

## Appendix 2.

When considering the paradigms of western and eastern world very visible in the measurement indexes viewed in this paper, one viable difference can be noticed. The more profound emphasis of spiritual aspects in the eastern views that are more clearly present than in western views of measurement. It is reasonable to view the spiritual aspect found in the western world, outside the sphere of measurements, along side with the eastern, especially for values considering how to treat each other, this being common element in both spiritual views. For GNH is highly effected by the Buddhist views, therefore the spiritual values found in Christianity is noted here as well. Both being the major identifiable spiritual group of values in the areas of GDP and GNH.

*“I believe that the purpose of life is to be happy. From the moment of birth, every human being wants happiness and does not want suffering.” His Holiness Dalai Lama*

Due to the world wide recognition, the writings and opinions of his Holiness the 14<sup>th</sup> Dalai Lama, Tenzin Gyatso, can be seen as relevantly representing the Buddhist views in this paper, instead of quotes directly from the Buddha. These quotations are found at his website. The values, or commandments, being part of and found in the Sermon on the mount presented in the King James version of the Holy Bible is to represent here the Christian value majority in the western world. For this can be also considered as the core of the teachings of the LORD Jesus Christ center in the new Testament. These two views are shown together for the reason that certain truths about humans can be universal and therefore similarity regarding these can be found.

*“Ultimately, the reason why love and compassion bring the greatest happiness is simply that our nature cherishes them above all else. The need for love lies at the very foundation of human existence. It results from the profound interdependence we all share with one another.” His Holiness the Dalai Lama*

*“You have heard that it was said to those of old, 'You shall not murder, and whoever murders will be in danger of the judgment.' But I say to you that whoever is angry with his brother without a cause shall be in danger of the judgment.” NKJW Bible Matt 5:21*

*-Need for love and value of forgiveness, from banks to politicians.*

*“Because we all share an identical need for love, it is possible to feel that anybody we meet, in whatever circumstances, is a brother or sister. No matter how new the face or how different the dress and behavior, there is no significant division between us and other people.” His Holiness Dalai Lama*

*“We should begin by removing the greatest hindrances to compassion: anger and hatred. “*

*His Holiness the Dalai Lama*

*“We have to consider what we human beings really are. We are not like machine-made objects. If we are merely mechanical entities, then machines themselves could alleviate all of our sufferings and fulfill our needs.” His Holiness the Dalai Lama*

*“No material object, however beautiful or valuable, can make us feel loved, because our deeper identity and true character lie in the subjective nature of the mind.” His Holiness Dalai Lama*

*“But I say to you, whoever looks at a woman to lust for her has already committed adultery with her in his heart.” NKJW the Holy Bible Matt 5:28*

*“The more we care for the happiness of others, the greater our own sense of well-being becomes.”*

*His Holiness Dalai Lama*

*“But I say to you that whoever divorces his wife for any reason except sexual immorality causes her to commit adultery; and whoever marries a woman who is divorced commits adultery.” NKJW the Holy Bible Matt 5:32*

*“As long as we live in this world we are bound to encounter problems. If, at such times, we lose hope and become discouraged, we diminish our ability to face difficulties. If, on the other hand, we remember that it is not just ourselves but everyone who has to undergo suffering, this more realistic perspective will increase our determination and capacity to overcome troubles.” His Holiness Dalai Lama*

*“You have heard that it was said, 'You shall love your neighbor and hate your enemy' but I say to you, love your enemies, bless those who curse you, do good to those who hate you, and pray for those who spitefully use you and persecute you” NKJW Bible Matt 5:43*

*“You have heard that it was said, 'An eye for an eye and a tooth for a tooth'. But I tell you not to resist an evil person. But whoever slaps you on your right cheek, turn the other to him also.” NKJW Bible Matt 5:38*

-These in support of the Golden rule. Values of the Gross Domestic Product promote “an eye for an eye” via negative struggle via debt and competition. This debt creates resistance between parties to uphold that competition. By “loving your enemy”, this debt is paid and resistance dissolves.

*“You should realize that even though your opponents appear to be harming you, in the end, their destructive activity will damage only themselves. In order to check your own selfish impulse to retaliate, you should recall your desire to practice compassion and assume responsibility for helping prevent the other person from suffering the consequences of his or her acts.” His Holiness the Dalai Lama*

“For I say unto you, that except your righteousness shall exceed the righteousness of the scribes and Pharisees, ye shall in no case enter into the kingdom of heaven.” *NKJW the Holy Bible Matt 5:20*

-For scribes write, Pharisees teach, so one much teach righteousness, positive values.

*“Inter-dependence, of course, is a fundamental law of nature. Not only higher forms of life but also many of the smallest insects are social beings who, without any religion, law or education, survive by mutual cooperation based on an innate recognition of their interconnectedness.”*

*His Holiness Dalai Lama*

-Co-operation with humanity as a whole, without part taken as an enemy. This can be without forced debt – debtor -relationship, therefore balance without tension.

*“Anger and hatred are our real enemies. These are the forces we most need to confront and defeat, not the temporary enemies who appear intermittently throughout life.” -His Holiness Dalai Lama*

“If you have a sincere and open heart, you naturally feel self-worth and confidence, and there is no need to be fearful of others.” *-His Holiness Dalai Lama*

*“But I say to you, do not swear at all; ” NKJW the Holy Bible Matt 5:34*

“I don't know whether the universe, with its countless galaxies, stars and planets, has a deeper meaning or not, but at the very least, it is clear that we humans who live on this earth face the task of making a happy life for ourselves.” *-His Holiness Dalai Lama*

“A new commandment I give to you, that you love one another; as I have loved you, that you also love one another”. (NKJV the Holy Bible John 13:34)

### Appendix 3.

|  |   |         |   |             |   |                               |  |
|--|---|---------|---|-------------|---|-------------------------------|--|
| Indicators compared with GDP share policies presenting principle of golden rule, also present in value systems observed.   |   |         |   |             |   |                               |  |
| Spiritual <u>values</u> systems  |   | Values, |   | Indicators: |   | Policies:                     |  |
| within same geographic   |   |         |   | GPI         |   | Emphasis                      |  |
| area, share a similar  | → |         | → | GNH         | → | on relationships, balance     |  |
| core of the golden rule  |   |         |   | HPI         |   | according to/ being           |  |
| derivation   |   |         |   | GDR         |   | derivative of the Golden rule |  |
|  |   | Values  |   |             |   | growth, imbalance between     |  |
|  | → | ?       | → | GDP         | → | parties                       |  |
| GDP compared with other indicators, promotes and encourages values different to what is present in value systems observed. |   |         |   |             |   |                               |  |