



Swedish Buddhist Community

**Congratulatory Message for the UN Vesak 2025 in Vietnam
from Swedish Buddhist Community**

Dear Royal Highnesses, Your Excellencies, Reverent Sangha and other delegates.

On behalf of the Swedish Buddhist Community, I would like with this congratulatory message to illuminate one of the subtopics of this year's UN Vesak 2025 – The Cultivation of inner peace for World peace. A subject so paramount, it regularly appears as a topic for discussions with the wish to find a sustainable solution to it.

We all want peace. Both in the world and in our own personal lives. We certainly all wish to live comfortably and experience happiness, without even slightest pain and suffering.

However, looking back on the human past as well as the current situation in the world, we can ascertain, that the gruesome, devastating wars and conflicts have been and are the shadowy, uncomfortable side of the human history.

To even imagine, how it is, being in the middle of the war is incomprehensible for a person who has never experienced it. But most of us can empathize with that person, when associating their experience with our own inner fear of dying or getting hurt.

Understanding other people's suffering and fearsome experiences opens our eyes to the truth and our hearts to compassion for those in troubled situations.

For it is by soaring on the powerful wings of compassion, that a human being can find the strength and determination to help, to support, to heal.

There are forces in the world, that wish to resolve conflicts, which would otherwise lead to wars. And I do believe, that a long-term solution for resolving wars and conflicts is the human dialogue.

"Hatred does not cease by hatred; hatred ceases only by love, this is the eternal law".

This is the eternal law, stated by the wise and the enlightened one, the Buddha.

Let us seek solutions, instead of accumulating hatred. Let us treat each other with dignity and respect, instead of hateful speech. Let us bring forth our innate Buddha nature, pure and pristine. Warm, wise and compassionate.

We are capable of this, all of the humanity. We have proven it many times in the past, when humans unconditionally and spontaneously helped beings in need.

Because it is within us. This unconditional love and wisdom. Our Buddha nature. Let us embrace each other's good nature. Let us find the positive similarities. To build bridges of understanding and respect. For the future of humanity. For the future generations. For the peace and harmony in the world.

This is my innermost wish and I feel very pleased and honored to share it with you on this sacred day of Vesak. The day, when we all connect in making wishes and prayers for the happiness, harmony and prosperity of our world, of our beautiful Mother Earth.

Sincerely yours
Ekaterina Panova



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