

Dalai Lama Interview  
(Short version)

December 15, 1978

- Sidney: We took many photographs - over 500. These are just a few of the ones I liked so I had little prints made.
- Charlene: I didn't know if you had a tape recorder but these are some excerpts from classical music - western classical music. Some of them, in our group, we listen to before we meditate because they're very reflective and some are spiritual. I don't know if you have... Do you have a tape recorder?... If you have time..
- Dalai Lama: Thank you.
- Sidney: And we also have an invitation from the group that we belong to and this it..
- Dalai Lama: (Tibetan)
- Secretary: It's in New York then? New York State?
- Dalai Lama: How to pronounce?
- Secretary: Ithaca
- Dalai Lama: Ithaca
- Sidney: That's where Cornell University is. Some Tibetan students were there many years ago.
- Dalai Lama: Yeah, yeah!
- Charlene: It's about five hours from New York City.
- Dalai Lama: How long since you established this society?
- Sidney: The group started maybe ten years ago.
- Charlene: Here's some photographs of the Center. It was built by the members themselves.
- Dalai Lama: This is Japanese style.
- Sidney: Yes, Japanese gate. This is the view from the Center. There's a big lake down the hill. It looks over the woods. This is the main building. In fact, that's the only one that you can see in that photograph. That's some of the members.
- Dalai Lama: How many members?
- Sidney: About 130. That's the main building. It's log on the outside but it's very modern on the inside.
- Dalai Lama: It's very beautiful.
- Charlene: Our teacher wanted it to be log because it's much harder to build a log cabin. He believes in hard work.
- Sidney: He wanted everyone to work on it.
- Charlene: To balance hard work with study.
- Dalai Lama: Very good.
- Sidney: This is the inside.
- Dalai Lama: This one?
- Sidney: That's the temple.
- Dalai Lama: Ah!
- Sidney: It's being built. It wasn't finished at the time but it will probably be finished when we return. And this is the guest house. When we have visitors they stay here.
- Charlene: It's now finished.
- Dalai Lama: And this one?
- Charlene: This is our teacher, the person who organized the Center, Anthony Damiani.
- Dalai Lama: This one?
- Sidney: This is his teacher, Paul Brunton..

Dalai Lama: Ohhh...

Sidney: Who spent many years in India.

Charlene: He's written (many books).

Sidney: (At the classes in the Center) we discuss the relationship of ideas from one tradition to another.

Dalai Lama: Very good!

Sidney: There is argument back and forth.

Charlene: People don't live there. They come after work. There are maybe four monks who live there.

Our teacher's interest is to synthesize all the philosophies and to find the one Truth, so we try to study all to be familiar with...

Dalai Lama: Very good. Some relation with Theosophy Society?

Sidney: No. Not exactly.

Dalai Lama: The idea is the same I think?

Sidney: Similar

...don't have the opportunity to travel and see traditions first hand and meet spiritual teachers.

Dalai Lama: (Tibetan)

Secretary: His Holiness says he very much appreciates the idea behind the center.

Dalai Lama: Its very good. It's very important to know the various different teachings and philosophies. If you look from a wider perspective, all these different teachings, I think one aim, one single aim, to help the human mind to solve human problem, so more or less the same goal.. so, it's very good... (Tibetan)

Secretary: His holiness says thank you also for the invitation and if the opportunity does arise, His Holiness would certainly be interested to pay a visit.

Dalai Lama: (Tibetan)

Secretary: And His Holiness feels that the idea behind the center seems to be that you're quite open to other faiths...

Dalai Lama: (Tibetan)

Secretary: Without making too much of a distinction between the different faiths.

Dalai Lama: That's good I think.. (Tibetan)... Non-sectarian.. accept every teaching, very good point, and argue with every teaching, (laughs)... (Tibetan)

Secretary: His Holiness says without being too biased.

Dalai Lama: Very good.

Continuation of sixth mind is always (inaudible) whether you are seeing or not, whether you are awake or not. The sixth mind is always there. But within the sixth mind there are different levels. At the moment we are using one kind of sixth mind. When we are sleeping, different kind of sixth mind, still more subtle. Then we faint still deeper. when we're dying, the deepest sixth consciousness is working. So the sixth is from previous life to this life. To this life, next life... always continues. There is no beginning, there is no end to Buddhahood, so that sixth consciousness, sixth mind, and within the sixth mind - not this you see, rough sixth mind - but deepest sixth mind, usually we call the seat of Buddha. Now, that consciousness will go to Buddhahood. This rough consciousness will not go.

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Sidney: So one more question. I'll skip these. This is a general question many people have. A lot of people just asked what qualities are the most important to develop for this spiritual quest (and what techniques can be used?)

Dalai Lama: (Tibetan)

Secretary: His Holiness says techniques may vary

Dalai Lama: ..and some people...for example, some people, the teachings of death more helpful, some people the teaching of karma, karma theory is more suitable, some people, the teachings, of, you see, these psychological things may be suitable, for certain people the teachings of some sort of relativity theory, this (inaudible) theory, relativity, the sunya theory more suitable you know for beginner. Now in the long run all these teachings must be practiced and combined. Each teaching has some sort of special quality. And of course some people, the teaching of God, (Tibetan) God teaching, the theory of God...

Secretary: The acceptance of God..

Dalai Lama: Almighty, I think some people...So you see there are many varieties, but essence I always say, feel, that kindness, harmony, open heart, respect each other, help other as much, less selfish, share other peoples suffering, more concern with other people's suffering and problems, that's the essence. Now in order to achieve these qualities..(Tibetan), there are various types of teachings and methods, and we must have these qualities. As a Christian (Tibetan)..the idea of Brotherhood, the serving of mankind. Very good! Some of these, you see, great Christian people sacrificed their own life and their own private happiness (Tibetan)

Secretary: Personal sacrifices

Dalai Lama: ...to other people...for sake of other people's benefit. I think mainly due to their believing in God, serving God, actually serving God (Tibetan). They are serving their human brother. Very nice'. Now as a Buddhist, the teaching of, right from the beginning, very much emphasis on kindness, compassion, bodhicitta, you see. The very purpose of (Tibetan) the desire to achieve Buddhahood is for the sake of others. No selfish motive, so these are very good teachings.

Sidney: So these are the most crucial for everyday practice.

Dalai Lama: Yes

Sidney: To remember these qualities

Dalai Lama: ...and implement, in daily life: less selfish, less anger (laughs), more patience, for oneself, more contentment. These are... whether you believe in God or not, whether you believe in next life or reincarnation, it doesn't matter. This very life exists. We remain as real brother. If we lead right type of life, whether

↳ you accept next life or not, naturally it will affect the next life. So this is what I always feel and what I myself also practice as much as possible.