



THE DALAI LAMA

## MESSAGE

We all want to live happily in a peaceful world, free from problems. Often the challenges we face are of our own making. We must consider how we can change things for the better.

Compassion is the quality that most effectively brings positive change to our lives. It provides peace of mind and enables us to develop patience and perseverance in the face of hardship. It is a powerful countermeasure to emotions such as anger, anxiety, and intolerance.

Cultivating compassion should be part of our approach to caring for both our mental and physical wellbeing. I deeply appreciate the work of medical doctors and nurses for their service to humanity. As well, they too need compassion, in caring for their patients as well as for themselves. Whenever I have a medical check-up, I feel much more comfortable if the doctors and nurses treat me with a warm smile.

The gap between rich and poor is of great concern today. It is the cause of much of the socio-economic problems throughout the world. Many concerned and far-sighted people have attempted to reduce this gap. I am glad to learn of the initiative that Professor Adrian Alvarez is launching to improve patient care around surgery-related treatment in Latin America. His aim of providing amenities to the poor and needy is a worthy endeavour.

I wish Professor Alvarez's project all success; I pray that it may improve the lives of many people in need.

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