

10 life lessons from dalai lama



- ☐ The purpose of our lives is to be happy.
- ☐ Happiness is not something ready made. It comes from your own actions.
- ☐ Be kind whenever possible. It is always possible.
- ☐ Well-being comes through action, not through prayer.
- ☐ Sleep is the best meditation.
- ☐ Love and compassion are necessities, not luxuries. Without them humanity cannot survive.
- ☐ In the practice of tolerance, one's enemy is the best teacher.
- ☐ When you practice gratefulness, there is a sense of respect toward others.
- ☐ Where ignorance is our master, there is no possibility of real peace.
- ☐ More compassionate mind, more sense of concern for other's well-being, is source of happiness.