



Buddhist Concept of Peace through Reconciliation and Resilience

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“Peace through Reconciliation and Resilience”

- Peace:
 - Able to live and work harmoniously together
 - An ideal that **should** be desirable to all
- Reconciliation:
 - Resolving dispute and conflict
 - Restoring or repairing a relationship
- Resilience:
 - Over coming difficulty and challenges
 - Committing to the ideal to achieving **sustainable** peace



What does it take to achieve: “Peace through Reconciliation and Resilience”



- 1. Awareness**
- 2. Willingness**
- 3. Commitment**
- 4. Experience of the benefits**



Awareness and Recognize



• **Awareness and Recognition** of the **Pain and Suffering** that Conflict and War Can Cause

- The First Noble Truth: There is suffering, and it is part of life.
- Recognize the global and personal suffering of conflicts and war as a call to address suffering.



Willingness

- Willingness of the Opposing Parties to Participate in reconciliation

- Are you ready to **move beyond suffering?**
- There must **be a better way** to reconcile differences
- Encourage all parties to embrace patience, understanding and compassion because **we are all interdependent and suffering together**



Commitment

- Commitment to the Process of Dialogue and Reconciliation:

- It is not easy**—reconciliation requires understanding and acts of generosity and sacrifice.
- Dedicate to sustained dialogue, embodying **good will, right view and hope** to foster mutual understanding and commitment.





Experience of Benefits

Experience of the Benefits of Reconciliation and Peace:

- Life can be joyous and peaceful if the conditions are favorable
- Friends, built through reconciliation are always better than enemies.
- Experiencing the feeling of understanding, compassion, internal peace and purity



Levels of Analysis of the Topic: Peace through Reconciliation and Resilience



Global Perspective (Observer and Participant in World Events):



External Perspective:
(First-Person Response to Immediate Events)



Internal Perspective
(First-Person Reflection on Self)

Global Perspective



1. Global Perspective (Observer and Participant in World Events):

- **Awareness and Recognize:** Observing the widespread suffering from conflicts **as a call to action,**
- **Willingness:** Promoting readiness among nations or factions to **move beyond suffering through compassionate dialogue and understand** that there will not be peace without understanding and reconciliation. “Hatred does not cease by hatred, but only by patience, tolerance and love; this is the eternal rule.” ~The Dhammapada
- **Commitment:** Supporting sustained peace talks and reconciliation initiatives (e.g., 8th Buddhist-Christian Colloquium), embodying **good will, right view and hope** to foster mutual understanding and commitment. Understand that interdependent means collective responsibility.
- **Experience:** Showcasing the benefits of peace (e.g., restored stability in post-conflict regions) to reinforce the **importance of global awareness, global-interdependent, compassion and loving-kindness.**

External Perspective: (First-Person Response to Immediate Events)



- **Awareness and recognize:** Identifying the pain that arises from everyday challenges (such as job-related stress or family conflicts) as **a type of suffering that is avoidable**. If not addressed properly, these **sufferings can intensify and persist**.
- **Willingness:** **Cultivating a willingness** to transcend suffering by exploring constructive methods to resolve disagreements and conflicts, **knowing that frictions hurt both parties and a threat to stability of long-term relationship**
- **Commitment:** Committing **to conflict resolution through attentive listening and acts of kindness**, which aligns with the process of reconciliation.
- **Experience of benefit:** **Experiencing the joy and tranquility** that come from mended relationships, thereby strengthening resilience through **mindfulness and communal harmony**.

Internal Perspective (First-Person Reflection on Self)

- **Awareness and Recognize:** Identifying inner pain and suffering from self-criticism, guilt and disappointment as a call to address self-inflicted suffering.
- **Willingness:** Readiness to move beyond harsh self-criticism, seeking a better way through understanding, acceptance of causes and conditions, and self-compassion, rooted in understanding, compassion and loving-kindness practice. We are just a normal human-being.
- **Commitment:** Engaging in self-awareness (e.g., meditation) with acts of reconciliation and self-compassion, transforming one-self for the betterment of all.
- **Experience:** Achieving a joyous and inner peace, by becoming one's own best friend instead of being one's worst enemy





Conclusion

- “Peace through Reconciliation and Resilience” is a much needed and universal concept that offers profound insights into addressing suffering and conflict.
- Its emphasis on compassion, interdependence, and resilience provides a roadmap for individuals and societies to navigate challenges and build a more harmonious world.
- It is a worth-while objective that is attainable through awareness, willingness, commitment and experience of benefits.