

Dalai Lama Quotes

*Compassion, Inspirational, Buddhist, Spiritual, Mind, Thinking, People, Heart,
Happiness, Attitude, Religious, Kindness, Life, Practice, Responsibility, Believe,
Real, Buddhism, Self, Needs*

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

~Dalai Lama

There are only two days in the year that nothing can be done. One is called Yesterday and the other is called Tomorrow. Today is the right day to Love, Believe, Do and mostly Live.

~Dalai Lama

Don't ever mistake my silence for ignorance, my calmness for acceptance or my kindness for weakness. Compassion and tolerance are not a sign of weakness, but a sign of strength.

~Dalai Lama

Give the ones you love wings to fly, roots to come back and reasons to stay.

~Dalai Lama

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

~Dalai Lama

Do not let the behavior of others destroy your inner peace.

~Dalai Lama

Just one small positive thought in the morning can change your whole day.

~Dalai Lama

When you talk you are only repeating something you already know. But, if you listen you may learn something new.

~Dalai Lama

When you think everything is someone else's fault, you will suffer a lot.

When you realize that everything springs only from yourself, you will learn both peace and joy.

~Dalai Lama

If it can be solved, there's no need to worry, and if it can't be solved, worry is of no use.

~Dalai Lama

Follow the three R's: - Respect for self. - Respect for others. - Responsibility for all your actions.

~Dalai Lama

The planet does not need more successful people. The planet desperately needs more peacemakers, healers, restorers, storytellers, and lovers of all kinds.

~Dalai Lama

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

~Dalai Lama

True happiness comes from having a sense of inner peace and contentment, which in turn must be achieved by cultivating altruism, love and compassion, and by eliminating anger, selfishness and greed.

~Dalai Lama

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.

~Dalai Lama

A lack of transparency results in distrust and a deep sense of insecurity.

~Dalai Lama

The purpose of our lives is to be happy.

~Dalai Lama

If someone does not smile at you, be generous and offer your own smile. Nobody needs a smile more than the one that cannot smile to others.

~Dalai Lama

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

~Dalai Lama

A heart full of love and compassion is the main source of inner strength, willpower, happiness, and mental tranquility

~Dalai Lama

Share your knowledge. It is a way to achieve immortality.

~Dalai Lama

If every 8 year old in the world is taught meditation, we will eliminate violence from the world within one generation

~Dalai Lama

We often add to our pain and suffering by being overly sensitive, over-reacting to minor things, and sometimes taking things too personally.

~Dalai Lama

Pain can change you, but that doesn't mean it has to be a bad change. Take that pain and turn it into wisdom.

~Dalai Lama

Happiness mainly comes from our own attitude, rather than from external factors.

~Dalai Lama

The challenge today is to convince people of the value of truth, honesty, compassion and a concern for others.

~Dalai Lama

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

~Dalai Lama

When we feel love and kindness toward others, it not only makes others feel loved and cared for, but it helps us also to develop inner happiness and peace.

~Dalai Lama

Just as ripples spread out when a single pebble is dropped into water, the actions of individuals can have far-reaching effects.

~Dalai Lama

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

~Dalai Lama

If you don't love yourself, you cannot love others. You will not be able to love others. If you have no compassion for yourself then you are not able of developing compassion for others.

~Dalai Lama

If your heart has peace, nothing can disturb you.

~Dalai Lama

My religion is very simple. My religion is kindness.

~Dalai Lama

The period of greatest gain in knowledge and experience is the most difficult period in one's life.

~Dalai Lama

We can live without religion and meditation, but we cannot survive without human affection.

~Dalai Lama

Today is the right day to love, believe, do, and mostly, live.

~Dalai Lama

Never give up. No matter what is happening, no matter what is going on around you, never give up.

~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.

~Dalai Lama

Compassion is not religious business, it is human business, it is not luxury, it is essential for our own peace and mental stability, it is essential for human survival.

~Dalai Lama

I describe myself as a simple Buddhist monk. No more, no less.

~Dalai Lama

Choose to be optimistic, it feels better.

~Dalai Lama

Through difficult experiences, life sometimes becomes more meaningful.

~Dalai Lama

I remain convinced that most human conflicts can be solved through genuine dialogue conducted with a spirit of openness and reconciliation.

~Dalai Lama

The way to change others' minds is with affection, and not anger.

~Dalai Lama

A sense of concern for others gives our lives meaning; it is the root of all human happiness

~Dalai Lama

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

~Dalai Lama

I am open to the guidance of synchronicity, and do not let expectations hinder my path.

~Dalai Lama

It is lack of love for ourselves that inhibits our compassion toward others. If we make friends with ourselves, then there is no obstacle to opening our hearts and minds to others.

~Dalai Lama

True friendship develops not as a result of money or power but on the basis of genuine human affection.

~Dalai Lama

As you breathe in, cherish yourself. As you breathe out, cherish all Beings.

~Dalai Lama

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.

~Dalai Lama

The true hero is one who conquers his own anger and hatred.

~Dalai Lama

If someone has a gun and is trying to kill you, it would be reasonable to shoot back with your own gun.

~Dalai Lama

When reason ends, then anger begins. Therefore, anger is a sign of weakness.

~Dalai Lama

Mutual respect is the foundation of genuine harmony.

~Dalai Lama

It is our collective and individual responsibility to preserve and tend to the environment in which we all live.

~Dalai Lama

The greater the level of calmness of our mind, the greater our peace of mind, the greater our ability to enjoy a happy and joyful life.

~Dalai Lama

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.

~Dalai Lama

Sleep is the best meditation.

~Dalai Lama

All major religious traditions carry basically the same message, that is love, compassion and forgiveness the important thing is they should be part of our daily lives.

~Dalai Lama

Be kind whenever possible. It is always possible.

~Dalai Lama

A positive state of mind is not merely good for you, it benefits everyone with whom you come into contact, literally changing the world.

~Dalai Lama

Compassion is the radicalism of our time.

~Dalai Lama

Love is the absence of judgment.

~Dalai Lama

Because we all share this planet earth, we have to learn to live in harmony and peace with each other and with nature. This is not just a dream, but a necessity.

~Dalai Lama

My message is always the same: to cultivate and practice love, kindness, compassion and tolerance.

~Dalai Lama

True compassion is not just an emotional response but a firm commitment founded on reason.

~Dalai Lama

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

~Dalai Lama

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

~Dalai Lama

A tree with strong roots can withstand the most violent storm, but the tree can't grow roots just as the storm appears on the horizon.

~Dalai Lama

The point of life is happiness.

~Dalai Lama

Look at children... If they feel angry with someone, they express it, and then it is finished. They can still play with that person the following day.

~Dalai Lama

The universe is a single atom: the convergence of science and spirituality.

~Dalai Lama

From a certain point of view our real enemy, the true troublemaker, is inside.

~Dalai Lama

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

~Dalai Lama

The world will be saved by the western woman.

~Dalai Lama

Compassion is the wish for another being to be free from suffering; love is wanting them to have happiness.

~Dalai Lama

Genuine happiness consists in those spiritual qualities of love, compassion, patience, tolerance and forgiveness and so on. For it is these which provide both for our happiness and others happiness.

~Dalai Lama

Smile if you want a smile from another face.

~Dalai Lama

You have to start giving first and expect absolutely nothing.

~Dalai Lama

By deceiving one another through false assumptions and misrepresentations there has been, in reality, a great lapse and delay in achieving the real goals.

~Dalai Lama

There are two kinds of satisfaction or happiness: one mainly through mental peace; another physical comfort

~Dalai Lama

If you wish to experience peace, provide peace for another.

~Dalai Lama

The wiser course is to think of others when pursuing our own happiness.

~Dalai Lama

Forget the failures. Keep the lessons.

~Dalai Lama

You must not hate those who do wrong or harmful things; but with compassion, you must do what you can to stop them "for they are harming themselves, as well as those who suffer from their actions.

~Dalai Lama

Dangerous consequences will follow when politicians and rulers forget moral principles. Whether we believe in God or karma, ethics is the foundation of every religion.

~Dalai Lama

The more we care for the happiness of others, the greater is our own sense of well-being.

~Dalai Lama

Open your arms to change but don't let go of your values.

~Dalai Lama

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.

~Dalai Lama

The more we take the welfare of others to heart and work for their benefit, the more benefit we derive for ourselves. This is a fact that we can see.

~Dalai Lama

Women have the capacity to lead us to a more peaceful world with compassion, affection, and kindness.

~Dalai Lama

It is the state of mind of the person wielding the instrument that determines to what end it will be put.

~Dalai Lama

The way to overcome negative thoughts and destructive emotions is to develop opposing, positive emotions that are stronger and more powerful.

~Dalai Lama

I think technology really increased human ability, but technology cannot produce compassion.

~Dalai Lama

When you realize you've made a mistake, take immediate steps to correct it.

~Dalai Lama

Indulgence in resentment and vengeance will only further increase miseries to oneself and others in this life and in lives to come.

~Dalai Lama

A simple smile. That's the start of opening your heart and being compassionate to others.

~Dalai Lama

It is under the greatest adversity that there exists the greatest potential for doing good, both for oneself and others.

~Dalai Lama

When we are caught up in a destructive emotion, we lose one of our greatest assets: our independence.

~Dalai Lama

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