGIOUS FAITH, THEN BECOME VERY HEALTHY. BUT NO MATTER WHAT RELIGION, ONE RELIGION IS SORT OF MARVELOUS, IMPORTANT, BUT NEVER BE UNIVERSAL. SO ONLY SECULAR ETHICS, THROUGH SECULAR WAY OF APPROACH. THAT CAN BE UNIVERSAL. SO NOW MY POINT IS SO THIS JUST USE SECULAR.....

Jinpa: HIS HOLINESS IS ASKING FROM YOUR POINT OF VIEW GIVEN YOUR BACKGROUND AS A BRITISH, THE WORD -- THE WAY IN WHICH HIS HOLINESS IS USING THE WORD SECULAR IN THE CONTEXT OF THIS UNIVERSAL INCLUSIVE UNDERSTANDING OF ETHICS. IS SECULAR ETHIC OKAY?

Lord Richard Layard: YES. I WOULD SAY THAT WHAT I THINK I LEARNED FROM YOU WAS THAT THERE ARE BASICALLY TWO FACTS WHICH WE NEED TO BRING TOGETHER. ONE, EVERY HUMAN BEING WOULD LIKE TO BE HAPPY. AND TWO, EVERY -- EACH HUMAN BEING IS EQUALLY IMPORTANT. AND IF WE CAN GET EVERYBODY TO ACCEPT THE SECOND OF THESE, THAT EVERY HUMAN BEING IS EQUALLY IMPORTANT THEN WE CAN HAVE AN ETHIC THAT SAYS WE SHOULD TRY TO CREATE AS MUCH HAPPINESS IN THE WORLD AS WE CAN AND WE'VE GOT TO THAT POINT WITHOUT MENTIONING THE DEITY. SO THAT IS, I THINK THE ESSENTIAL OF THE SECULAR MORALITY THAT WE DERIVE IT FROM

THESE TWO BASIC HUMAN PRINCIPLES AND IF WE CAN INTERNALIZE THAT STRONGLY ENOUGH IN PEOPLE, THEN WE CAN HAVE A GOOD SOCIETY EVEN IF NOT EVERYBODY IS BELIEVING THAT GOD IS INSTRUCTING THEM TO DO THESE THINGS. BUT IF SECULAR PEOPLE ARE ALSO BELIEVE THAT GOD IS INSTRUCTING THEM TO DO IT, THAT IS ALSO VERY GOOD, OF COURSE. IF IT MAKES THEM DO IT.

[APPLAUSE]

His Holiness the Dalai Lama: NOW I HAVE SOME CONFIRMATION THE WORD SECULAR DOES NOT MEAN SOMETHING NEGATIVE TOWARDS RELIGION. CONFIRMED FROM ONE EXPERIENCED ENGLISH - OLD ENGLISH PERSON WHO HAS SUPPOSED AUTHORITY ABOUT THE ENGLISH LANGUAGE.

[LAUGHTER]

His Holiness the Dalai Lama: THANK YOU. THANK YOU.

Daniel Goleman: YOUR HOLINESS I HAVE A FOLLOW-UP QUESTION, THOUGH. YOU ARE SAYING THAT IF CHILDREN WERE TAUGHT AN ETHICAL SENSE EARLY ON IT WOULD HELP MUCH. BUT RICHARD AND OTHERS HAVE BEEN TALKING ABOUT A KIND OF DISTRESS THAT GOES BEYOND PERHAPS WHAT AN ETHICAL SENSE CAN FIX. BECAUSE MENTAL ILLNESS IS A DESTRUCTIVE EMOTION WHAT DOESN'T STOP. PEOPLE WHO ARE DEPRESSED, WHO ARE VERY VERY FEARFUL OR A DISTORTED PERCEPTION. AND I'M WONDERING ABOUT THE POTENTIAL ROLE OF, OUTSIDE THE DELIVERY SYSTEMS OF SAY HOSPITALS AND SO ON, OF THE KIND OF WORK THAT RICHIE IS DOING ON MIND TRAINING AS YOU URGED HIM TO DO SOME YEARS AGO. TAKING TECHNIQUES OUTSIDE THE RELIGIOUS CONTEXT IN A SECULAR WAY, VERIFYING THEM, AND SPREADING THEM WIDE. DO YOU SEE THAT PERHAPS PEOPLE CAN ALSO, IN ADDITION TO WHATEVER ELSE HELP THEY GET, COULD DO SOMETHING FOR THEMSELVES WITH THIS KIND OF MIND TRAINING?

His Holiness the Dalai Lama: CERTAINLY. I THINK MY SORT OF INTEREST OR MAIN CONCERN IS AS A PREVENTIVE MEASURE FROM KINDERGARTEN. YOU SEE. SOME KNOWLEDGE ABOUT OUR EMOTION AND SOME KNOWLEDGE HOW TO DEAL WITH THIS EMOTION. THROUGH EDUCATION. THEN THAT'S I THINK IS THE BEST WAY, PREVENTIVE MEASURE. ONCE SOMEONE SEES THE SERIOUSNESS OF DISTURBED THEIR MIND, THEN I THINK –

Jinpa: IN THOSE SITUATIONS OF COURSE THEN WE HAVE TO USE THE INTERVENTIONS THAT WE'RE TALKING ABOUT. PART OF THE DELIVERY SYSTEM BUT ALSO FROM OUTSIDE.

His Holiness the Dalai Lama: SO OBVIOUSLY EVEN THOSE HEALTHY MIND, THEY CREATE A LOT OF PROBLEM FOR OTHER. SO THAT PERSONAL HIMSELF OR HERSELF, NOT SOMETHING ON AN ORDINARY LEVEL, NOT DISTURB THEIR MIND, DESTRUCTIVE MIND, DISTURBED MIND. VERY HEALTHY MIND. SO THEREFORE THEY PLAN VERY CAREFULLY HOW TO HARM OTHER, MAXIMUM WAY. SO THEIR MIND VERY HEALTHY. SO NOW WE ARE TALKING MORE SENSE OF CONCERN OF OTHER'S WELL-BEING IS THE BEST WAY TO GET YOUR OWN PHYSICAL HEALTH. AND FEARS, DISTRUST, HATRED, ANGER, AUTOMATICALLY REDUCE BECAUSE YOU RESPECT THEM, YOU LOVE THEM, YOU ACTUALLY VOLUNTARILY TAKE SENSE OF CARE OR SENSE OF WELL-BEING OF THEM. THEREFORE, THESE HARMFUL EMOTION I THINK GENERALLY WILL NOT COME. EVEN IF YOU SEE THEY DEVELOP THEY WILL BE QUITE WEAK. NOT VERY INTENSE. SO THEN IF WE TEACH PEOPLE THAT COMPASSION IS SOMETHING VERY IMPORTANT, IT IS SOMETHING HOLY. THEN THOSE PEOPLE NOT MUCH INTERESTED ABOUT RELIGION, THEN THEY DON'T CARE. BUT THEN IF WE EDUCATE PEOPLE THE MORE WARM HEARTEDNESS, MORE SENSE OF CONCERN OF OTHER'S WELL-BEING IS THE BEST WAY TO ACHIEVE YOUR OWN PEACE OF MIND. THROUGH THAT WAY YOU GET MORE HEALTHY PHYSICAL, AND HAPPIER FAMILY, 1 FAMILY, 10 FAMILY, 100 FAMILY, 1000 FAMILY, THAT IS SOCIETY. SO HEALTHY SOCIETY WILL COME THROUGH THAT WAY. SO NOT TALKING ABOUT GOD, NOT TALKING

ABOUT BUDDHA. THIS IS PRIVATE BUSINESS, ISN'T IT? WE ARE TALKING HUMANITY. SEVEN BILLION HUMAN BEINGS. SO I THINK REALLY WHEN THIS SUBJECT IS DISCUSSED WITH GENERATION WHO BELONGS TO 20TH CENTURY, THEN THIS IS TRULY COMPASSIONATE. OUR OWN INTEREST NOT INVOLVED. WE ARE TALKING OR CONCERNED ABOUT COMING GENERATION, ISN'T IT? SO WE ARE NOT SELFISH.

SO THAT IS WHY IN ORDER TO REACH SEVEN BILLION HUMAN BEINGS THROUGH EDUCATION, SO THERE IS NO OTHER BUT TO ACCEPT SECULAR WAY. SO IF SECULAR IS SOMETHING NEGATIVE TOWARD RELIGION, THEN VERY DIFFICULT. BUT NOW YOUR CONFIRMATION I REALLY THOUSAND TIMES THANKS. SO THIS IS NOW VERY GOOD. SECULAR NOT AT ALL IS THERE SOMETHING NEGATIVE TOWARD RELIGION. ACTUALLY SUPPORTING ALL MAJOR RELIGIOUS TRADITIONS WHICH TALKING ABOUT PRACTICE OF COMPASSION, FORGIVENESS, TOLERANCE. THE SECULAR ETHICS IS THE BASIS OF THESE RELIGIOUS ETHICS. SO THEREFORE,.. THEN STILL INDIVIDUAL REMAIN NON BELIEVER OK WITH CERTAIN CONVICTION OF SECULAR ETHICS THEN THEIR WHOLE LIFE BECOMING MORE POSITIVE AND AS A RESULT, THEY THEMSELVES MUCH HAPPIER. THEN THESE MENTAL DISEASES I THINK, OUT OF SORT OF LONELINESS, OUT OF FEAR, OUT OF TOO MUCH SADNESS. THIS STRESS WILL REDUCE.

Jinpa: SO HIS HOLINESS IS ASKING YOU, LORD LAYARD, WITH ALL OF THIS DO YOU THINK HIS HOLINESS IS QUALIFIED ENOUGH TO BE YOUR MEMBER?

Lord Richard Layard: DEFINITELY. BUT WE WILL REPORT BACK TO ALL THE OTHER MEMBERS WHAT YOU SAID.

[LAUGHTER]

His Holiness the Dalai Lama: THANK YOU.

Daniel Goleman: I THINK WE'VE REACHED ON A WONDERFUL NOTE THE END OF OUR SESSION FOR THE MORNING. I WANT TO THANK EACH ONE OF THE PANELISTS AND I WANT TO THANK YOU, YOUR HOLINESS, FOR YOUR WISDOM.

His Holiness the Dalai Lama: [PRESENTING A SCARF] FIRST, YOUR LADY -- [APPLAUSE]

Jonathan Patz: THANK YOU VERY MUCH.

His Holiness the Dalai Lama: THANK YOU. [APPLAUSE]

His Holiness the Dalai Lama: THANK YOU.

[APPLAUSE]

His Holiness the Dalai Lama: THANK YOU.

[APPLAUSE]

His Holiness the Dalai Lama: THANK YOU.

[APPLAUSE]

Lord Richard Layard: THANK YOU SO MUCH.

His Holiness the Dalai Lama: SPECIAL THANKS.

[APPLAUSE]

His Holiness the Dalai Lama: THANK YOU.

[APPLAUSE]

His Holiness the Dalai Lama: WHICH WAY? [APPLAUSE]