



THE DALAI LAMA

MESSAGE

I believe that music and sound have a particular ability to affect the mind positively, which is why I think music and chanting are useful in a religious context. I also believe that if we follow our various different religious traditions properly, and implement them in day-to-day life, not just observing them on an intellectual level, but actually paying attention to what they teach and putting it into actual practice, they have great potential to bring about peace of mind. Once we develop peace of mind, then our own actions will automatically become more peaceful. This is the way to promote a peaceful kind of individual, a peaceful family, and a peaceful society.

Events such as the Festival Religio Musica Nova being held in Zurich are very useful ways to encourage the development of positive qualities. They provide an opportunity to promote harmony and understanding among people from different cultural backgrounds and also from different religious backgrounds. In this way they serve as powerful occasions to foster peace and the growth of fundamental human qualities like love, compassion and forgiveness.

I offer my greetings to everyone taking part in the Festival Religio Musica Nova and my prayers that the occasion will be a success and that everyone will enjoy themselves.

March 9, 2007