

A long time ago in India, the great Buddhist philosopher **Arya Nagarjuna** had a friend who was a **powerful king**. The king ruled the country, commanded armies, and lived surrounded by luxury - but Nagarjuna could see something deeper: power does not protect the mind from fear, pride, or suffering. So instead of visiting with a gift or flattery, Nagarjuna sent a letter. Not a political letter. Not a sermon. A friend's letter, written with care and honesty. This text became famous as "Letter to a Friend" (Suhrllekha)

The heart of the letter (told as a story)

Nagarjuna begins gently. He doesn't scold the king for his own enjoyment or to wield his authority instead, he reminds him:

"You have fortune, intelligence and opportunity. That combination is rare. Don't waste it."

He tells the king that **power is like standing on ice** - it looks solid, but it can crack at any moment. Enemies, illness, aging and death don't care about crowns. Even kings must leave everything behind. Then Arya Nagarjuna paints a vivid picture:

He says that **desire is a fire**- the more you feed it, the hotter it burns.

Anger is poison- it hurts the one who holds it first.

Pride is a fog - it makes you forget that everyone else wants happiness just like you do.

But the letter isn't gloomy. it's deeply encouraging.

Arya Nagarjuna tells his friend:

Be **generous**, because giving loosens fear.

Be **ethical**, because a clean conscience is better than a guarded palace.

Be **patient**, because enemies lose their power when you don't carry them inside your mind. Train the mind, because **real victory is inner freedom**, not conquest.

At one point, Arya Nagarjuna makes a powerful statement:

Even a short moment of clarity is worth more than a life time of careless pleasure!