



## The 17th Karmapa Trinley Thaye Dorje

We have all been born as human beings and as such we have the precious and unique opportunity to aspire to peace. Most beings don't even have this chance due to so many obstacles. So please don't lose this opportunity to aspire for peace. In order to support this aspiration, I would ask everyone to learn, contemplate and meditate.

What I mean by 'learn' is to educate yourselves about the nature of compassion, the nature of wisdom.

And then whatever you have learned, examine it closely, and reflect on it.

Then, whatever you have deduced from deep listening and contemplation, meditate on that. When you do this, you will be meditating on the basis of compassion and wisdom, a state of mind where there is no grasping and no judgment.

Take five minutes a day to start with: just meditate; calm yourself; focus on the non-grasping of any thoughts; any ideas of any kind, whether they are positive or negative, necessary or unnecessary, important or unimportant. During these five minutes, lose everything – lose yourself from any thoughts. And when you do this, the motivation and aspiration for peace will naturally emerge.

With prayers

Thaye Dorje