

## Dalai Lama Quotes - The leader of modern Buddhism

*Be kind whenever possible. It is always possible.*

*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.*

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

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

*In the practice of tolerance, one's enemy is the best teacher.*

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

*Happiness is not something ready-made. It comes from your own actions.*

*When you are discontent, you always want more, more, more. Your desire can never be satisfied. But when you practice contentment, you can say to yourself, 'Oh yes - I already have everything that I really need.'*

*The best way to resolve any problem in the human world is for all sides to sit down and talk.*

*World belongs to humanity, not this leader, that leader or that king or prince or religious leader. World belongs to humanity.*