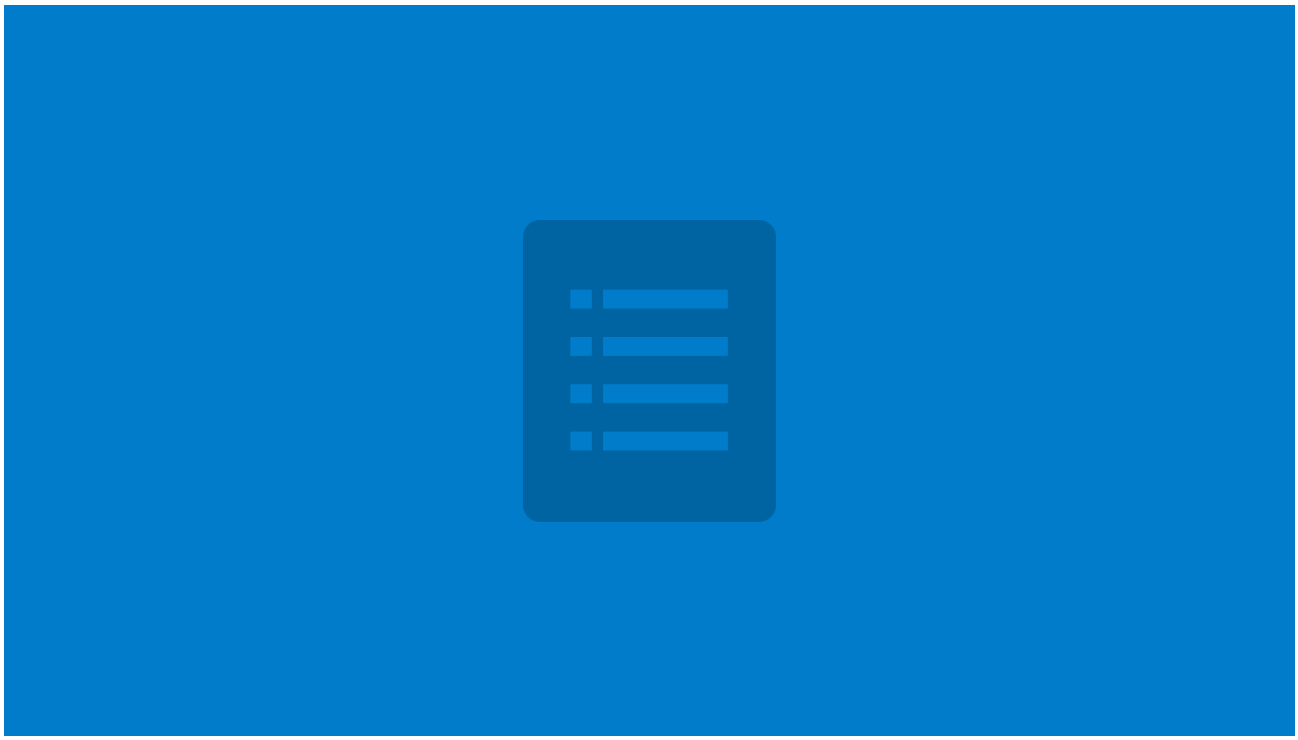
10 life lessons from dalai lama



- [ ] 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.

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