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 རྫོང་གདན་བཀའ་ཤེས་ཐང་ནང་པའི་གཞུག་ལག་སློབ་གྲྭ།  
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**Title: Cultivating Trust and Solidarity: The Buddhist Approach**

Greetings to all participants and individuals from all over the world present here for the 19th United Nations Vesak Day Celebration and all others viewing on Television and Social Medias.

I, on behalf of the delegation from the Sangha of Bhutan, would like to thank the International Council for Vesak Day for extending this invitation. We are very grateful for giving us this opportunity to mingle with Buddhist Leaders and Masters from many countries. May I also offer our due reverence to His Majesty the King of Thailand, His Holiness the Sangha Raja and all Council Members of the Sangha of Thailand.

Today, I would like to invite you all on a journey into the realm of Buddhism, exploring our profound wisdom on building trust and solidarity. In a world often fraught with division and distrust, the principles of Buddhism offer us invaluable insights into fostering harmony and connection within ourselves and our communities. This journey will be more profound as we celebrate the Vesak Day when the Buddha was born in Lumbini, enlightened in Bodhgaya and passed away in Kushinagar.

At the heart of Buddhism lies the concept of interdependent origination. This principle teaches us that all phenomena are interconnected and interdependent in nature, forming a vast web of existence. When we recognize this concept, we naturally cultivate empathy and compassion towards all beings, fostering trust and solidarity.

One of the fundamental teachings of Buddhism is cultivating mindfulness. Mindfulness involves being fully present in the moment, simply observing our own thoughts, feelings, and sensations. By practicing mindfulness, we develop greater self-awareness and emotional regulation, laying the foundation for trust in ourselves and others.

Another cornerstone of Buddhist philosophy is the cultivation of loving-kindness. This involves extending boundless love and goodwill towards all beings, regardless of their backgrounds or beliefs. When we approach others with genuine kindness and compassion, we create a supportive environment where trust and mutual respect flourish.

In addition to loving-kindness, Buddhism emphasizes the practice of generosity. This involves giving freely without expecting anything in return, whether it be material possessions, time, or emotional support. By embodying the spirit of generosity, we build trust and solidarity within our communities, fostering a sense of interconnection.

Furthermore, Buddhism teaches the importance of ethical conduct. Sila involves living in accordance with moral principles such as non-violence, honesty, and integrity. When we uphold these principles in our thoughts, actions and interactions, we earn the trust and respect of others. It strengthens the bond of solidarity within society. Similarly, in times of conflict or disagreement, Buddhism offers the practice of "Right Speech" involving speaking truthfully, kindly and constructively. By communicating with honesty and compassion, we bridge the gap of mistrust and cultivate understanding and harmony.

Finally, Buddhism teaches us the importance of forgiveness and reconciliation in healing rifts and restoring trust. Holding onto resentment and grudges only bring suffering, both for ourselves and others. By practicing forgiveness, we release the burden of past grievances and pave the way for genuine reconciliation and harmony.

In Bhutan, we are blessed with a Bodhisattva King, His Majesty Jigme Khesar Namgyel Wangchuck who supports and guides all citizens. His Majesty the King always gives us needful directives and timely advices that makes it possible for us to serve our country well. Therefore, regardless of endless challenges, Bhutan is enjoying peace, happiness and progress. The Buddha Dharma is safe and continuing to flourish.

In conclusion, the Buddhist way of building trust and solidarity offers us a profound path towards creating a more compassionate and interconnected world. By cultivating mindfulness, loving-kindness, generosity, and forgiveness, we can nurture deeper connections within ourselves, our communities and our world. Let us embrace these timeless teachings and walk together towards a better future filled with trust, solidarity, and boundless compassion.

Thank you so much and Tashi Delek!