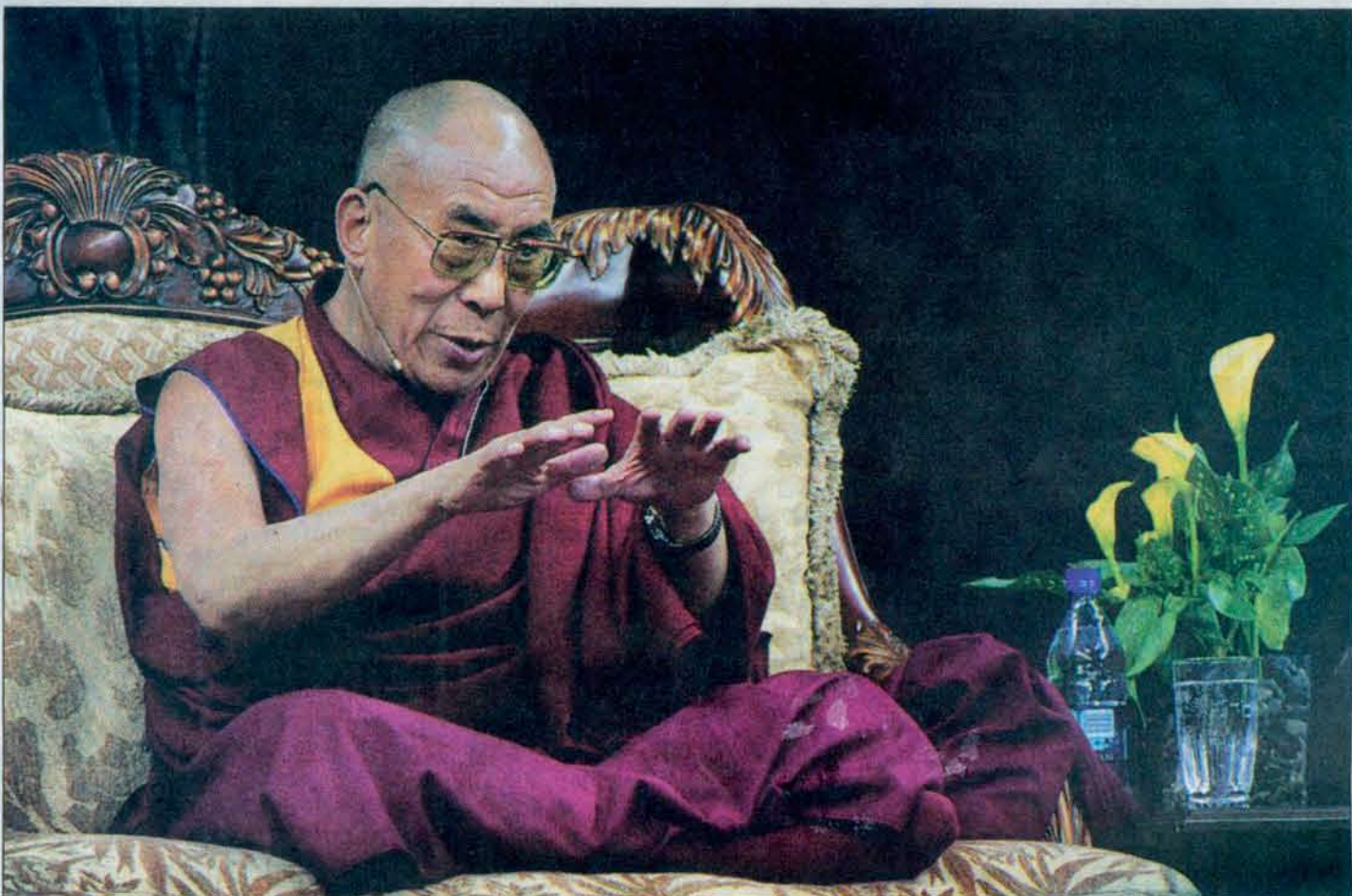


His message: 'Compassion is essential for a happy life'



Photos by CRAIG SCHREINER - State Journal

The 14th Dalai Lama, Tenzin Gyatso, speaks Friday at the Kohl Center about the connection between compassion and living a happy life.

12,000 see Dalai Lama

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Having compassion isn't something you should do just for the benefit of others — it's a vital part of your own physical and mental well-being, Tenzin Gyatso, the 14th Dalai Lama, told a sold-out audience of 12,000 fans and followers Friday at the Kohl Center.

"Compassion is essential for a happy life," the Dalai Lama said.

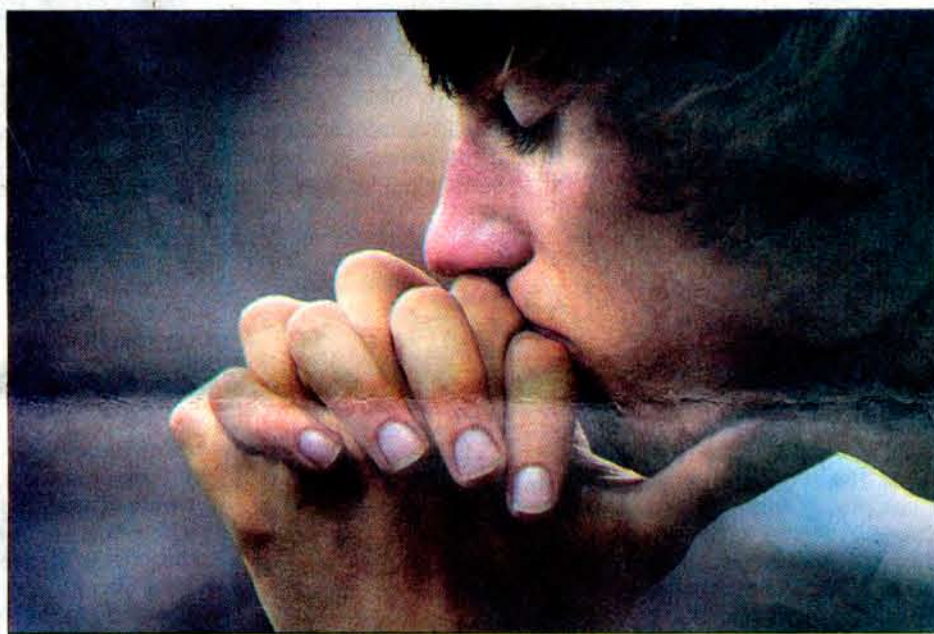
And the better your mood, the easier it is to reject anger and hatred, and thus pave the way for peace, he said, adding that your attitude can also change the attitude of others.

The exiled political and spiritual leader of Tibetan Buddhists ended three days of teachings with his public talk on "Compassion: The Source of Happiness."

Wearing a maroon robe and seated cross-legged on a sofa upholstered in soft golden hues, the 71-year-old Gyatso was characteristically jovial, punctuating his talk with humor.

Acknowledging that some people believe the Dalai Lama has "some kind of miracle power," Gyatso joked that serious students "really expecting something important" might be disappointed.

He noted that his daily routine involves no solid food after lunchtime — except for when he sometimes sneaks a few biscuits — and said, "The main reason I get up in the morning is not prayer or meditation, but for breakfast." But the Dalai Lama added that he begins each day with



UW-Madison student Scott Walker listens intently to the words of the Dalai Lama.

determination to shape the mind and "make something better."

Gyatso acknowledged his special relationship with researchers at UW-Madison, saying "We're already introducing modern science" to students studying Buddhism in India, where he has lived in exile since fleeing Tibet in 1959.

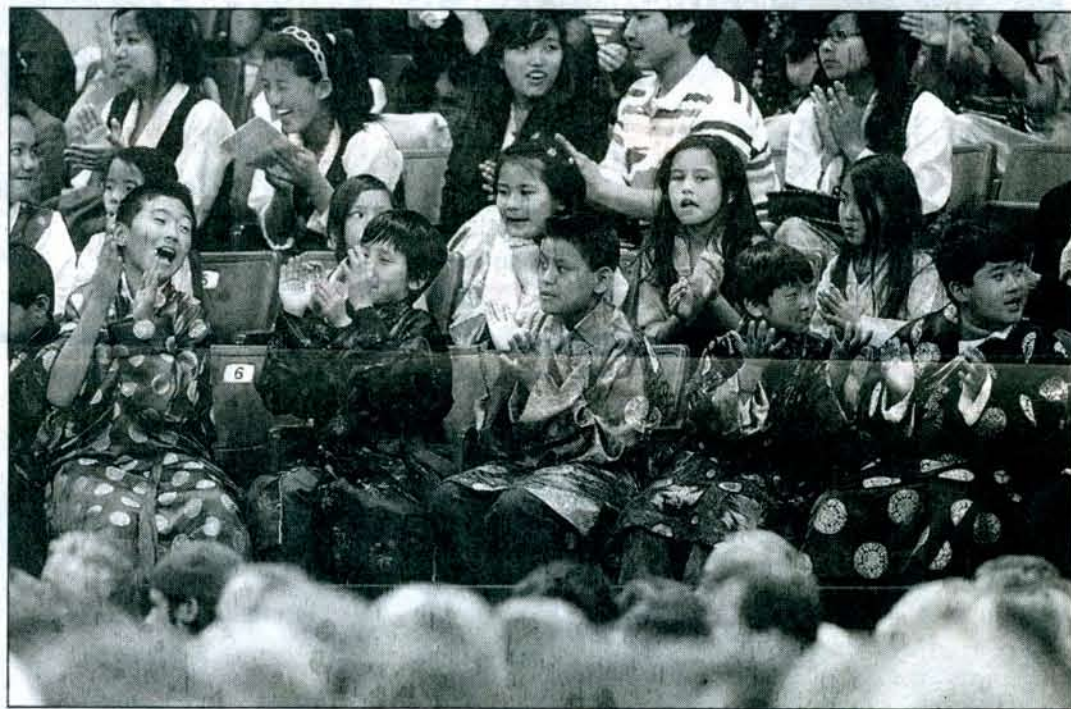
While religion can be a vehicle for embodying love, compassion, forgiveness and tolerance, it is not the only way to

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Dalai Lama's talk on Web site

The Dalai Lama's talk on "Compassion: The Source of Happiness" will be archived and available for download from Wisconsin Public Television's Web site at www.wpt.org. Wisconsin Public Television will broadcast the talk at 10:30 p.m. Tuesday.

Saturday, May 5, 2007 • B3



CRAIG SCHREINER - State Journal

A group of children in traditional Tibetan dress applaud the Dalai Lama.

Lama

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embrace such values, the Dalai Lama said. In addition to having respect for all religions, an individual's choice not to follow a religion also should be respected, he said.

The care and nurturing children receive from birth provide a foundation for the

future, the Dalai Lama said. "That's the real beginnings of compassion, affection and a happy life," he said, adding that younger generations must be educated "so society can change."

The Dalai Lama drew applause for his optimism despite the world's violence.

"I always believe many problems which we are facing today are manmade problems," he said, adding that

since we created them, "we must have the ability to solve them."

Jill Gridley of Madison said what resonated most with her was the connection the Dalai Lama made between emotions and physical and mental well-being, and that having inner peace can diffuse anger.

"That peace will spread to other individuals," Gridley said, "and this helps eliminate violence."