

Quotes By Dalai Lama

- Old friends pass away, new friends appear. It is just like the days. An old day passes, a new day arrives. The important thing is to make it meaningful: a meaningful friend - or a meaningful day."
- "Today, more than ever before, life must be characterized by a sense of Universal responsibility, not only nation to nation and human to human, but also human to other forms of life."
- "I believe all suffering is caused by ignorance. People inflict pain on others in the selfish pursuit of their happiness or satisfaction. Yet true happiness comes from a sense of peace and contentment, which in turn must be achieved through the cultivation of altruism, of love and compassion, and elimination of ignorance, selfishness, and greed."
- "I am open to the guidance of synchronicity, and do not let expectations hinder my path."
- "Human beings are of such nature that they should have not only material facilities but spiritual sustenance as well. Without spiritual sustenance, it is difficult to get and maintain peace of mind."
- Each of us in our own way can try to spread compassion into people's hearts. Western civilizations these days place great importance on filling the human "brain" with knowledge, but no one seems to care about filling the human "heart" with compassion. This is what the real role of religion is."
- "Love and compassion are necessities, not luxuries. Without them humanity cannot survive."
- "Our prime purpose in this life is to help others. And if you can't help them, at least don't hurt them."
- "I believe all suffering is caused by ignorance. People inflict pain on others in the selfish pursuit of their happiness or satisfaction. Yet true happiness comes from a sense of peace and contentment, which in turn must be achieved through the cultivation of altruism, of love and compassion, and elimination of ignorance, selfishness, and greed."
- This is my simple religion. There is no need for temples; no need for complicated philosophy. Our own brain, our own heart is our temple; the philosophy is kindness.
- Whether one believes in a religion or not, and whether one believes in rebirth or not, there isn't anyone who doesn't appreciate kindness and compassion.
- Happiness is not something ready made. It comes from your own actions."

- "If you want others to be happy, practice compassion. If you want to be happy, practice compassion."
- "The purpose of our lives is to be happy."
- "I believe that the very purpose of our life is to seek happiness. That is clear. Whether one believes in religion or not, whether one believes in this religion or that religion, we all are seeking something better in life. So, I think, the very motion of our life is towards happiness..."