ApA

Your Name (First M. Last)

School or Institution Name (University at Place or Town, State)

.

**Message**

“Compassion and individual”

URL link of the selected message:

<https://www.dalailama.com/messages/compassion-and-human-values/compassion>

**Introduction**

In the selected message, the spiritual leader of Tibetan Buddhists is giving a message about happiness that a person should stay happy as it is the main purpose for which human is created. He also emphasizes on the point that everyone in this world wants happiness and no one wanted to have sufferings in life. He mentions that both happiness and suffering could be categorized into two categories i.e. psychological and physical.

**Discussion**

By taking a look at Dalai's message that has been selected, it could be seen that he is explaining the purpose of life that is quite close to the Buddhist's purpose of life. By having an in-depth analysis of Buddhism, it becomes quite clear that according to it, one of the primary purposes of life is to end all the sufferings. According to Buddha, the main cause of human sufferings is his continuously strive, for things that would never give him everlasting happiness. It could be seen that throughout the life, a person just wanted to hold his family, materialistic things, health, youth, and friends but at the end he comes to know that he failed in holding any of these things and this failure of holding his beloved people and things causes great sorrow. Buddhism never denies the fact that there are many things in this world that makes an individual happy but he considers them ever lasting. He believes that these things would stay forever, and our attachment to these things makes us suffer from sorrow. Buddhism not only points towards the purpose of life but also gives us solutions as well for staying happy. Buddhism teaches all the humans a solution and this solution is, humans should consider this fact that worldly things after which they are running after, are actually impermanent so, they should get themselves free from such things by avoiding any attachment. The path that goes towards happiness starts with understanding and recognizing cause of sufferings. Happiness could be found best in love and compassion as love is the only thing that all humans cherish the most.

Dalai claims that happiness could be achieved by making our inner selves satisfy. Inner satisfaction could be achieved through love and compassion. A man should not attach himself to temporary things like family, friends and other appealing things but he should keep this thing in mind that sufferings are of two kinds, physical and mental. In both kinds of suffering, a man needs love and care of closed ones. This fact cannot be denied that happiness could be achieved only after ending the sufferings so by avoiding any attachment with these temporary entities, man should spread love and take care of others. When one is going to take care of others only then others are going to take care of him. Buddhism also teaches that when one becomes more concerned about the well-being and happiness of others without being attached then he would feel satisfied. Inner satisfaction is essential for happiness. Both Dalai and Buddhism claim that mental peace could be achieved by having warm feelings of love and compassion for others.

According to Buddhism, mental suffering is one of the main causes that make people unhappiness, so mental suffering should be eliminated first that would be possible only after getting mental peace. By analyzing purpose of life, it could be said that the concept of happiness that has been given by Buddhism should be applied in modern life, so that sufferings of people could be minimized. Happiness should be spread in the world as it could be seen that one of the most evident problems at present is the lack of mental peace that could be achieved easily by following the teachings of Buddhism. Living a life that could not comfort others could be said a purposeless life. There is a need for man to think about the fact; things being considered permanent is a false conception as nothing in this world is going to stay forever. Even human that is the favorite creation of Creator is temporary, so despite wasting life in sorrows one must find happiness as it is the sole purpose of life and man is being sent to the earth for having a contented and happy life.

**Conclusion**

The reason for selecting this message is that this message could be easily applied in the present situation. This message gives a passion to love others, so as a whole, it could be seen that if every individual is going to take this message seriously and would act upon it, most of the world's issues would be resolved. Dalai is torching a light of the purpose for which man has been sent to this world so this message is of extreme importance.

References

#### The Office of His Holiness The Dalai Lama | The 14th Dalai Lama. (2019). The 14th Dalai Lama. Retrieved 6 April 2019, from <https://www.dalailama.com/messages>