

# Mercy Propping Up the World

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The maxim mentioned above is Buddhist ideology, which tells us that the world would be full of cold-blooded violence because of people lacking mercy or Metta to each other. Metta is loving kindness to one and all, with great effort and determination. It is a friendly feeling of loving kindness to all beings in every situation regardless of race, creed, or caste. It is love without desire to possess, embracing all beings, big or small, far or near. For the time being, the world is living with fear and endless strife for advantage. The latest suicide-bomb attack killing Pakistan's former Prime Minister Benazir Bhutto December 28, 2007 and over twenty other people was one of over hundreds of inhuman acts of destruction occurring everywhere in the recent world. The questions these events raise is why we, as humans, must destroy each other, why we do not acknowledge we are all brothers or friends. Nobody lives immortally. Only a few people live to be 100 years. Buddha said "all things come from their own causes, and all things disappear if the causes are uprooted." That means no problems occur accidentally but from their causes. And the causes that occur and exist are not because of human economic, political, and social problems. But they are their spiritual problems. The problems that we have been facing lately seems that way. But that's only their physical appearance. All good or bad human actions that are manifested verbally or physically reflect defilements existing in human minds. These defilements (Kiles) or desires, wants, hatreds, and illusions are the real causes of all human problems. To settle all human controversies, in the Buddhist view, individuals must start by having good thoughts toward all creatures and wishing happiness to all of them. When people spread their loving kindness to all beings in that way, their minds would become soft and their compassion appear. They would love others like their relatives or beloved friends. If individuals are well-developed, people in their society would live brotherhood, help each other with mercy, that is: not to treat someone badly.

There is only the way by which people would live peacefully in a temporary world; that is, in each society people have to cultivate clemency in their mind; which is one of the important four moral foundations or *brahma - vihara*:

1. Metta, loving kindness to all creatures;
2. Karuna, compassion for all who suffer;
3. Muthita, sympathetic joy (to be happy in others' happiness, in their prosperity, thereby counteracting feelings of jealousy and unhealthy rivalry between individuals and groups);
4. Upekkha, equanimity, the maintenance of a balance mind when faced with the ups and downs inherent in life.

These are called moral qualities or four sublime states. It is by cultivating these noble qualities and practices them that we will be able to maintain a healthy mind and a healthy body. And these moral qualities convey a universal message. They give the most satisfactory way of living in a harmony with one's fellow men and women, the path to true happiness, to everlasting world peace.

Some academics say that if we stop globalization, the world would be safe. How come! Who can do that? Even though we, as humans can do that, we cannot stop our greedy. So the fight and killing each other still go on. To perish that and to live harmoniously in the world society, human has to develop their own quality of mind; that means, they live with loving kindness and a good thought to all as their brothers; that is Metta or clemency; which always props up the world.