

Peace of Mind, the Mind of Peace

by the Dalai Lama

Do you think humans are inherently good, and succumb to evil, or that we are balanced between good and evil equally?

I believe the answer is more neutral. I'm always telling people, basic human nature is gentleness, human affection. So if human affection is actually the foundation or the basis of human existence right at the beginning of our life until our death, the rule of human affection is very, very powerful—the more compassionate, more affectionate person is naturally healthier: physically healthier, mentally healthier, and happier.

Your comment about balance is also very true. Now, if we ask, "is this person good or bad?" the answer, I think, is the person can be good, can be bad, or can be indifferent. From that angle, basic human nature, the basic human being, is something good, but can either be good or bad. What is the main factor of good and bad? It's not your face, not money, but rather, a part of mind, a part of thought. We make a distinction, good or bad. In terms of thought, there are negative thoughts such as hatred, jealousy, fear; they are called negative because these thoughts bring us disaster, destroy our happiness, destroy our future, destroy our family, and eventually destroy our world. With nuclear weapons, we have the potential to destroy the whole world. Nobody is utilizing nuclear weapons with a happy mood. There is a lot of frustration, hatred.

Human affection gives us peace of mind; this is positive because this makes us not only happy, but also brings happier days in our family, in our society. Therefore, we call this positive.

In each individual human being, there are both qualities: Negative and positive. But human intelligence, if we are thinking properly, thinking fully, allows us the capacity to realize that these negative thoughts are negative and also realize the positive things.

Human beings have the ability to increase positive thought and reduce negative thought. Therefore, the conclusion is that the human being, basically, is positive, because of human intelligence and human compassion.

Combine these two things, and in spite of the negative

things which are also part of human life, they are more dominant.
From that viewpoint, the human being is positive.

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