

Transmitted by Sudha from Nepal

## **Dalai Lama's Quotes**

Happiness is not something ready-made. It comes from your own actions.”

“Love is the absence of judgment.”

“If you think you are too small to make a difference, try sleeping with a mosquito.”

“There is a saying in Tibetan, 'Tragedy should be utilized as a source of strength.'  
No matter what sort of difficulties, how painful experience is, if we lose our hope, that's our real disaster.”

“My religion is very simple. My religion is kindness.”

“Every day, think as you wake up, today I am fortunate to be alive, I have a precious human life, I am not going to waste it. I am going to use all my energies to develop myself, to expand my heart out to others; to achieve enlightenment for the benefit of all beings. I am going to have kind thoughts towards others, I am not going to get angry or think badly about others. I am going to benefit others as much as I can.”

“Remember that the best relationship is one in which your love for each other exceeds your need for each other.”

“Love and compassion are necessities, not luxuries. Without them, humanity cannot survive.”

“Know the rules well, so you can break them effectively.”

“Silence is sometimes the best answer”

“Choose to be optimistic, it feels better.”

“Our prime purpose in this life is to help others. And if you can't help them, at least don't hurt them.”

“If a problem is fixable, if a situation is such that you can do something about it, then there is no need to worry. If it's not fixable, then there is no help in worrying. There is no benefit in worrying whatsoever.”

“People take different roads seeking fulfillment and happiness. Just because they're not on your road doesn't mean they've gotten lost.”

“Remember that sometimes not getting what you want is a wonderful stroke of luck.”

“Judge your success by what you had to give up in order to get it.”

“When we meet real tragedy in life, we can react in two ways--either by losing hope and falling into self-destructive habits, or by using the challenge to find our inner strength.”

“If you want others to be happy, practice compassion. If you want to be happy, practice compassion.”

“If you can cultivate the right attitude, your enemies are your best spiritual teachers because their presence provides you with the opportunity to enhance and develop tolerance, patience and understanding.”

“We can never obtain peace in the outer world until we make peace with ourselves.”

“Only the development of compassion and understanding for others can bring us the tranquility and happiness we all seek.”

“Look at children. Of course they may quarrel, but generally speaking they do not harbor ill feelings as much or as long as adults do. Most adults have the advantage of education over children, but what is the use of an education if they show a big smile while hiding negative feelings deep inside? Children don't usually act in such a manner. If they feel angry with someone, they express it, and then it is finished. They can still play with that person the following day.”

“Take into account that great love and great achievements involve great risk.”

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“There is only one important point you must keep in your mind and let it be your guide. No matter what people call you, you are just who you are. Keep to this truth. You must ask yourself how is it you want to live your life. We live and we die, this is the truth that we can only face alone. No one can help us, not even the Buddha. So consider carefully, what prevents you from living the way you want to live your life?”

“World peace must develop from inner peace. Peace is not just mere absence of violence. Peace is, I think, the manifestation of human compassion.”

“All suffering is caused by ignorance. People inflict pain on others in the selfish pursuit of their own happiness or satisfaction”

“A truly compassionate attitude toward others does not change even if they behave negatively or hurt you.”