

~ New Year Message 2018 ~

By Mingyur Rinpoche

Happy New Year, 2018! Tashi Delek!

I wish that this new year will bring you happiness, wisdom, compassion, and develop your inner peace, and at the same time you may contribute and influence your friends and family and sharing your peace with them, with society, and with the world.

We are now in the 21st century, and the material development is very good. Recently, I heard from a scientific research that at this point, we are at the lowest rate of violence in human history. This is wonderful! Congratulations!

But at the same time, our mental (health) is unbalanced. Our emotions are unbalanced, also stress, panic, and depression, all these are increasing and grow stronger. Right now, the most important thing for the 21st century is to develop inner peace. I hope that all of you, beginning this new year, will try to develop inner peace. Developing inner peace through awareness, through love and compassion, through wisdom, and that you will share this peace with your friends and family. Share, help, influence! I think it will be of benefit to the world. We really need inner peace for this century.

I will pray for all of you that you may first bring this peace into your own mind. Through awareness, through love and compassion, and through wisdom. And that you may share this peace with your friends, family, and even with your pets.

If you can share this peace with one or two people, they can share it with one or two people, and eventually it will affect the whole society. In the end, we can all get world peace.

Thank you! Tashi Delek!