

A hand holding a dandelion seed head against a bright sunset background. The sun is low on the horizon, creating a warm, golden glow. The hand is in silhouette, holding the stem of the dandelion. The background is a soft, out-of-focus landscape with rolling hills.

The Four Seeds For Better Health, World Peace and Bountiful Human Transformation

**Alfredo Sfeir-Younis
Dzambing Cho Tab Khen**

**Lama Gangchen World Peace Foundation 2006 Verbania IV World Congress
Towards the self-sustainability of the micro and macrocosms Opening Statement**



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Introduction

I am deeply honoured for this invitation to speak today. This is the fourth congress Lama Gangchen has put together, to present and experience yet another angle, or another expression, of health, peace and human transformation.

Let me start by paying my personal tribute to Lama Gangchen Tulku Rimpoche, for his compassion, generosity and constant efforts to address such fundamental aspects of our personal and collective lives.

This congress is a very special one in many respects. But, to understand the full meaning of this fourth congress, it is important to put it into perspective, and to understand its meaning also in relation to the first three ones.

These four congresses form a very important and solid quilt, essential to understand what we need today in order for us to shift the process of human transformation to a very different plane.

For the moment, this process of transformation remains at the material level, meshed into major conflicts, suffering and the loss of hope for many people.

Poverty continues to deepen in many parts of the world. Diseases continue to spread at an alarming rate, hitting women and children in ways that we have never seen before.

The armed conflicts abound, and one watches daily wars on television that are happening almost in every continent, with thousands of innocent victims paying with their own lives.

We are experiencing tremendous violence promoted by all forms of media and deep rooted insecurity.

And despite of all the advances we have seen in technology, and the very high level of material wealth available, the world has more disparity between the

rich and the poor, with a huge majority still left behind for the benefit of a few.

Major states of human reality are at stake.

The one we know best is that of world peace.

Peace is a very fundamental state of human reality, in a personal as well as in a collective sense.

This state of peace now seems to be vanishing in front of our eyes, as if it were normal to live in constant war and conflict.

There are now the so-called children of war, those who have been born during conflicts, in battle zones, in refugee camps, and the like.

Children that have not seen a house or a home of their own.

Children who are to see the world through the bar fences that are around the tent or the blanket they have to survive life the best way they can.

They live in mini societies where violence is the norm.

Where finding a bowl of soup is more the exception than the rule.

These are children who see their brothers and sister to die in front of their eyes, and they quietly accept this as another normal form of reality.

These are the children who are to be sacrificed because they will never be integrated into any education system.

There are no schools for them.

These are children who suffer double punishment because they belong to ethnic minorities, whom the rest of society values them to be inferior to the rest of the world.

Yes, the loss of the human state of peace is one example.

But, I could also make similar references to the state of health, nutrition and many other aspects of our human welfare.

Many of us, the privilege ones, do not always see this situation. And when

we see it, we either are indifferent to such reality, or we get affected by it only for the few seconds we see the news being passed on TV.

The most indifferent ones, and I have encounter some, even dare to say that this type of situation is a necessary evil.

That conflict is in the nature of the human being.

As there are conflicts today, there will be more conflicts in the future and thank you very much.

This is a major tragedy, particularly when we have the opportunity today, a real one, to change the course of our human history.

But, changing the course of our history is not a trivial proposition, as many aspects of our daily lives have to be shifted.

But this shift has to be born out of, and has to emerge from, a **NEW FORM OF ENERGY**. Human transformation has to emerge from a new seed, from a new level of human awareness, and a new human consciousness.

The old energy will not suffice, and will only maintain us at the similar pace and quality of life we experience now.

In generating this **NEW FORM OF ENERGY**, Lama Gangchen has put together a sequence of conferences touching upon what he sees as “the fundamental seeds” of such energy.

1

The Seed of Peace Education



The first seed was peace education. This is fundamental to be planted everywhere.

Peace culture, peace education, is not a slogan.

It is not a new fad that someone created to satisfy our souls.

A peace culture has an ethos, has a body and has governance architecture.

The ethos of this proposal is that “inner peace is the most solid foundation for world peace”.

This is clear, this is practical and essential.

War and conflict begin in the minds of people, and it is there where it should be addressed.

Without peace education it is almost impossible to address the issues of peace around the world.

As a result, one conflict is leading to another, and violence is spreading with ever more

sophisticated weapons.

This traditional paradigm, which is the source of all conflicts, will only disappear when we all become soldiers and go into the battle ground for the last battle of all. This is simply a suicidal path for humanity.

2

The Seed of Integrated Medicine



The second seed was integrated medicine and an integrated world health system.

A system of health for the mind, body and soul.

It is rather essential to have the right mind and the mind in the right place.

We cannot live in sick bodies, weak structures of thinking and practice.

A weak human being is a source of suffering and pain, in addition to be a source of insecurity and instability.

Think for a moment of a situation where our leadership is weak and ill.

The consequences are devastating. And, we are witnessing this phenomenon right now.

This conference put into perspective the need to recognize the important contribution that all forms of traditional medicine can make to the level of human health all around the

world.

A traditional medicine that is being used by more than 80% of the world population today. It is not an insignificant number.

If we agree and understand the ethos that “the outer is like the inner and the inner is like the outer”, this conference addressed the significance of inner health and inner welfare in establishing a healthier and better outer world for every one.

This conference also gave a very important tribune to many people in the world who practice traditional medicine and have never been officially recognized.

3

The Seed of Peace with the Environment



The third seed was making peace with the environment.

This conference was about our infinite interdependence and the importance of a clean and healthy outer environment.

The interdependence among human beings as well as the interdependence of humans with each and every aspect of the natural environment was at the centre stage of the debate.

The destruction of the outer environment, like global warming, ozone layer depletion, elimination of biodiversity, pollution of the five elements of life are all major sources of diseases.

The contamination of the air is affecting millions of children who suffer from pulmonary diseases.

The contamination of water is the major source of death in infants in developing countries.

And, as research on the relationship between environment and health develops, we are seeing dramatic statistics related to brain cancer and other forms of cancer, and diseases of the blood and other body systems.

The ethos here is clear "the destruction of the outer environment is in many ways our own process of self elimination".

Not only self elimination in a material sense but also in a spiritual sense.

A clean and healthy environment is not just another proposal; it is the only horizon that humanity is to move towards if we are to survive as a generation.

This is why there was a call for a new eco morality.

Morality defined in the sense that it is our collective responsibility to make sure that we live in an environment that is healthy for us and for future generations.

4

The Seed of Positive Side Effects



The fourth seed is, today, positive side effects.

The call to humanity to create positive side effects as the most powerful investment in our human health is presented today because there are too many negative side effects in our daily lives.

At times, it seems that every time we make a move forward we leave behind a chain of dirt and contamination of all sorts.

Sometimes we see that chain right away, while other times we find out a few years later.

We are witnessing great advances in production while we pollute the air and water.

We are seeing major advances in medicine while the side effects of those medicines seem to be more violent than the diseases in the first place.

Again, some would say, all of this is a necessary evil.

We have to keep destroying the Amazon so we have some nice furniture to sell somewhere they can pay for it, as if our bodies need that to seat down or sleep on them.

We need to keep over-fishing because we like the fins of one type of fish as a delicatessen.

In many ways the ethos of this conference on positive side effects is about our collective wisdom: “we must not fail our human collective, as a collective, as there is no possibility for sustainable individual health without everyone being healthy”.

This ethos applies to every aspects of our human life.

This seed is to be planted.

And, what we are saying while planting it is that human health is not expenditure but an investment.

As long as we see human health as a cost and not as a benefit, we will never invest in

positive side effects.

But, there are many positive side effects that are gratis, like a positive touch, a positive look, a positive intention, a positive thought, and a positive action.



Conclusion

These four seeds must be planted in our souls today. We cannot keep attending conferences and sending seeds up in the air, because the wind may take them to infertile soils or where there is no water or nutrients.

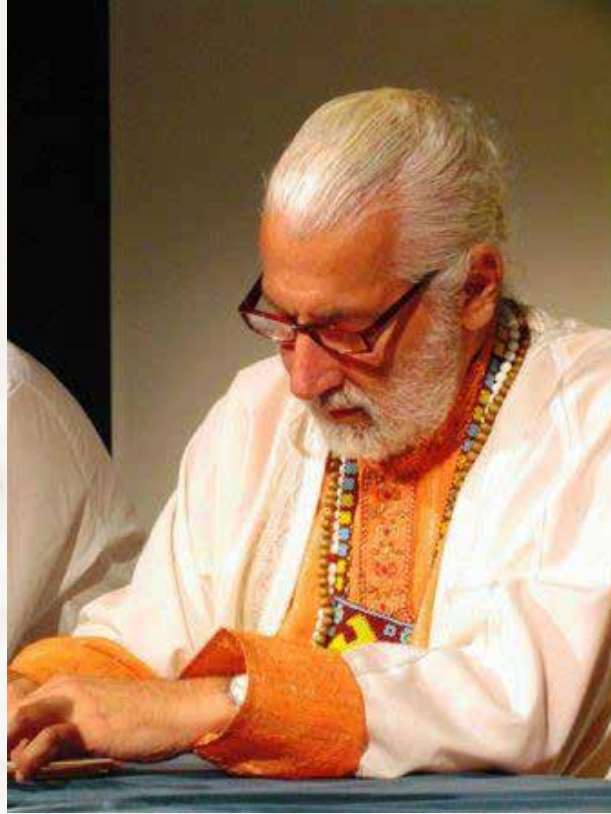
These four seeds represent part of a holistic totality, whereby one reinforces the other as many different flowers and trees do in a beautiful garden.

Today, we have a major opportunity to plant this garden together, to help each other fertilize these seeds. And, we all know that we are in the presence of the best gardener of all: Lama Gangchen Tulku Rimpoche. He is blessing all these seeds, he is sending these messages all over the world. I observe him everywhere he goes, and whenever he meets with someone in China, Nepal, Thailand, Cambodia, Vietnam, Venezuela, Chile, Brazil, and in many other countries, he brings the proceedings of these congresses. He plants these seeds once again in another fertile garden. These seeds have an impact at the gross as well as at the subtle and most subtle levels. I will have the opportunity to speak later on in this congress about some of the negative and positive side effects that are created and go through the practice of modern economics.

Let me close my opening remarks by saying that these seeds need the space and the fertile ground to give fruits. This process, by necessity, demands some actions and some preparations. This is the time to do so, via interaction with other participants, staying some minutes in silence, or using any technique or practice you are used to in this case. Let us unite under one global garden. Let us unite and be the carriers of these seeds. Let us be the energy, the fertilizers, and the protections these seeds need in other people's gardens. Let us be the ones who are mobile and itinerant greenhouses where these seeds are being produced and distributed all over the world. Let us embrace the ethos of each of these conferences and make them our daily practices.

Thank you very much for your attention.

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