

## **H.H. the XIV Dalai Lama in the film "The Knowledge of Healing"**

Health and disease.

The interdependence of body and mind and the cessation of all suffering.

It is quite possible, with a proper, health-oriented way of life and the right attitude, to lead a contented life, free of illness and no impairment to feeling good.

However, were you to ask whether it was possible to eradicate completely all illness and suffering, that it is more difficult to answer.

The question would have to be answered from a philosophical standpoint, or Buddhist viewpoint. In the explanations that are given there, it is stated that much disease results from the nature of our body which is composed of four, or five elements.

And it is said that old age, sickness and death result from our possessing a body with such a constitution.

From the Buddhist-philosophical point of view it is possible that all suffering can be eliminated. So it is explained.

Regarding reincarnation it is said that whenever a life is over, a new one will arrive, the latter passing on in turn, and so forth. This succession is infinite. The existence of beings continues uninterrupted. It is however possible to terminate an existence full of suffering.

The root cause of the endless rebirths is the delusion of the mind, and if we eliminate this, you will not be born again involuntarily. That does not mean that the existence comes to an end. The existence continues, but free from suffering.

When one asks what it is that comes from an earlier life into this one, and continues into the next, then the answer is that it is not the body but the the continuum of consciousness, the continuum of the Self that from the beginning-less time inhabits every being.

If it be asked whether it would be possible to avoid the rebirth, then is the Buddhist answer is that it is possible, and in the attainment of nirvana, liberation.

At the end when talking about Nirvana - Liberation - it is also mentioned that the Self, consciousness, perpetuates itself uninterruptedly, and even continues to exist in a state of Nirvana. The concept of rebirth, however, has a major impact on our life.

This way of thinking makes a big difference when considering the usual attitude towards life. If one assumes that there is only one life, the attitude towards this life is short-sighted. If, on the other hand one assumes that life continues, then the attitude towards life becomes wide and relaxed...

That makes a big difference. Therefore the concept of rebirth plays an extremely important role in our life.

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