

CHARTER OF UNIVERSAL RESPONSIBILITY



THREEFOLD AWARENESS

&

ELEVEN LIFE COMMITMENTS

Written at the request of His Holiness the Dalai Lama by Sofia Stril-Rever, and in the spirit of his teachings. Finalized with His Holiness the Dalai Lama, at Oxford University, on September 15th 2015.

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First Awareness***INNER PEACE AND THE SHARED
REALITY OF LIFE***

I was born on this Earth, a child of life, in the bosom of the cosmos.

The messages of the universe are incorporated in my genetic codes. I am connected with all living beings in our shared reality of life.

The energy that makes my heart beat is the same as the one that drives the Earth and all celestial bodies. Breathing, life's original movement, links all of my breaths to the breath of all sentient beings, and to the wide breath of the universe.

The original wisdom of first peoples knew the secret of peace between men and the world. Since the Industrial Revolution, man has forgotten the secret of peace. His hardened heart has waged war on himself, and on life. The poison in his mind has contaminated our nourishing Earth, infected the sources of rivers, acidified the oceans, and polluted the atmosphere. The air of our overheated planet has become unbreathable in the

megalopolises of the five continents whose tomorrows seem doomed to the disaster of great sufferings.

But today, the man of modern times is seeking the path of kindness, peace, and inner healing. Contemporary physics – following the example of Axial Age philosophies – is setting out the principles of fundamental interdependence as far as matter is concerned, but also on the subtle levels of mind and emotions. I realize that each one of my actions, words, and thoughts, leaves an imprint of consciousness that goes through space and time. My malevolent actions add to the waves of destructive hatred that stir the ocean of world sufferings. My acts of benevolent love travel to the far reaches of the worlds like waves of joy.

I become aware of the fact that the wellbeing of all living beings depends on the balance of ecosystems, themselves dependent on the peace in the hearts of men, and the spirit of justice in human societies where no one must be rejected, disabled by hunger, poverty, and destitution. In a spirit of equanimity, free from bias, attachment and hatred, I contribute to maintaining, and restoring, harmony in life.

Living peace and inner healing in each one of my actions, devoted to the well-being of all lives, human and non-human, is a great appeal to being alive, in the joy of universal love which is the life of life.

Second Awareness

OUR INNER HUMANITY



I was born on this Earth, a child of life in the bosom of humanity, my family.

I am irrevocably bound to my seven billion brothers and sisters, as I am to all non human beings that share the adventure of life. I become aware of the fact that what brings us together is stronger than what pulls us apart, and too often divides us.

Whatever the color of my skin, my nationality, my religion, my means and my personal beliefs, I am in essence a human being, like all others, sharing the same wish to be happy, to love, and be loved. Being based on this inner humanity, I acknowledge that, today, I cannot live cut off from the world. Events that have occurred in a remote area affect me, and also affect the whole planet. Every local problem has a global effect that transcends borders.

I become aware of the fact that, in a context of increased interdependences because of globalization and technology, the blossoming of human societies, and the protection of the

environment, are above all based on mutual support. Altruism only gives me the motivation to act for the well-being of all sentient beings while assuming my universal responsibility.

Inner peace, love and compassion, far from displaying noble idealism, are also pragmatic solutions within the new reality, that guarantee the interests of all, against the escheat of social links, and the crumbling of solidarity.

The need to cooperate leads me to acknowledge that the most reliable basis for a sustainable development in the world relies on my individual and shared practice of inner peace, love and compassion.

In this way, I can re-enchanted hope and trust in the shared destiny of humanity.

Third Awareness

SATYAGRAHA, THE STRENGTH OF TRUTH



I was born on this Earth, a child of life within the great natural peace.

But history books, as well as actuality, report a succession of wars, conflicts, catastrophes, and violent news items. One can easily be tempted to conclude that evil is stronger than good. Yet, when I pacify my mental restlessness, and when I deeply examine my mind, I become peace. I touch my loving, and knowing, inner truth. I become aware of the fact that it is necessary not only to train my rational reasoning, but also all the other remarkable powers of my mind such as love, compassion, generosity, and forgiveness.

I become aware of the fact that the strength of evil is not justified, and that it can be overcome. Hatred is an illusion, an effect of ignorance. Connected in this way with my true nature, I discover the boundless generosity of life and its powers. The deep and unavoidable reality of kindness shows me that

Satyagraha, *the strength of truth, is invincible when it expresses itself in love.*

In the age of Internet, and of globalization, when I feel manipulated and exploited by the techno-economic culture, I become aware of the fact that I must embody a universal responsibility wisdom, based on the strength of truth and love, that the Mahatma Gandhi called Satyagraha.

Translated in various ways into "The Strength of Truth" or "The Strength of Mind", Satyagraha is the weapon of my non-violent fight against injustice. For, as soon as truth expresses itself through me, I become invincible.

Satyagraha requires that I accept suffering and sacrifice without resorting to violence, in my struggle against any form of exploitation and aggression of human or non-human beings. By living Satyagraha in my daily life, I become, among others and with others, a peacemaker and an architect of justice and truth in the world. As a citizen of the world, I take on a new civic bond of universal responsibility.

Without compelling anyone, nor making anyone feel guilty, and with respect for pluralism, in forcefully setting an example, I can inspire others with the determination to bear with me a universal responsibility. As a result, the future generations will witness, one day, the advent of a world I long for but may never see. I am therefore trying to steadfastly build, within my capabilities, the new reality of a loving Earth.

Eleven Life Commitments



Determined to fully live this threefold awareness, I incorporate them into a coherent code of conduct that guides my thoughts, my words, and my actions. Admittedly, the ethic attitude that I adopt is not a direct answer to the tremendous problems of the world. But it shows a positive process that relies on the strength of a shared vision, and on the will to work in synergy with all those who join forces like me in the name of our inner humanity.

I acknowledge that the rights of human beings, of non-human beings, and of the environment, as they are defined by the United Nations and other international organizations, are legitimate and necessary. However, these rights alone cannot be sufficient to create the conditions of peace and reconciliation for the world if they are not driven by the values of my inner humanity. This is the reason why the Charter of Universal Responsibility lays the foundations of a consensus grounded on The Threefold Awareness, implemented through Eleven Life Commitments.

A life commitment represents a meaningful goal that I choose freely, and in conscience for it expresses my truth, in an accurate understanding of interdependent reality.

First life commitment: INNER PEACE

I commit to becoming the peace I want for the world.

Peace can be neither decreed nor imposed by external constraint. Peace has its source within my inner humanity. As a fruit of compassion, it ripens in my heart. I commit to letting peace grow within me, and to radiating it around me. I am conscious that for each of my steps towards peace, humanity is moving towards peace.

Second life commitment: AHIMSA, NON VIOLENCE

Of all gifts, the gift of life is the most precious for every living being.

I commit, in the spirit of ahimsa, to respecting and protecting the diversity of all forms of life that dwell on Earth. I indissolubly bind my life to non-violence, the deep longing of my inner humanity.

Third life commitment: AN ANTISPECIESIST ETHIC

Conscious of the frailty and the vulnerability inherent to our living condition, and holding that human rights should not jeopardize the rights to life of the other species, I commit to an antispeciesist ethic, protecting all forms of life, even the puniest that depend on me, and that I depend on.

This ethic challenges the cruelty of the intensive breeding and slaughtering conditions of animals, as opposed to respecting the infallible principle of the indivisible community of life.

Fourth life commitment: HUMAN DIGNITY

I commit to honoring and protecting the inalienable dignity of human beings, in particular in the ongoing research on the issues of euthanasia, bioethics, cloning, as well as curative and ameliorative biotechnologies.

Realizing that assaulting one single human being is injuring the entire humanity, I see to the respect of the rights of human beings. I work for the liberation of the oppressed, and of all

those millions who are still subjected to degrading forms of modern slavery.

In the name of the silent majority, I fight against the trading dogma of an anonymous and soulless globalization. I refuse to subscribe to its strategies of dematerialization and financial speculation that interfere with the consciousness of the main economic and political actors, while destroying the sense of responsibility of crowds.

Fifth life commitment: SHARING

I commit to a culture of sharing, mutual aid, service and solidarity, conscious that they are the basis of life on Earth.

I am opposed to the prevailing utilitarian and short-term logic that dismantles solidarities in favor of the tyranny of speculation, profit and competition, causing the impoverishment and an accelerated exhaustion of resources.

Sixth life commitment: DEMOCRACY

I commit to representative democracy, with the belief that such a system of government, when not corrupted, is the best suited to the initial nature of humanity.

It is the only stable foundation on which to erect a global political structure. For a true democrat defends – through non-violent means – his freedom, that of his country, and in the end, that of the entire humanity.

He implements at the same time personal reform and social reform, in line with the new reality and the citizens' expectations.

Seventh life commitment: ECONOMIC JUSTICE

I commit to contributing to a worldwide economy, respecting the right to life for all, humans and non-humans.

In this spirit of justice, I reject all privileges and monopolies, refusing what cannot be shared with all. I also avoid accumulating non-essentials, which lead me to wasting goods while millions of people do not even enjoy the strict minimum. If each of us only owned the basic necessities, nobody would suffer deprivation.

Eighth life commitment: THE PROMOTION OF WOMEN

Woman is the mother of man. She is the protector life, and teaches the spirit of peace to a world in war that craves for this nectar.

I commit to giving women the power to contribute to the evolution of society through education and access to positions of responsibility, because I acknowledge their natural capacity to re-humanize the world, by giving new life, in a more altruistic way, to individual and collective responsibilities.

Ninth life commitment: A HOLISTIC EDUCATION

I commit to promoting a holistic education that teaches how to live, not only in developing intellectual capacities, but also intuition and qualities of the heart.

In the spirit of universal responsibility, the education of a young person requires teaching him/her how to use his/her sense of critical judgment to make the difference between mistake, illusion and bias ; awakening his/her inner humanity by training in the inner sciences of the mind and emotions through meditation, in order to acquire cognitive, emotional, and decision-making maturity while developing the altruism and solidarity that are necessary to face the vagaries of human destiny.

Tenth life commitment: A CULTURE OF SATYAGRAHA

I commit to studying the history and the principles of the Satyagraha movement to imagine and implement transforming means of action against any cultural, social and political pressure that would make me turn away from my inner humanity.

According to Satyagraha, the power of acting does not rely on physical strength. It comes from the mind. Born in a truth-contemplating consciousness, it is invincible because uncompromising.

Eleventh life commitment: A UNIVERSAL RESPONSIBILITY WISDOM

I commit with joy to consciously cultivating, in all aspects of my life, a wisdom based on universal responsibility for the wellbeing of all sentient beings.

It is the fulfillment of my inner humanity that stirs up consciences. For what is at stake today for our planet is to deeply revise the existential paradigms of the old world so as to reconcile scientific, and technical progress, with ethical and human progress, within the bosom of the new reality of a loving Earth.