

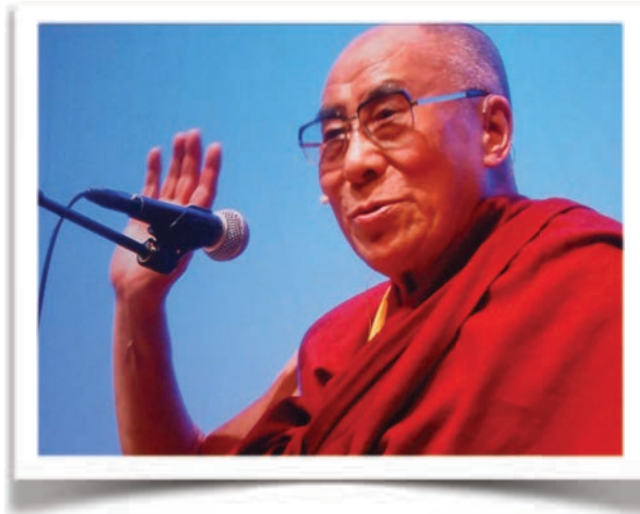
P O R T L A N D O R E G O N

CONFERENCE NOTES AND PHOTOS



His Holiness the Dalai Lama Environmental Summit

PORTLAND MAY 9-11, 2013 HOSTED BY MAITRIPA COLLEGE



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May 2013

His Holiness the Dalai Lama Environmental Summit

May 9-11, 2013, Portland, Oregon

MAY 9th, 2013

Maitripa College and the University of Portland

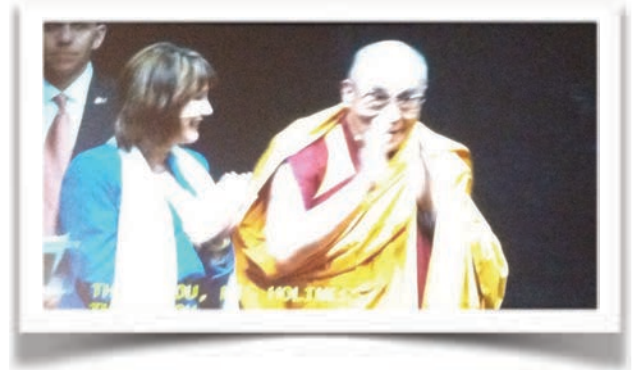
Introductions:

Oregon Speaker of the House, Tina Kotek (<http://www.leg.state.or.us/kotek/>) offers greetings.

9:30-11:30 AM – An Interfaith Event “Spirituality and the Environment”

His Holiness the Dalai Lama (HHDL) Begins

- I. Faith and reason go together
 - a. The main message is love and compassion.
 - b. Purpose of faith is to develop love and compassion.
 - c. We get beyond the concept of “we” and “they.”
 - d. We need a different philosophy to strengthen the message of love and compassion.
 - e. Different approaches to faith are very necessary.
 - f. Humans should come together to share our common responsibility to cultivate compassion and forgiveness for humanity.
- II. Most often faith only exists in temples, not outside
 - a. Out in the world people use violence and cheating.
 - b. Often religion is practiced with hypocrisy.
 - c. Once people accept a religion they should be serious about it.
 - i. They should practice it sincerely and then from time to time meet together.
 - ii. They should walk their talk and in this way by showing their practice in the eyes of the public, that is, be a model of their compassion and beliefs.
- III. Promoting religious harmony
 - a. Genuine harmony is built on the basis of respect.
 - b. We need to respect and protect the whole planet.
 - c. Religious believers must take more seriously the concern about ecology.
 - d. Religious people have an urgent responsibility.



Rev. E. William Beauchamp, University of Portland

- I. Christian teachings on "right relationship"...see the book of Genesis
 - a. God's work must be their own.
 - b. St. Francis advocated distributive justice.
 - c. John Paul II acknowledged the ecological crisis and stewardship of the earth in solidarity of the poor.
- II. All things are signs of God
 - a. Consistent respect of life for all life.
 - b. Christian practice emphasizes care for the poor.
 - c. Care for the Earth.
 - d. We need to raise awareness of the faithful.
- III. Gap between awareness and action, education is the bridge
 - a. Right relationship with creation and creator.



Grandmother Agnes Baker Pilgrim, Takelma Indian Elder, Confederated Tribes of Siletz

<http://www.agnesbakerpilgrim.org/>

- I. We must work tirelessly to prevent spiritual blindness
 - a. Water is our first medicine!
 - b. Yesterday is history, tomorrow a mystery.
 - c. We are all connected.
 - d. Women have the invisible umbilical cord to the earth because we are the givers of life.
 - e. Rulers should stop ruling us with fear force.
 - f. We must save the planet for our children.

HHDL

- I. I'm a monk, I do not have children, but we must take environment concerns very seriously
 - a. There are many factors, but we have responsibility to change what we can.
 - b. This planet is our only home.
 - c. Human population...will reach 10 billion.
- II. There is an enormous gap between rich and poor
 - a. This doesn't mean we make the rich poor.
 - b. We must reduce the gap...we must uplift the poor.
 - c. We must improve the living standard of the southern world...raise that standard...but if we attempt to create the living standard of the North, we will deplete our resources.
 - d. We have to think long term...taking care of the environment should be a part of daily life...we need to show others and the Earth care on a daily basis.

Rev. E. William Beauchamp, University of Portland

- I. Education is key
 - a. On our campus there is no sale of bottled water.
 - b. The poor are the most affected by our environment.

HHDL

- I. There is an intersection of science and faith
 - a. Reason and faith must combine.
 - b. Reason is to analyze...investigation is designed to seek reality.
 - c. What benefit would the practice of compassion have without reason...we must analyze.
- II. Compassion
 - a. When we develop compassion there is no room for greed.
 - b. Trust is the basis of friendship.
 - i. Artificial friendship...can be bought with power.
 - ii. Real friendship...trust develops in transparency.
- III. Our obstacles are extreme self-centered attitude
 - a. People who are often telling lie are more stressed...(research).
 - b. More self-confidence, less inner stress.
 - c. Firm conviction that practice of love is benefit to myself.
 - d. What's the benefit spiritual practice?
 - i. We have to analyze for ourselves, based on experience.
 - ii. The no longer is a Buddha, therefore I must analyze this myself.



Imam Muhammad A. Najieb of the Muslim Community of Oregon

- I. We are caught in a race for what is left
 - a. Human population growth.
 - b. Our resources are already strained by reckless mismanagement and extravagant lifestyles.
- II. Imam: One of the oldest Islamic centers in the Northwest
 - a. We can't speak about spirituality and the environment without dialogue!
 - b. We need to address mass consumption.
 - c. We need to understand the Ecology of War and Peace.
 - d. We need equal systems, interdependent metrics...a radical change in mentality.
 - e. Our ecosystem requires us to dialogue and act as guardians.
 - f. Authority means responsibility...we dialogue spiritually with our environment!

Rabbi Michael Z. Cahana of Congregation Beth Israel

- I. Spirituality and Religion should be a powerful source for good
 - a. Honor, respect, humility...not part of the animal.
 - b. We are created in God's image.
 - c. Unification comes from one single emotion: gratitude.
 - d. We are part, *not apart* from the environment.
 - e. Relatedness and humility.

- II. Too much of today's logic is "What can it do for us?" "What can I get?"
 - a. All things have a purpose.
 - b. Humility...The story of man in genesis...even the tiniest flea was created before human.
 - c. Responsibility implies ability!!!
 - d. If we humans corrupt it, there is no one to repair it.

HHDL

- I. Tibet is called the roof of the world
 - a. The lifestyle in Tibet is simple...My childhood involved gardening and flowers.
 - b. In Tibet you could drink the water...India couldn't drink the water...polluted.
 - c. I gradually developed a keen interest in environmental issues...the media should make this clear.
 - d. A Chinese ecologist suggests that global warming on the Tibetan plateau...has a similar effect as at the South Pole and North Pole...the Tibetan plateau is a 3rd pole.
 - e. It is important to know the delicate situation with regard to ecology!!!
 - f. I'm committed to ecology, but I never thought I would study ecology.



Grandmother Agnes Baker Pilgrim

- I. Wise quotes
 - a. I don't have to go to church to study hell because I've been there.
 - b. Your cheapest medicine is laughter.
 - c. Your best first medicine is water...Thank it...Dr. Moto said water can hear...talk to the water.
 - d. When a tree breathes, I breathe.
 - e. Every step counts...life is hope...walk your prayer...I don't care what your belief.

Rev. E. William Beauchamp, University of Portland

- I. The more we can have dialogue lead to action
 - a. We have to stop what we have been doing to each other in the name of religion.

Grandmother Agnes Baker Pilgrim

We are all in this leaky canoe together.

Rabbi Michael Z. Cahana

What do I learn from dialogue...authentic voice and we learn from each other.

HHDL

- I. I don't know...not harm each other in the name of religion

- a. Reason tells us we should not harm each other.
- b. Whether you like it or not, there are different traditions..2,000 years.
- c. This is a multi-religious planet. This is a fact.
- d. If you harm others, it is not a benefit.
- e. We live side by side...that is reality.
- f. We need to live harmoniously.



II. Then how?

- a. Closer contact allows us to learn from each other.
- b. Ultimately you develop some type of admiration and appreciation for how much contribution has been made by those other religious traditions.
- c. Argentina many years ago
 - i. We have some religious leaders and a scientist...a Chilean scientists...I can't remember his name.
 - ii. He mentioned...quantum physics...he said scientists should not develop attachment to their own field.
- d. I'm a Buddhist...I have faith in Buddhism because it benefits me
 - i. I gain inner tranquility...I'm not attached to Buddhism.
 - ii. Once you develop attachment your mental attitude becomes biased...once you become biased, you cannot see the goodness of others.
 - iii. Our mind should be unbiased.

III. Our main failure is economy and politics, but these use religion

- a. Fundamentalism...looks at others as something wrong...too much attachment towards one's own faith.
- b. Community involves several truths, several religions.
- c. Individuals can have one truth, one religion.
- d. What is the use of converting others?...It is impossible!!
- e. It is much better to have difference.
- f. It is much safer to keep your own religion...you can learn from other traditions.

IV. I've learned from other traditions

- a. Native American, so far not much, but one thing I admire is the Native American tradition of respect for nature.
- b. We believe we can control nature...in this room [the Coliseum meeting space] we can control nature.
- c. Outside of this space, nature is stronger.
- d. Respect nature...take the middle path...being extremist is not good.

V. All religions have the same potential

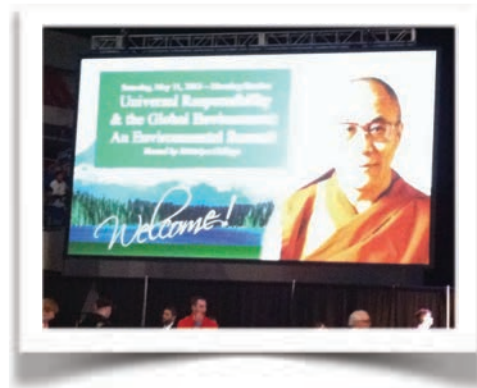
- a. All 7 billion people of this planet will never have the same religion. This is fact! This is reality!
- b. We are all chosen people.
- c. Of the 7 billion, 1 billion people are nonbelievers...we have no other choice but to live harmoniously.
- d. There is no other choice!

MAY 11th, 2013: Memorial Coliseum
Portland, Oregon

9:30-11:30 AM – “Universal Responsibility and the Global Environment”

Slide show by: Jerry Ellis Photographer

Oregon U.S. Senator Jeff Merkley (<http://www.merkley.senate.gov/>) greetings to all.



I. Opening Comments

- a. Two days ago, for the first time in the history of our planet, for first time in the history of humanity, we reached the carbon mark of 400 parts per million in the atmosphere, May 9th 2013.
- b. Urgency of our environmental efforts.

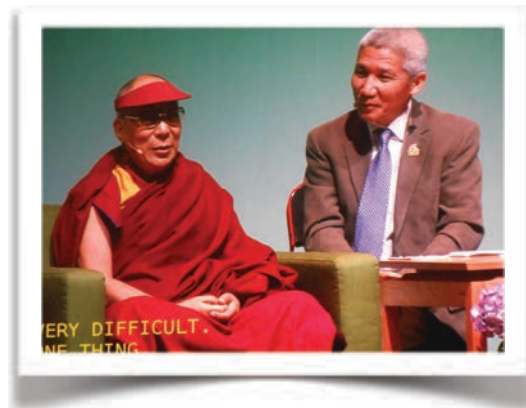
II. Introduction of Panel

- a. David Suzuki – Environmentalist (<http://www.davidsuzuki.org/>)
- b. Andrea Durbin - Oregon Environmental Council (<http://www.oeonline.org/>)
- c. Governor John Kitzhaber – Oregon State Governor (<http://www.oregon.gov/Gov/Pages/about.aspx>)
- d. His Holiness the Dalai Lama (HHDL)

His Holiness the Dalai Lama (HHDL) Begins

I. Meeting with a specialist on the environment

- a. Today we need to learn to take care of OUR own home.
- b. The whole universe is moving, our galaxy is moving...there will be a crash.
 - i. After a few billion years there will be a crash...then there will be no need to be concerned.
- c. Emission of carbon dioxide, we have a responsibility, e.g., deforestation, we have to consult with scientists very carefully.
- d. Our own behavior makes a difference...It is our own home.
- e. No other place to escape.
- f. There is no hope to settle on the moon...this is our only home. We have to take care.



II. Population increase

- a. At the end of the century the global population will reach 10 billion.
- b. We have to address the gap between rich and poor.
 - i. One time when I visited Washington, DC, I could see this terrible gap...I could see this most powerful and rich capitol, yet there were many, many poor people.

- c. We have to think how to reduce the gap.
- d. It doesn't mean the richer people should be poor!
- e. We must lift up the poor.
- f. Think seriously about the future of humanity...Sometimes we forget long-term interest in favor of short-term greed and impatience.
- g. We have to develop new way of life.

David Suzuki, Environmentalist

- I. Many people are saying we passed too many tipping points
 - a. Book: "Requiem for a Species."
 - b. The Challenge: We act through the lens of the way we see the world.
 - i. We think we are in control.
 - ii. We have removed ourselves from nature.
 - iii. We need to reconnect ourselves to nature.
 - h. For 99% of our existence, we were embedded in nature.
 - i. In the last 10,000 years we became farmers.
 - j. Farmers understand.
 - k. There has been a huge shift from agricultural to the city-cultural, and the highest priority is jobs.
 - l. The Canadian Prime Minister...elevated the economy above what sustains humankind.



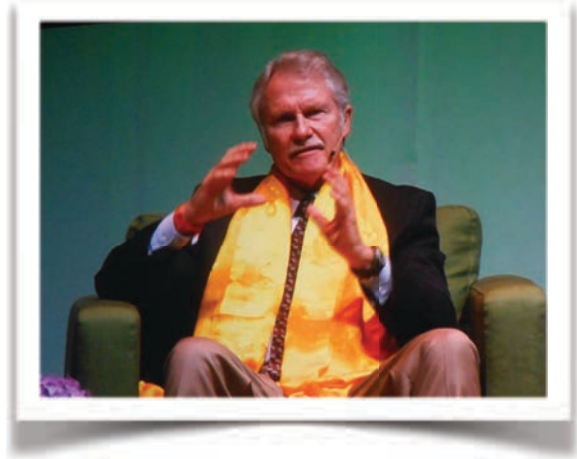
Andrea Durbin, Oregon Environmental Council

- I. What is the single most troubling problem associated with climate change?
 - a. Exposing ourselves to untested, unregulated chemicals.
 - b. We are all participating in a big chemistry experiment...babies are born pre-polluted.
 - c. We have a broken system in the US...regulations have not been updated in years.
 - d. We are out of step with what we need today.
- II. Oregon can step up!
 - a. Bill to require disclosure!
 - b. Oregon can be a leader by passing a bill to require disclosure of chemicals.



Governor Kitzaber

- I. We can achieve hope by reframing the nature of the problem
 - a. I recently returned from a trip to Bhutan...That reminded me that the source of all happiness is nature.
 - b. Right now we live by consuming nature...that is the premise of our economy.
 - c. Our economy based on consumption.
 - i. If we use the donut metaphor...then the center of the donut is the social experience.
 - ii. The economy needs to hold us in the center.
 - iii. But economic practices are shrinking the donut hole.
- II. One of the problems is we measure the wrong things
 - a. We need a new metric!
 - b. What does a beneficial economy look like?
 - i. This is not about being wrong or right [not about taking a rigid stance].
 - ii. For example, it is not about financing medical care; it is about keeping people healthy!



David Suzuki, Environmentalist

- I. David Suzuki jumps in as states: “I fundamentally disagree” with the Governor
 - a. David says we need a new paradigm for the economy.
 - b. Governor Kitzhaber states that he thought that this is what he was saying.
 - c. The moderator suggests that David Suzuki might have misheard the Governor’s comments.
 - d. David Suzuki backtracks and seems to agree that he misunderstood the Governor.
 - e. [Note from Linda: Perhaps this misunderstanding was an example of the problems with the Western intellectual bias for debate? It seemed that Suzuki was ready to launch a debate—a fight—he may have come into this event with his dukes up, ready to fight the politician. It was a great example of how appreciative enquiry would have help Suzuki clarify the Governor’s comments].

HHDL

- I. How should we measure how well a society is doing...very difficult to say
 - a. Agriculture based on farming...naturally more closer to nature...not big profit.
 - b. The profit of big factories are immense...plus these factories are isolated from nature.
 - c. Human beings are part of nature.
 - d. Cities are artificial environments...Living things are much better than artificial things.
 - e. Our ancestors lived their whole lives depending on trees and vegetation.
- II. With regard to money and social development

- a. Perhaps I am socialist...with regard to money.
 - b. As far as social economy is concerned, I'm Marxist.
 - c. Freedom is extremely important, without freedom we would not have human creativity.
 - d. We must develop oneness of humanity!
 - e. We have too much self-centered attitude...one country, one family, one individual.
 - f. We have to cultivate a global view.
 - i. Doing this through laws is difficult, it must be voluntary.
 - g. Education is key factor.
- III. I never pretend I know everything
- a. I consider you and myself, we are the same...ignorance is part of the human mind.



Question from the Moderator: How do we change our relationship to consumption?

Governor Kitzhaber

- I. We have a narrow definition of happiness
 - a. We need to build social capital...perhaps a social dividend for productivity...people get credit for volunteering in the community.

David Suzuki

- I. My parents came through the Great Depression...WWII
 - a. They asked, what do we do in peace time.
 - b. The US President gave the solution: consumption...post war...and it worked.
 - c. 70% of the economy is dependent on consumption.
- II. David said care for his father during his last days of his life changed him
 - a. David's Father said: "I die a rich man."
 - i. Because he talked about family, friends, and that was his wealth.

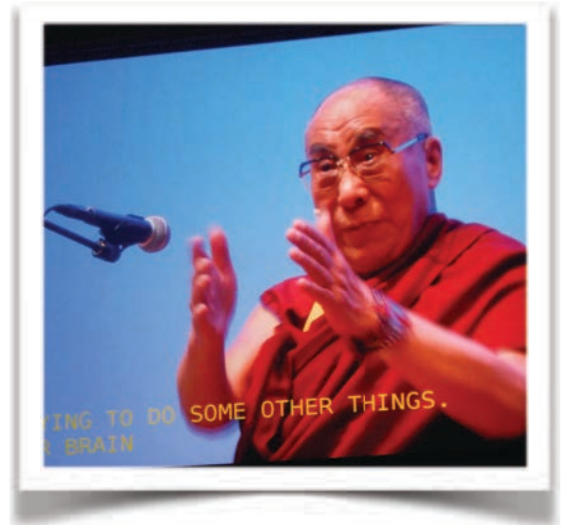
Andrea Durbin

- I. Think globally, act locally
 - a. Choices we make every single day.
 - b. Americans consume 1/3 of the world's resources.
 - c. Millennials are forgoing cars, which is a sign of progress.
 - d. Consuming less will improve our quality of life.

Question from the Moderator: What do we do about population? (From a Buddhist point of view, a human life is very auspicious)

HHDL

- I. We always think of the lifestyle of a developed country
 - a. Cars...Indian and Chinese populations...10 billion cars...problems are coming as a result of the growing number of cars.
 - b. We have to think and carry a certain *contented* lifestyle.
 - c. Inner wealth, human affection, human friendship, these are the most important forms of wealth.
 - d. Without human affection a person develops depression, in the worse case suicide.
 - e. Inner wealth, human affection, and human friendship are the sources of a gentle life.
- II. The Dalai Lama's diamond story
 - a. I often tell people...one diamond is expensive, you can show it to other people, but that diamond will never show you affection.
 - b. Only one small cat or dog, they will lick you...which is affection.
 - c. Sources of joyfulness are within oneself and in friendship.
- III. Yes, human life is very, very precious
 - a. But we have too much precious life.
 - b. We need smaller precious life...happy, peaceful, rather than always busy, distrusting, suspicion, bullying each other.
 - c. What is the meaning of precious?
 - d. Precious life means humans have a special ability to think deeper.
 - e. We human beings have this special sort of mental capacity...we can do more, we can develop inner peace, we can think deeper...otherwise we are like the animals!!



David Suzuki

- I. Humans have interconnectedness
 - a. Too many look at the world in a shattered way.
 - b. Astronauts see the whole world.
 - c. Education is a key to changing.

Andrea Durbin

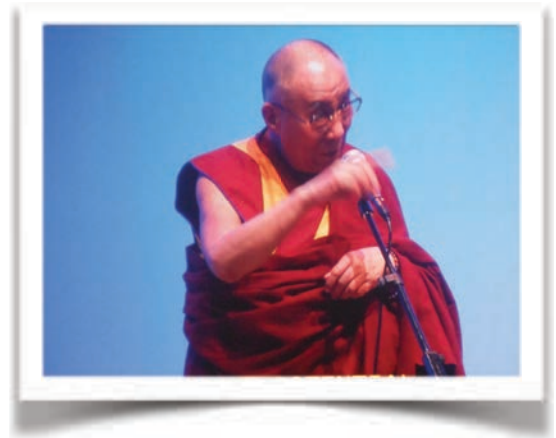
- I. Is environmentalism the wrong word...environmental issues are politicized in our country
 - a. We need to change the way we measure quality of living.
 - b. We also need to look at the social side of the quality of life.
 - i. We need to address social inequalities...in Portland.
 - ii. We need to measure environmental and social outcomes.

Governor Kitzhaber

- I. Carbon price
 - a. How do you get more states and countries put a price on carbon?
 - b. It is a taxing issue [humor].
 - c. If the West Coast of the United States were to move together on it we could make a difference.
 - d. We could create trickle up leadership.

HHDL

- I. What can the secular and other faiths learn from a Buddhist understanding of the environment?
 - a. The founders of religious leadership, most of them founded 2000 years ago...at that time the ecology problem was not there!
 - b. However, ancients very much respected any form of life, they respected nature —Shionin.
 - c. Buddha, born under a tree...instead of living in a Palace...final death under a tree.
 - d. A monk should cultivate, plant trees, should take care.
- II. I believe, one unique concept in Buddhism is interdependence
 - a. We are interconnected...this applies in every field.
 - b. In reality, everything is interdependent.
 - c. If we remain like animals, we would only care about our own families.
 - d. Humans have a reasoning ability and long-term interest in global concerns.
 - e. The whole world is facing a similar problem.
 - f. 7 billion human beings are interconnected...this is the reality.
 - g. We must increase our compassion to include the entire 7 billion people of the earth.
- III. It is necessary for humans to develop a happy future
 - a. Only human beings can do this.
 - b. We can use our minds for long-term thinking...then we truly become human beings.
 - c. Our existing education systems are not adequate.
 - d. Our existing education systems are very much oriented toward material value.
 - e. Confession from the Dalai Lama: I have no modern education but I criticize our modern education...[humor].



Question: How do we approach people who are willfully ignorant or resistant?

Governor Kitzhaber

- I. People will act when they see they will get a direct benefit
 - a. A sense of community is very important.
 - b. Build community, which is the adhesive.
 - c. Our society builds partisans rather than citizens.

David Suzuki

- I. During the 70-80s British Columbia faced forest issues
 - a. To discuss this we convened round tables with stakeholders.
 - b. Each stake holder comes in with their own point of view.
 - c. In these roundtables we begin with a discussion of what we all agree on.
 - d. Begin with a platform of agreement.
- II. What is the absolutely most important thing we need
 - a. We need a breath of air...from birth to death.
 - b. Water...a fundamental need.
 - c. We have to start from that level.

HHDL

- I. Question: How do you get people to embrace new knowledge?
 - a. We should be realistic...at that time it was realistic.
 - b. As a situation changes, human knowledge changes.
 - c. For example, my visualization of the world is round, not flat...in former times the vision of a flat world worked, but now we have better knowledge.

Question: How do you move from words into action?

Andrea Durbin

- I. Education, but it doesn't always help people to change
 - a. Changing social norms.
 - b. Be the first to change those social norms.
 - c. What does it takes to change government.
 - d. Cooperation is what we lack today.



Governor Kitzhaber

- I. Question: What would you recommend?
 - a. If you keep asking the wrong questions, you don't have to worry about the answers.
 - b. We already have a tax on carbon...it is a hidden tax...e.g., health problems, etc.
 - c. We have a set of incentives that insulate people from the problem...we externalize the problems.
 - d. Instead we need full cost accounting...These tools are absolutely essential.

David Suzuki

- I. We need a fundamental paradigm shift and we are facing an urgent challenge
 - a. There shouldn't be a Green Party. The environment shouldn't be a political issue.
 - b. We need to act as one species.

- i. We only see this in the movies in which humankind is attacked by aliens from another planet.
- c. When I was a young scientist all you had to do, was say "I like science" and they threw money at us.
- d. Men create messes and move on...it is global housekeeping - David's wife.
- e. We need to be eco-warriors.



Andrea Durbin

- I. What can we do?
 - a. Political action...campaign finance reform.
 - b. Daily practices...Portland Bubble...biking more...sharing clothes...buy less, trade more.

Governor Kitzhaber

- I. What do you do?
 - a. Two wardrobes [I have one pair of jeans and one pair of slacks]...my partner Sylvia Hayes walks the walk.
 - b. We have to be more specific about what we want to accomplish.
 - c. We must change assumptions in a way that doesn't dislocate thousands along the way.
 - d. We must develop a clear, inspirational destination that connects with creativity.
 - e. You get people to move politically when they can see where they will end up!!!!

HHDL

- I. Education...is not just mere knowledge
 - a. The real purpose of education should develop conviction...based on realistic expectations.
 - b. Buddhism talks about three levels of understanding.
 - i. Truth-hearing...knowledge recorded in your brain...this is not stable knowledge.
 - ii. Based on that information...we analyze...seek information from different forces.
 - iii. Then we engage in analytical meditation...critical thinking...which develops conviction...Then, in order to analyze realistically, you should not be biased...your mind must be very neutral.
 - iv. Experience is the third level in which conviction translates into implementation... Then you truly understand what is based on your own experience.
 - v. I analyze, I carry out an experiment, and determine what is true...which leads to conviction.



MAY 11th, 2013: Memorial Coliseum
Portland, Oregon

1:30 – 3:00 – “Inspiration for the Global Environment: A Public Talk”

Video from the Portland Oregonian Newspaper by Jamie Francis

For the first time in history it is now “us vs. us”!

Greeting for Afternoon Session

Darren Aronofsky, Director of Black Swan

- I. My own awakening
 - a. My awakening...Blue ice in Alaska glacier...as a student...counting seals.
 - b. Every day was filled with awe.
 - c. March 24, 1989...Exxon Valdez...oil spill.
 - d. This launched my lifelong quest on environmentalism.
 - e. I'm here today to be inspired...to learn.
 - f. Welcome to the Dalai Lama.
 - i. The Dalai Lama promoted the connection between faith and science.
 - ii. The Dalai Lama is given a souvenir pin representing the Portland biking community: bikepartisanship!

**Afternoon Moderator:
Oregon U.S. Representative Earl Blumenauer**

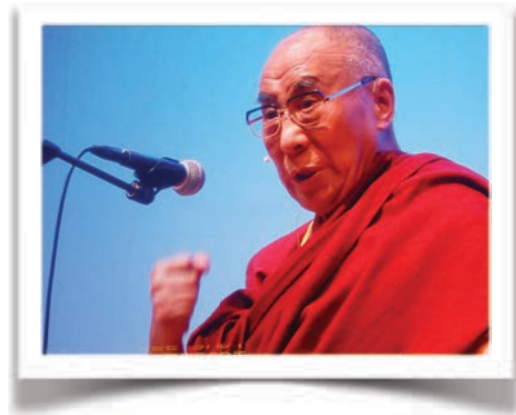
His Holiness the Dalai Lama

Question: What is the Tibetan view of the environment?

- I. Greetings to brothers and sisters
 - a. I'm looking forward to unexpected questions that are helpful to help me think more.
 - b. The human mind needs provoking through interaction.
 - c. My talk this afternoon is mainly about compassion.
- III. Compassion means a genuine sense of concern and loving kindness
 - a. It is the wish for others to be happy! It is so important.
 - b. Therefore, all major religions...the main message is love and compassion.
 - c. Once we develop anger, then the traces of that anger sometimes remain an extra long time.
 - d. Human beings and other mammals...have concerns, this is biological.
 - i. Religions then use different philosophies to extend the biological factors of these qualities to create compassion.



- ii. So all major religious tradition have the same purpose: to produce people of compassion.
 - e. All religions have the same potential.
 - f. Unfortunately, so much of what happens in religion is lip service.
- IV. The subject of compassion is not a religious matter
 - a. We can see that even a nonbeliever can be very dedicated, can be a compassionate person and not necessarily a religious believer.
 - b. Compassion and affection are biological factors.
 - i. Our mothers give us affection.
 - ii. Our mothers even sacrifice their own sleep.
 - iii. We are biologically equipped with a sense of affection.
 - c. For survival affection is very, very important.
- V. When we are young, affection is fresh in us
 - a. Then you grow up, and then you forget.
 - b. With greed, we become more aggressive...then compassion becomes dormant.
 - c. When we are more self-centered...compassion becomes more dormant.
 - d. Affection is biological...it does not originate from religious tradition.
 - e. Karma means action...action and research, action and research.
 - i. From any action that harms others you get consequences.
 - ii. Helping...action helping others.
 - f. External sensorial experiences are like animals.
 - g. What we want is unbiased love!
 - h. Humans can extend biased limited compassion into unbiased unlimited compassion.
 - i. Deep peace of mind, deep citizenship.
 - j. New car story...we buy at new car...then our neighbor buys a newer car...then we aren't happy with our car...then we buy a new car.
- VI. What is the real source of lasting joyfulness
 - a. That kind of difficulties can't be removed by money or power...Anxiety...stress.
 - b. Anxiety and stress can ruin your physical health...ruin your healthy mind.
 - c. We need hygiene of our physical bodies and hygiene of emotions.
- VII. The research is quite convincing...education, receiving training about our minds is important
 - a. We need mind training from kindergarten to the university level.
 - b. The main point which I aim at is not material value, but internal value.
- VIII. Secular Ethics.....secular is not negative
 - a. Secular means respecting all religions.
 - b. Secular means respecting nonbelievers.
 - c. Think more deeply...revolutions against religious institutions.



- d. Nobody can be against a mother's affection, but religious institutions are quite often corrupted.
 - e. The ruling class can be corrupted...The ruling class can be supported by religious institutions.
- IX. I often criticize some Buddhist institutions
- a. Buddhist institutions can sometimes be corrupt.
 - b. We must make a distinction between a corrupt religious institution and religion.
 - c. A saying, "dogs who are always barking often remain lonely."
- X. Those whose family has a compassionate attitude are much happier
- a. The rich and powerful can become distant.
 - b. Cuba's Fidel Castro...Pray to god, bring Fidel to heaven as soon as possible [humor].
 - c. We can conclude that human affection bring friendship.
 - d. A sense of concern for others leaves no room to harm, cheat, or lie to people.
 - i. All negative activities are automatically reduced.
 - ii. The person automatically gains self-confidence and inner strength.
 - iii. Then they can be transparent.
 - iv. That brings trust.
 - v. Trust brings friendship.
 - e. Friends grow through affection.
- XI. Scientific findings show that constant anger, constant fear eats our immune system
- a. Those who received maximum affection when young are much happier and much stronger.
 - b. Those who received less affection, live with insecurity, suspicion, which remains throughout their whole lives.
 - c. Dalai Lama's mother worked in the fields, carrying him on her shoulders.

Question: How do we assist his holiness and people of Tibet in quest for freedom

- I. The Dalai Lama is retired from political leadership
 - a. Tibet's tradition is a knowledge tradition.
 - b. The Buddhist condition, logical habit, dialectical, preservation, Buddhism is for the individual, Buddhist culture is for the community.
 - c. Tibet Muslims have a spirit of Buddhist culture of nonviolence, culture of peace, culture of compassion...which is useful to preserve.
 - d. Nowadays China has 400 million Buddhists...The largest Buddhist population now in China!
 - e. Many China Buddhist follow Tibetan Buddhism.



- f. Whenever you find an opportunity to meet with Chinese people, you can share real picture of Tibetan people.
- g. A number of Chinese are really showing us solidarity.
- h. We should work for meaningful autonomy for Tibet, not independence...this is the middle level approach.

Question: What is the important thing a single person can do to protect environment?

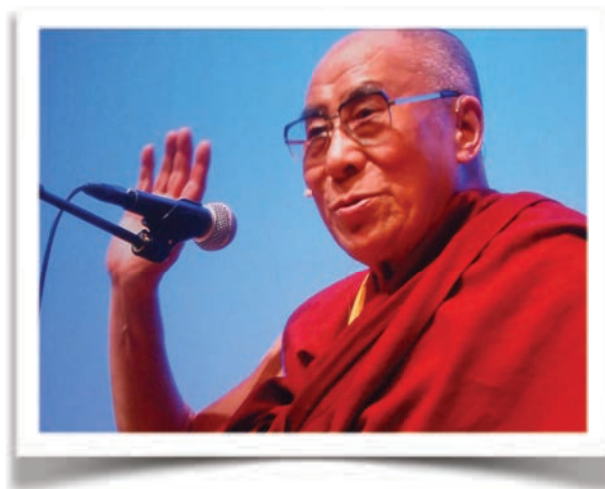
- I. Initiative must start from the individual
 - a. The environment is not as visible; when you have symptoms it may be too late.
 - b. Some type of ecology should be part of our daily lives...Make it part of your daily life.

Question: How can we keep from sinking into sadness and despair?

- I. Regarding the problem we must be realistic
 - a. The great Indian Buddhist Philosophy: when there is some tragedy, analyze the nature of the tragedy...if it can be overcome, don't feel sad, feel confidence.
 - b. If it can't be overcome, just accept...no need to work on that...instead of persisting...try to do some other things...that is better.

Question: What about the balance between wrathful compassion and anger

- I. Anger is a mental reaction...different causes
 - a. Anger and a sense of concern is a positive.
 - b. Sometimes wrathful action is necessary in order to stop harm.
 - c. Anger out of ill feelings is really bad; anger out of a sense of concern is positive.
 - d. Emotion combined with wisdom...can be positive.
- II. Self-confidence is very important for
 - a. Big "I" very difficult, egotistic.
 - b. We need more study of emotion, a map of the mind is very important.



Concluding Financial Report for the Conference

- I. Transparency is important
 - a. Review of finances for the event.
 - b. Intake of money from the conference \$800,000.
 - c. Expenses: \$500,000.
 - d. Surplus goes to 30% to the Tibetan immigrant charity.
 - e. 30% goes to the program at Miatripa College.
 - f. 30% to local and international charity.

Bonus Photos

Portlandia

Linda Hartling and Chris Clark

Sacajawea

