

Quotes from the Dalai Lama

<p>1. Happiness is not something ready made. It comes from your own actions.</p>	<p>2. If you can, help others; if you cannot do that, at least do not harm them.</p>
<p>3. If you want others to be happy, practice compassion. If you want to be happy, practice compassion.</p>	<p>4. Love and compassion are necessities, not luxuries. Without them humanity cannot survive.</p>
<p>5. In the practice of tolerance, one's enemy is the best teacher.</p>	<p>6. My religion is very simple. My religion is kindness.</p>
<p>7. Open your arms to change, but don't let go of your values.</p>	<p>8. We can never obtain peace in the outer world until we make peace with ourselves.</p>
<p>9. Remember that not getting what you want is sometimes a wonderful stroke of luck.</p>	<p>10. We can live without religion and meditation, but we cannot survive without human affection.</p>
<p>11. Spend some time alone every day.</p>	<p>12. The purpose of our lives is to be happy.</p>