



THE DALAI LAMA

FOREWORD

This book, *The Aftermath*, tells of the unspeakable sufferings of the Jewish people, particularly in the present century. Accounts such as this have been a source of great sadness to me. However, at the same time, the spirited determination of the Jewish people to survive and succeed have been a great inspiration to us Tibetans. There are great similarities between the attempts to eliminate our two nations and in the remarkable will of both peoples to rebuild their lives and maintain their traditions with love and hope. We have learned a great deal from our Jewish friends.

This century has been the most painful period in human history, a time when more people have suffered from and died by violence than ever before. However, brute force, no matter how strongly applied, can never subdue the basic human desire for freedom. People do not like to be bullied, cheated or lied to. Such acts are contrary to the essential human spirit. Although those who use force and deception may achieve considerable short-term success, they will eventually be overthrown. Therefore, it is very important not to retaliate with anger, vengeance or ill-will when you are wronged, for to do so only perpetuates the cycle of violence.

I am heartened to know that even after experiencing the cruelty of the concentration camps, the author still believes in basic human goodness. He concludes his book by affirming that love and friendship are the greatest values, for without them all the supposed advantages of money, beauty, creativity, and health, cease to have meaning. Experience has proved to him that the happiest among us are those who share their lives with others and cherish warm relationships with them.

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