

Looking for inspirational quotes by Dalai Lama? We've have got the best collection of Dalai Lama quotes, sayings, proverbs, messages, captions for Instagram, (with images and pictures) to inspire you to lead a peaceful and positive life.

Dalai Lama words of wisdom have stood the test of time on a number of topics. These quotes reflect a great and positive perspective about suffering, anger, truth, action, fear, love, kind, meditation, speech, and more.

We have categorized the post in the following topics to make it easier for you;

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Dalai Lama Quotes

1. "Nothing is permanent."
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2. "Love is the absence of judgment."
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3. "Silence is sometimes the best answer."
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4. "The purpose of our lives is to be happy."
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5. "True change is within; leave the outside as it is."

6. "Compassion is what makes our lives meaningful."

7. "My religion is very simple. My religion is kindness."

8. "I defeat my enemies when I make them my friends."

9. "Once a year, go somewhere you've never been before."

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

11. "The only temple that matters can be found within yourself."

12. "Be ready to change your goals, but never change your values."

13. "Out of 6 million humans, the troublemakers are just a handful."

14. "Real change in the world will only come from a change of heart."

15. "I believe that the only true religion consists of having a good heart."

16. "Don't treat people as bad as they are, treat them as good as you are."

17. "The roots of all goodness lie in the soil of appreciation for goodness."

18. "I feel the essence of spiritual practice is your attitude towards others."

19. "The goal is not to be better than the other man, but your previous self."

20. "When you practice gratefulness, there is a sense of respect toward others."

21. "Bringing about inner change is difficult, it is absolutely worthwhile to try."

22. "To conquer oneself is a greater victory than to conquer thousands in a battle."

23. "Many of our problems stem from attitudes like putting ourselves first at all costs."

24. "There are always problems to face, but it makes a difference if our minds are calm."

25. "The more you are motivated by love, the more fearless and free your action will be."

26. "The first step toward living a happy life is to treat every other human with kindness."

27. "Anger and hatred are signs of weakness, while compassion is a sure sign of strength."

28. "If it can be solved, no need to worry, and if it can't be solved, then worry is of no use."

29. "I call the light and high aspects of my being spirit and the dark and heavy aspects soul."

30. "I call myself a feminist. Isn't that what you call someone who fights for women's rights?"

31. "We begin from the recognition that all beings cherish happiness and do not want suffering."

32. "If you make others happy, you'll be happy. If you make others unhappy, you'll be miserable."

33. "Follow the three R's: Respect for self, respect for others and responsibility for all your actions."

34. "When a person thinks that everything is going wrong, something wonderful happen in his life."

35. "No matter how educated or wealthy you are, if you don't have peace of mind, you won't be happy."

36. "Our life depends so much on others that at the root of our existence lies a fundamental need for love."

37. "My experience is that people who have been through painful, difficult times are filled with compassion."

38. "If a problem has a solution, we must work to find it; if it does not, we need not waste time thinking about it."

39. "Sometimes things go wrong; that's normal. But we have a saying in Tibetan, 'Nine times fail, nine times try again.'"

40. "We need to learn how to want what we have, not to have what we want, in order to get steady and stable happiness."

41. "Suffering should make us angry. This type of anger moves us toward a wrathful compassion to take action to end suffering."

42. "Don't use Buddhism to become Buddhist. Use Buddhism to become better at whatever else in your life you are doing already."

43. "The message of love and compassion will travel far and wide if all who follow a spiritual path work together in harmony and mutual respect."

44. "Change starts with us as individuals. If one individual becomes more compassionate it will influence others and so we will change the world."

45. "If with a warm heart and patience we can consider the views of others, and exchange ideas in calm discussion, we will find points of agreement."

46. "What we really need is a sense of oneness among 7 billion human beings. This could be one of the positive outcome of the coronavirus crisis."

47. "As individuals we can influence our own families. Our families can influence our communities and our communities can influence our nations."

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

49. "Many people think that patience is a sign of weakness. I think this is a mistake. It is anger that is a sign of weakness, whereas patience is a sign of strength."

50. "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."

51. "Inner darkness, which we call ignorance, is the root of suffering. The more inner light that comes, the more darkness will diminish. This is the only way to achieve salvation or nirvana."

52. "Regarding mental bullying on the internet that leads young people to self-harm and suicide - as human beings, we are intelligent and can evaluate and choose what to take seriously."

53. "The colors of light are infinite through refraction, yet they all come from the same source. Thus I cannot detach myself from the wickedest soul, nor fail to identify with the most virtuous."

54. "Just as we teach people physical hygiene to help preserve their physical health, for a happy and peaceful mind, we need to teach people about emotional hygiene - how to tackle their destructive emotions."

55. "I believe deeply that we must find, all of us together, a new spirituality. This new concept ought to be elaborated alongside the religions in such a way that all people of good will could adhere to it."

56. "The purpose of religion is to control yourself, not to criticize others. How much am I doing about my anger, attachment, hatred, pride and jealousy? These are the things which we must check in our daily lives."

57. "In dealing with those who are undergoing great suffering, if you feel 'burnout' setting in, if you feel demoralized and exhausted, it is best, for the sake of

everyone, to withdraw and restore yourself. The point is to have a long-term perspective.”

58. “The practice of compassion and altruism brings us peace of mind. Even if we face trouble or someone is critical of something we've said or done, compassion enables us to feel grateful to them. Compassion is the best measure to anger, anxiety and so forth.”
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59. “A compassionate attitude helps you communicate more easily with your fellow human beings. As a result, you make more genuine friends and the atmosphere around you is more positive, which gives you greater inner strength. This inner strength helps you spontaneously concern yourself with others, instead of thinking about yourself.”
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60. “We will never solve our problems simply by instituting new laws and regulations. Ultimately, the source of our problem lies at the level of the individual. If people lack moral values and integrity, no system of laws and regulations will be adequate. So long as people give priority to material values, then injustice, inequity, intolerance and greed - all the outward manifestations of neglect of inner values - will persist.”
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The Best Dalai Lama Quotes

1. “It is not enough to be compassionate, we must act.”
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2. “Judge your success by what you had to give up in order to get it.”
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3. “As you breathe in, cherish yourself. As you breathe out, cherish all beings.”
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4. “Just one small positive thought in the morning can change your whole day.”
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5. “The ultimate source of happiness is not money and power, but warmheartedness.”
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6. "A disciplined mind leads to happiness, and an undisciplined mind leads to suffering."

7. "Even more important than the warmth and affection we receive, is the warmth and affection we give."

8. "To be aware of a single shortcoming in oneself is more useful than to be aware of a thousand in someone else."

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

10. "Love and compassion are the true religions to me. But to develop this, we do not need to believe in any religion."

11. "The remedy is to look deeper and recognize that we human beings are physically, mentally and emotionally the same."

12. "I try to treat whoever I meet as an old friend. This gives me a genuine feeling of happiness. It is the practice of compassion."

13. "Our visit to this planet is short, so we should use our time meaningfully, which we can do by helping others wherever possible."

14. "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."

15. "I have always had this view about the modern education system: we pay attention to brain development, but the development of warmheartedness we take for granted."

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16. “If we are to create a more peaceful world, made up of peaceful individuals, we need a greater concern for others — altruism. That gives inner strength, self-confidence.”
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17. “For our life to be of value, I think we must develop basic good human qualities — warmth, kindness, compassion. Then our life becomes meaningful and more peaceful — happier.”
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18. “If you have fear of some pain or suffering, you should examine whether there is anything you can do about it. If you can, there is no need to worry about it; if you cannot do anything, then there is also no need to worry.”
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19. “To remain indifferent to the challenges we face is indefensible. If the goal is noble, whether or not it is realized within our lifetime is largely irrelevant. What we must do therefore is to strive and persevere and never give up.”
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20. “To be kind, honest and have positive thoughts; to forgive those who harm us and treat everyone as a friend; to help those who are suffering and never to consider ourselves superior to anyone else: even if this advice seems rather simplistic, make the effort of seeing whether by following it you can find greater happiness.”
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21. “I have found that the greatest degree of inner tranquility comes from the development of love and compassion. The more we care for the happiness of others, the greater is our own sense of well-being. Cultivating a close, warmhearted feeling for others automatically puts the mind at ease. It is the ultimate source of success in life.”
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22. “Every day, think as you wake up, today I am fortunate to be alive, I have a precious human life, I am not going to waste it. I am going to use all my energies to develop myself, to expand my heart out to others; to achieve enlightenment for the benefit of all beings. I am going to have kind thoughts towards others, I am not going to get angry or think badly about others. I am going to benefit others as much as I can.”
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The Most Famous Dalai Lama Quotes

1. "An eye for an eye... we are all blind."

2. "Be kind whenever possible. It is always possible."

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

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

5. "We all have to live together, so we might as well live together happily."

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

7. "If a problem can be solved it will be. If it can not be solved there is no use worrying about it."

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

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

10. "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."

Great (But Fake) Dalai Lama Quotes (Speeches)

1. "On what surprised him most about humanity: Man. Because he sacrifices his health in order to make money. Then he sacrifices money to recuperate his health. And then he is so anxious about the future that he does not enjoy the present; the result being that he does not live in the present or the future; he lives as if he is never going to die, and then dies having never really lived."

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2. “We have bigger houses but smaller families; more conveniences, but less time; We have more degrees, but less sense; more knowledge, but less judgment; more experts, but more problems; more medicines, but less healthiness; We’ve been all the way to the moon and back, but have trouble crossing the street to meet the new neighbor. We’ve built more computers to hold more information to produce more copies than ever, but have less communications; We have become long on quantity, but short on quality. These times are times of fast foods; but slow digestion; Tall man but short character; Steep profits but shallow relationships. It is time when there is much in the window, but nothing in the room.”

Short Dalai Lama Quotes

1. “I am just one human being.”

2. “Sleep is the best meditation.”

3. “An open heart is an open mind.”

4. “Spend some time alone every day.”

5. “Choose to be optimistic, it feels better.”

6. “I want to be just a pure spiritual leader.”

7. “Compassion is the radicalism of our time.”

8. “Action is more important than meditation.”

9. “Smile if you want a smile from another face.”

10. "Work for peace in your heart and in the world."

11. "I urge young women to accept leadership roles."

12. "The world will be saved by the western woman."

13. "If your heart has peace, nothing can disturb you."

14. "Home is where you feel at home and are treated well."

15. "I believe the ultimate source of blessings is within us."

16. "Optimism leads to success; pessimism leads to defeat."

17. "You have to start giving first and expect absolutely nothing."

Inspirational Dalai Lama Quotes (To Uplift You)

1. "Never give up. No matter what is going on. Never give up."

2. "Be compassionate, not just to your friends but to everyone."

3. "In order to carry a positive action we must develop here a positive vision."

4. "Take into account that great love and great achievements involve great risk."

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

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6. “We all have the power of thought – so what are you lacking? If you have willpower, then you can change anything.”
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7. “In order to become prosperous, a person must initially work very hard, so he or she has to sacrifice a lot of leisure time.”
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8. “The quality of what we do depends on our motivation, which is why we have to learn how to cultivate a compassionate mind.”
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9. “Sometimes one creates a dynamic impression by saying something, and sometimes one creates as significant an impression by remaining silent.”
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10. “Proper utilization of time is so important. While we have this body, and especially this amazing human brain, I think every minute is something precious.”
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11. “Optimism doesn’t mean that you are blind to the reality of the situation. It means that you remain motivated to seek a solution to whatever problems arise.”
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12. “Hard times build determination and inner strength. Through them we can also come to appreciate the uselessness of anger. Instead of getting angry nurture a deep caring and respect for troublemakers because by creating such trying circumstances they provide us with invaluable opportunities to practice tolerance and patience.”
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13. “There are two kinds of compassion. The first comes from a natural concern for friends and family who are close to us. This has limited range but can be the seed for something bigger. We can also learn to extend a genuine concern for others’ well-being, whoever they are. That is real compassion, and only human beings are capable of developing it.”
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14. “As long as we observe love for others and respect for their rights and dignity in our daily lives, then whether we are learned or unlearned, whether we believe in the Buddha or God, follow some religion or none at all, as long as we have compassion

for others and conduct ourselves with restraint out of a sense of responsibility, there is no doubt we will be happy.”

15. “Given the scale of life in the cosmos, one human life is no more than a tiny blip. Each one of us is a just visitor to this planet, a guest, who will only stay for a limited time. What greater folly could there be than to spend this short time alone, unhappy or in conflict with our companions? Far better, surely, to use our short time here in living a meaningful life, enriched by our sense of connection with others and being of service to them.”
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16. “When life becomes too complicated and we feel overwhelmed, it’s often useful just to stand back and remind ourselves of our overall purpose, our overall goal. When faced with a feeling of stagnation and confusion, it may be helpful to take an hour, an afternoon, or even several days to simply reflect on what it is that will truly bring us happiness, and then reset our priorities on the basis of that. This can put our life back in proper context, allow a fresh perspective, and enable us to see which direction to take.”
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Funny And Surprising Dalai Lama Quotes

1. “If you think you are too small to make a difference, try sleeping with a mosquito.”
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2. “Anger or hatred is like a fisherman’s hook. It is very important for us to ensure that we are not caught by it.”
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3. “Most people prefer a smile to a frown. It’s human nature. Even dogs respond with wagging tails to a smile and other shows of affection.”
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4. “If I am only happy for myself, many fewer chances for happiness. If I am happy when good things happen to other people, billions more chances to be happy!”
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Deep And Emotional Dalai Lama Quotes

1. “Thinking of ourselves as somehow special isolates us.”
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2. “Someone else’s action should not determine your response.”

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3. "In our struggle for freedom, truth is the only weapon we possess."
 4. "Remember that sometimes not getting what you want is a wonderful stroke of luck."
 5. "We are deluded by attachment and anger, but we can learn to tackle these emotions."
 6. "We are the controller of the technology. If we become a slave of technology, then that's not good."
 7. "Instead of looking to blame others and the world around us, we should first look within ourselves."
 8. "Develop the heart. Too much energy in your country is spent developing the mind instead of the heart."
 9. "The challenge today is to convince people of the value of truth, honesty, compassion and a concern for others."
 10. "Only the development of compassion and understanding for others can bring us the tranquility and happiness we all seek."
 11. "Time passes unhindered. When we make mistakes, we cannot turn the clock back and try again. All we can do is use the present well."
 12. "When you don't have much concern for others and you feel you're the center of the universe, you'll be dogged by feelings of suspicion left and right."
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13. “Ethics are not a collection of commandments and prohibitions to abide by, but a natural inner offering that can bring happiness and satisfaction to ourselves and others.”

14. “In this century we have made remarkable material progress, but basically we are the same as we were thousands of years ago. Our spiritual needs are still very great.”

15. “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.”

16. “Responsibility does not only lie with the leaders of our countries or with those who have been appointed or elected to do a particular job. It lies with each of us individually.” — The Nobel Lecture, December 11, 1989

17. “Appearance is something absolute, but reality is not that way – everything is interdependent, not absolute. So that view is very helpful to maintain a peace of mind because the main destroyer of a peaceful mind is anger.”

18. “I will not propose to you that my way is best. The decision is up to you. If you find some point which may be suitable to you, then you can carry out experiments for yourself. If you find that it is of no use, then you can discard it.”

19. “I don’t dwell on being the Dalai Lama, I think of myself as just another human being. And when I meet someone else I greet them as a brother or sister, which brings me joy. Self-centredness, being obsessed with ourselves, just brings us trouble.”

20. “Because motivation pervades all action, it is important that we have a positive motivation. Whatever we are involved in, whether it’s politics, education, medicine, law, engineering, science, business or industry, the nature of our motivation determines the character of our work.”

21. “Look at children. Of course they may quarrel, but generally speaking they do not harbor ill feelings as much or as long as adults do. Most adults have the advantage of education over children, but what is the use of an education if they show a big smile while hiding negative feelings deep inside? Children don’t usually act in such a manner. If they feel angry with someone, they express it, and then it is finished. They can still play with that person the following day.”

Wise Dalai Lama Quotes (Words Of Wisdom)

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

2. “Look at situations from all angles, and you will become more open.”

3. “It is very rare or almost impossible that an event can be negative from all points of view.”

4. “It is the enemy who can truly teach us to practice the virtues of compassion and tolerance.”

5. “Instead of wondering WHY this is happening to you, consider why this is happening to YOU.”

6. “Our ancient experience confirms at every point that everything is linked together, everything is inseparable.”

7. “A spoon cannot taste of the food it carries. Likewise, a foolish man cannot understand the wise man’s wisdom even if he associates with a sage.”

8. “Just as we can learn how helpful love and compassion can be, we can come to understand that anger, pride, jealousy and arrogance can be detrimental.”

9. “Since we are not solely material creatures, it is a mistake to place all our hopes for happiness on external development alone. The key is to develop inner peace.”

10. "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."

11. "Foolish, selfish people are always thinking of themselves and the result is always negative. Wise persons think of others, helping them as much as they can, and the result is happiness."

12. "If you can cultivate the right attitude, your enemies are your best spiritual teachers because their presence provides you with the opportunity to enhance and develop tolerance, patience and understanding."

13. "Instead of trying to resolve our differences by force, we must talk and enter into dialogue. This is not a sign of weakness, but of wisdom — a realistic approach."

14. "When our intentions toward others are good, we find that any feelings of anxiety or insecurity we may have are greatly reduced. We experience a liberation from our habitual preoccupation with self and paradoxically, this gives rise to strong feelings of confidence."

15. "Whether our action is wholesome or unwholesome depends on whether that action or deed arises from a disciplined or undisciplined state of mind. It is felt that a disciplined mind leads to happiness and an undisciplined mind leads to suffering, and in fact it is said that bringing about discipline within one's mind is the essence of the Buddha's teaching."

16. "If we think only of ourselves, forget about other people, then our minds occupy very small area. Inside that small area, even tiny problem appears very big. But the moment you develop a sense of concern for others, you realize that, just like ourselves, they also want happiness; they also want satisfaction. When you have this sense of concern, your mind automatically widens. At this point, your own problems, even big problems, will not be so significant. The result? Big increase in peace of mind. So, if you think only of yourself, only your own happiness, the result is actually less happiness. You get more anxiety, more fear."

Dalai Lama Quotes About Compassion, Kindness And Helping Others

1. "If you can, help others; if you cannot do that, at least do not harm them."

2. "Compassion is by nature gentle, peaceful, and soft, but it is very powerful."

3. "More compassionate mind, more sense of concern for other's well-being, is source of happiness."

4. "Compassion naturally creates a positive atmosphere, and as a result you feel peaceful and content."

5. "Generosity is the most natural outward expression of an inner attitude of compassion and loving-kindness."

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

7. "Compassion is of little value if it just remains an idea. It must motivate how we respond to others and be reflected in all our thoughts and actions."

8. "Compassion is something really worthwhile. It is not just a religious or spiritual subject, not a matter of ideology. It is not a luxury, it is a necessity."

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

10. "If at the beginning and end of our lives we depend upon the kindness of others, why in the middle of our lives should we not act kindly toward them? It is the pragmatic choice."

11. “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.”

12. “The kind of behavior that really is spiritual practice consists of refraining from falsehood and abiding by the truth, neither humiliating nor mocking others, being humble, and having a good heart and helping others.”

13. “Kindness and a good heart are the foundation for success in this life, progress on the spiritual path, and the fulfillment of our aspirations. Our need for them is not limited to any specific time, place, society, or culture.”

14. “True compassion isn’t just an emotional response but a firm commitment founded on reason. Therefore, our compassion for others doesn’t change even if they behave negatively. Our sense of responsibility for others gives rise to a wish to help them actively overcome their problems.”

15. “When we are motivated by compassion and wisdom, the results of our actions benefit everyone, not just our individual selves or some immediate convenience. When we are able to recognize and forgive ignorant actions of the past, we gain strength to constructively solve the problems of the present.”

16. “When we talk about compassion it has to include having compassion for yourself. It’s not just a matter of self-sacrifice. I have observed a foolish sense of selfishness and a wise sense of selfishness. Since we are social animals, who depend on one another, to show love and compassion to others is wise.”

17. “I believe compassion to be one of the few things we can practice that will bring immediate and long-term happiness to our lives. I’m not talking about the short-term gratification of pleasures like (though I’m not knocking them), but something that will bring true and lasting happiness. The kind that sticks.”

18. “There are ways in which we can consciously work to develop feelings of love and kindness. For some of us, the most effective way to do so is through religious

practice. For others it may be non-religious practices. What is important is that we each make a sincere effort to take our responsibility for each other and for the natural environment we live in seriously.”

Dalai Lama Quotes About Love

1. “If you don’t love yourself, you cannot love others.”

2. “The need for love lies at the very foundation of human existence.”

3. “A loving atmosphere in your home is the foundation for your life.”

4. “The way to change others’ minds is with affection, and not anger.”

5. “No material object, however beautiful or valuable, can make us feel loved.”

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

7. “I find hope in the darkest of days, and focus in the brightest. I do not judge the universe.”

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

9. “If there is love, there is hope that one may have real families, real brotherhood, real equanimity, real peace.”

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

11. "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."
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12. "If love is defined as a wish that others be happy and compassion as the wish that they be free from suffering, and you cultivate love and compassion within yourself, it will ensure happiness, good health and peace of mind."
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13. "Cultivating a close, warmhearted feeling for others automatically puts the mind at ease. It helps remove whatever fears or insecurities we may have and gives us the strength to cope with any obstacles we encounter. It is the principal source of success in life."

Dalai Lama Quotes About Life And Life Lessons

1. "Forget the failures. Keep the lessons."
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2. "What is the meaning of life? To be happy and useful."
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3. "Let us try to recognize the precious nature of each day."
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4. "A genuine, affectionate smile is very important in our day-to-day lives."
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5. "When you realize you've made a mistake, take immediate steps to correct it."
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6. "Consider carefully, what prevents you from living the way you want to live your life?"
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7. "In most cases, my visits to the West are for promotion of human values and religious harmony."
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8. "The important thing is that men should have a purpose in life. It should be something useful, something good."

9. "Let us reflect what is truly of value in life, what gives meaning to our lives, and set our priorities on the basis of that."

10. "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."

11. "You may go to bed at night confronted by many problems in your life, but it's hope that motivates you to get out of bed and carry on with your life next morning."

12. "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."

13. "For many people, the only tangible value is money. And of course money has its place, but the value of cultivating a compassionate attitude is much more effective. When we only pay attention to material values, there's little room for concern for others, or for mutual regard."

14. "A person's underlying outlook and motivation can certainly affect how he or she responds to life's adversities and dangers. An attitude of kindness and compassion brings a sense of self-confidence, an inner strength that reduces fear. In fact, an individual's response to danger and ability to deal with fear can often depend more on their outlook and personal characteristics than on the nature of the situation itself."

Dalai Lama Quotes About Happiness, Contentment And Gratitude

1. "I believe that happiness can be achieved through training the mind."

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

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3. “Neither a space station nor an enlightened mind can be realized in a day.”

 4. “When you practice gratefulness, there is a sense of respect toward others.”

 5. “Happiness is not something ready-made. It comes from your own actions.”

 6. “We need to ask ourselves how to find happiness — it’s not in money and power.”

 7. “Happiness doesn’t always come from a pursuit. Sometimes it comes when we least expect it.”

 8. ““Happiness” means mainly a sense of deep satisfaction. The object of life or our goal, then, is satisfaction.”

 9. “We need to learn to want what we have, not to have what we want, in order to get stable and steady happiness.”

 10. “In order to lead a meaningful life, you need to cherish others, pay attention to human values and try to cultivate inner peace.”

 11. “People take different roads seeking fulfillment and happiness. Just because they’re not on your road doesn’t mean they’ve gotten lost.”

 12. “A good motivation and honesty bring self-confidence, which attracts the trust and respect of others. Therefore the real source of blessings is in our own mind.”

 13. “A sense of contentment is crucial to being happy. Physical health, material wealth and friends contribute to this, but contentment governs our relations with them all.”

14. "It is very important to generate a good attitude, a good heart, as much as possible. From this, happiness in both the short term and the long term for both yourself and others will come."

15. "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."

16. "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'."

17. "We seek happiness in external things without realizing that they don't help when we have problems within. We need to focus instead on the joy that comes with peace of mind that allows us to remain happy whatever happens."

18. "The basic thing is that everyone wants happiness, no one wants suffering. And happiness mainly comes from our own attitude, rather than from external factors. If your own mental attitude is correct, even if you remain in a hostile atmosphere, you feel happy."

19. "One great question underlies our experience, whether we think about it or not: what is the purpose of life?... From the moment of birth every human being wants happiness and does not want suffering. Neither social conditioning nor education nor ideology affects this. From the very core of our being, we simply desire contentment... Therefore, it is important to discover what will bring about the greatest degree of happiness."

Dalai Lama Quotes About Peace (Inner Peace, World Peace)

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

2. "Where ignorance is our master, there is no possibility of real peace."

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3. "We can never obtain peace in the outer world until we make peace with ourselves."
 4. "When our community is in a state of peace, it can share that peace with neighboring communities, and so on."
 5. "When we have inner peace, we can be at peace with those around us." — The Nobel Lecture, December 11, 1989
 6. "World peace must develop from inner peace. Peace is not just mere absence of violence. Peace is, I think, the manifestation of human compassion."
 7. "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."
 8. "If we ourselves remain angry and then sing world peace, it has little meaning. First, our individual self must learn peace. This we can practice. Then we can teach the rest of the world."
 9. "A source of trouble is our unruly minds. We can counter that by developing a warm heart. We need to effect an inner transformation, to understand that love and affection are a real source of joy."
 10. "The creation of a more peaceful and happier society has to begin from the level of the individual, and from there it can expand to one's family, to one's neighborhood, to one's community and so on."
 11. "Peace does not mean an absence of conflicts; differences will always be there. Peace means solving these differences through peaceful means; through dialogue, education, knowledge; and through humane ways."
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12. “Many of the problems we face today are our own creation. Creating a more peaceful world requires a peaceful mind and a peaceful heart. As human brothers and sisters we must live together in tolerance and affection.”

13. “Leaving aside the perspective of spiritual practice, even in worldly terms, in terms of our enjoying a happy day-to-day existence, the calmer our minds are, the greater our peace of mind will be and the greater will be our ability to enjoy a happy and joyful life.”

14. “Inner peace is the key: if you have inner peace, the external problems do not affect your deep sense of peace and tranquility... without this inner peace, no matter how comfortable your life is materially, you may still be worried, disturbed, or unhappy because of circumstances.”

15. “When you care for others, you manifest an inner strength despite any difficulties you face. Your own problems will seem less significant and bothersome to you. Reaching beyond your own problems and taking care of others, you gain confidence, courage and a greater sense of calm.”

Dalai Lama Quotes About Health

1. “Anger itself makes us feel bad and so, ultimately, it is bad for our health.”

2. “Calm mind brings inner strength and self-confidence, so that’s very important for good health.”

3. “Better grounded emotionally through patience, we become stronger mentally and spiritually, and tend to be healthier physically.”

4. “The various features and aspects of human life, such as longevity, good health, success, happiness, and so forth, which we consider desirable, are all dependent on kindness and a good heart.”

5. “Inner transformation is not a matter of faith or prayer. It involves reason and the use of human intelligence. A calm and healthy mind has a very positive effect on our physical health and well-being.”

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6. “Scientists have shown that where constant anger and hatred undermine our immune systems, compassion strengthens our general well-being. To live more peacefully and joyfully in our day to day lives, we need a warm heart.”
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7. “Anger and fear undermine our immune system, while warmheartedness brings peace of mind. Therefore, just as we teach children to comply with physical hygiene for the good of their health, we should also counsel them in a kind of hygiene of the emotions.”
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8. “Those who have little interest in spirituality shouldn’t think that human inner values don’t apply to you. The inner peace of an alert and calm mind are the source of real happiness and good health. Our human intelligence tells us which of our emotions are positive and helpful and which are damaging and to be restrained or avoided.”

Dalai Lama Quotes About Anger, Violence And Emotions

1. “Anger is the ultimate destroyer of your own peace of mind.”
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2. “In the practice of tolerance, one’s enemy is the best teacher.”
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3. “A lack of transparency results in distrust and a deep sense of insecurity.”
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4. “When reason ends, then anger begins. Therefore, anger is a sign of weakness.”
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5. “Through violence, you may ‘solve’ one problem, but you sow the seeds for another.”
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6. “The best way to resolve any problem in the human world is for all sides to sit down and talk.”
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7. "When we are caught up in a destructive emotion, we lose one of our greatest assets: our independence."

8. "We need to discover not only what disturbs our minds, but also what the antidotes to those factors are."

9. "Human beings are social animals and that it is love that brings us together, while anger drives us apart."

10. "Anger destroys our peace of mind; loving-kindness earns us friends and eliminates the risk of being alone."

11. "Generally speaking, if a human being never shows anger, then I think something's wrong. He's not right in the brain."

12. "Violence derives from anger and anger clouds our ability to think straight and properly assess what is happening."

13. "If you have a sincere and open heart, you naturally feel self- worth and confidence, and there is no need to be fearful of others."

14. "Too much self-centered attitude brings isolation. Result: loneliness, fear, anger. The extreme self-centered attitude is the source of suffering."

15. "As human beings we need to assess whether anger has any value – it destroys our peace of mind. Compassion, on the other hand, brings optimism and hope."

16. "Problems will always arise, but we need to address them differently. We need to engage in dialogue to resolve them rather than resorting to the use of force."

17. “Just as we employ physical hygiene to protect our health, we need emotional hygiene, the means to tackle our destructive emotions, if we are to achieve peace of mind.”

18. “We are intelligent, we have seed of compassion from birth. Using reason and intelligence we can enhance our sense of compassion and come to understand how its opposite, anger, is harmful.”

19. “Letting yourself be overtaken by negative emotions leads to suffering. Therefore, it’s important to recognize the shortcomings of an unruly, undisciplined mind. If you train your mind, you’ll suffer less.”

20. “Negative thoughts and emotions undermine the very causes of peace and happiness. In fact, when we think properly, it is totally illogical to seek happiness if we do nothing to restrain angry, spiteful, and malicious thoughts and emotions.”

21. “Anger and aggression sometimes seem to be protective because they bring energy to bear on a particular situation, but what needs to be acknowledged is that that energy is blind. It takes a calm mind to be able to consider things from different angles and points of view.”

22. “Anger cannot be overcome by anger. If someone is angry with you, and you show anger in return, the result is a disaster. On the other hand, if you control your anger and show its opposite – love, compassion, tolerance and patience – not only will you remain peaceful, but the other person’s anger will also diminish.”

23. “In a world where people easily fall under the sway of anger and hatred, we need love, tolerance and contentment. You may have all the physical amenities you need to be comfortable, but if you have no peace of mind, they won’t make you happy. On the other hand, if you have peace of mind, you’ll be happy whether you have those amenities or not.”

Dalai Lama Quotes About Suffering, Death

1. “Through difficult experiences, life sometimes becomes more meaningful.”

2. "The more time you spend thinking about yourself, the more suffering you will experience."

3. "A truly compassionate attitude toward others does not change even if they behave negatively or hurt you."

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

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

6. "In our concern for others, we worry less about ourselves. When we worry less about ourselves an experience of our own suffering is less intense."

7. "We human beings are all the same in wanting to be happy and not wanting to suffer and yet many of the problems we face are of our own making."

8. "Although you may not always be able to avoid difficult situations, you can modify the extent to which you can suffer by how you choose to respond to the situation."

9. "It is important not to allow ourselves to be put off by the magnitude of others' suffering. The misery of millions is not a cause for pity. Rather it is a cause for compassion."

10. "When someone who has lived a kind life dies, people miss them and say so. But when an angry, greedy, ruthless person dies, there's a sense of relief. So, I try to practise warmheartedness wherever I go."

11. "Physical comforts cannot subdue mental suffering, and if we look closely, we can see that those who have many possessions are not necessarily happy. In fact, being wealthy often brings even more anxiety."

12. “We seek happiness in external things without realizing that they don’t help when we have problems within. We need to focus instead on the joy that comes with peace of mind that allows us to remain happy whatever happens.”

13. “Virtually all of us have benefited from our mother’s affection at the start of our lives. When someone is on their deathbed, if he or she is surrounded by loved ones they can pass away peacefully. From birth to death we all need affection.”

14. “When we meet real tragedy in life, we can react in two ways – either by losing hope and falling into self-destructive habits, or by using the challenge to find our inner strength. Thanks to the teachings of Buddha, I have been able to take this second way.”

15. “One begins by identifying those factors which lead to happiness and those factors which lead to suffering. Having done this, one then sets about gradually eliminating those factors which lead to suffering and cultivating those which lead to happiness. That is the way.”

16. “Every single being, even those who are hostile to us, is just as afraid of suffering as we are, and seeks happiness in the same way we do. Every person has the same right as we do to be happy and not to suffer. So let’s take care of others wholeheartedly, of both our friends and our enemies. This is the basis for true compassion.”

17. “If a person’s basic state of mind is serene and calm, then it is possible for this inner peace to overwhelm a painful physical experience. On the other hand, if someone is suffering from depression, anxiety, or any form of emotional distress, then even if he or she happens to be enjoying physical comforts, he will not really be able to experience the happiness that these could bring.”

Dalai Lama Quotes About Friendship

1. “We earn other people’s trust when we show a genuine concern for their well-being.”

2. "If you live your life honestly and truthfully, you'll be open and transparent, which leads to trust. And trust leads to friendship."
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3. "Friendship depends on trust, not money, not power, not mere education or knowledge. Only if there is trust will there be friendship."
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4. "A good friend who points out mistakes and imperfections and rebukes evil is to be respected as if he reveals the secret of some hidden treasure."
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5. "It's good to remember that other human beings are like us. We are born the same way; we die the same way. While we're alive it's better to be able to trust each other as friends."
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6. "We need friends and friendship is based on trust. To earn trust, money and power aren't enough; you have to show some concern for others. You can't buy trust in the supermarket."
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7. "I accept everyone as a friend. In truth, we already know one another, profoundly, as human beings who share the same basic goals: We all seek happiness and do not want suffering."
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8. "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."
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9. "If we are sincere in taking care of others, if we protect their lives and respect their rights, we'll be able to conduct our lives transparently and that is the basis of trust, which in turn is the basis of friendship."
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10. "When we develop patience, we find that we develop a reserve of calm and tranquility. We tend to be less antagonistic and more pleasant to associate with. This creates a positive atmosphere around us and it is easy for others to relate to us."

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11. “Be honest, truthful, and altruistic. If you concern yourself with taking care of others, there’ll be no room for lies, bullying and cheating. If you’re truthful you can live transparently, which will enable you to establish trust, the basis for making friends.”

Dalai Lama Quotes About Education And Knowledge

1. “Share your knowledge. It is a way to achieve immortality.”
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2. “Ultimately we have to change attitudes, not by law but by education.”
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3. “The period of greatest gain in knowledge and experience is the most difficult period in one’s life.”
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4. “When you talk, you are only repeating what you already know. But if you listen, you may learn something new.”
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5. “If the child is not held, hugged, cuddled, or loved, its development will be impaired and its brain will not mature properly.”
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6. “Open-minded people tend to be interested in Buddhism because Buddha urged people to investigate things – he didn’t just command them to believe.”
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7. “My main hope is eventually, in modern education field, introduce education about warmheartedness, not based on religion, but based on common experience and a common sort of sense, and then scientific finding.”
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8. “Modern education is premised strongly on materialistic values. It is vital that when educating our children’s brains that we do not neglect to educate their hearts, a key element of which has to be the nurturing of our compassionate nature.”
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9. “There’s a need to improve our education systems. We’re used to instructions about observing physical hygiene to preserve our health, but we need to add to it a sense of emotional hygiene. This means learning to tackle destructive emotions like anger, fear and hatred.”
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10. “It’s only after they have spent time in the modern education system that children begin to develop a sense of ‘us’ and ‘them’ — a stifling of their basic human nature. We need to learn how to keep our natural compassion alive and how to extend and develop it so it can encompass the whole of humanity. Modern life and modern education are focused on external goals — peace of mind concerns the mind within.”
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11. “One problem with our current society is that we have an attitude towards education as if it is there to simply make you more clever, make you more ingenious... Even though our society does not emphasize this, the most important use of knowledge and education is to help us understand the importance of engaging in more wholesome actions and bringing about discipline within our minds. The proper utilization of our intelligence and knowledge is to effect changes from within to develop a good heart.”

Dalai Lama Quotes About Religion

1. “I am a man of religion, but religion alone cannot answer all our problems.”

2. “If you have a particular faith or religion, that is good. But you can survive without it.”

3. “The whole purpose of religion is to facilitate love and compassion, patience, tolerance, humility, and forgiveness.”

4. “Young children don’t care about nationality, faith or caste. Because these ideas prompt us to think in terms of ‘us’ and ‘them’, they are divisive.”

5. “Irrespective of whether we are believers or agnostics, whether we believe in God or karma, moral ethics is a code which everyone is able to pursue.”

6. "Whether you believe in God or not does not matter so much, whether you believe in Buddha or not does not matter so much. You must lead a good life."

7. "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."

8. "The purpose of all the major religious traditions is not to construct big temples on the outside, but to create temples of goodness and compassion inside, in our hearts."

9. "Love, kindness, compassion and tolerance are qualities common to all the great religions, and whether or not we follow any particular religious tradition, the benefits of love and kindness are obvious to anyone."

10. "Irrespective of whether we have faith in religion or not, it's good to be more compassionate. It makes us happier as individuals with a positive influence on our families and the neighborhood where we live."

11. "We do not necessarily need to become religious, nor even believe in an ideology. We need only to develop our good human qualities and know that love and compassion are the most essential concepts for human survival."

12. "The first of my personal commitments is to work to increase human happiness by encouraging the cultivation of inner values and a sense of concern for others' well being. These are the key factors whether one is a religious person or not."

13. "The basis of moral principles is to have a real concern for the well-being of others and an appreciation of the oneness of humanity. Whether science or religion is constructive or destructive depends on our motivation and whether we are guided by moral principles."

14. "All the major religions teach us the practice of love, compassion and forgiveness. So a genuine practitioner among these different religious traditions would not

indulge in violence and bullying of other people. Now we're in the 21st century. Use of force and violence is outdated and never solves problems.”

15. “We can’t say that all religions are the same, different religions have different views and fundamental differences. But it does not matter, as all religions are meant to help in bringing about a better world with better and happier human beings. On this level, I think that through different philosophical explanations and approaches, all religions have the same goal and the same potential.”

Dalai Lama Quotes About Environment, Earth, Animals

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

2. “Climate change, because it affects us all, means we have to take a more global view. We can’t neglect it. We are interdependent.”

3. “We need to be determined to achieve positive change, but also need to be able to take a long view of what needs to be done.”

4. “Human use, population, and technology have reached that certain stage where mother Earth no longer accepts our presence with silence.”

5. “Climate change is not the concern of just one or two nations. It is an issue that affects the whole of humanity and every living being on this earth.”

6. “Life is as dear to a mute creature as it is to man. Just as one wants happiness and fears pain, just as one wants to live and not die, so do other creatures.”

7. “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.”

8. “Some scientists believe climate change is the cause of unprecedented melting of the North Pole, and that effects these very uncertain weather patterns. I think we should listen to those scientists and experts.”
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9. “As people alive today, we must consider future generations: a clean environment is a human right like any other. It is therefore part of our responsibility toward others to ensure that the world we pass on is as healthy, if not healthier, than we found it.”

Dalai Lama Quotes About Humanity, Mankind

1. “The world doesn’t belong to leaders. The world belongs to all humanity.”

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

3. “We must recognize that the suffering of one person or one nation is the suffering of humanity.”

4. “I think technology really increased human ability. But technology cannot produce compassion.”

5. “With realization of one’s own potential and self-confidence in one’s ability, one can build a better world.”

6. “I always believe the rule by king or official leader is outdated. Now we must catch up with the modern world.”

7. “Individual happiness can contribute in a profound and effective way to the overall improvement of our entire human community.”

8. “When the heart is closed it leads to fear, stress and anger. Nurturing the idea of the oneness of humanity has the effect of opening the heart.”

9. "Scientists have a special responsibility, a moral responsibility, in ensuring that science serves the interests of humanity in the best possible way."

10. "Because of lack of moral principle, human life becomes worthless. Moral principle, truthfulness, is a key factor. If we lose that, then there is no future."

11. "Ultimately, humanity is one and this small planet is our only home. If we are to protect this home of ours, each of us needs to experience a vivid sense of universal altruism."

12. "The creatures that inhabit this earth – be they human beings or animals – are here to contribute, each in its own particular way, to the beauty and prosperity of the world."

13. "The real way we're going to become happy individuals, living in happy families and communities is to become more warm-hearted towards each other. We need more loving kindness."

14. "Appreciation of humanity, compassion and love are key points. If we develop a good heart, whether our field is science, agriculture or politics, since motivation is so crucial, they'll all improve."

15. "I pray for all of us, oppressor and friend, that together we succeed in building a better world through human understanding and love, and that in doing so we may reduce the pain and suffering of all sentient beings."

16. "We can achieve peace of mind if we tackle our destructive emotions, so the goal of making the 21st century an era of peace and compassion is feasible. It will involve finding solutions to problems in dialogue, not the use of force."

17. "If we were really to see one another as brothers and sisters, there would be no basis for division, cheating and exploitation among us. Therefore it's important to

promote the idea of the oneness of humanity, that in being human we are all the same.”

18. “We all want to live a happy life, so we have to learn to live together in trust and mutual respect. We do have differences of race, nationality, religious faith and so on, but these differences are secondary in comparison to our equality in being human.”
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19. “We are visitors on this planet. We are here for one hundred years at the very most. During that period we must try to do something good, something useful, with our lives. If you contribute to other people’s happiness, you will find the true meaning of life.”
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20. “I don’t think of myself just as a Tibetan or a Buddhist, but as a human being. We have to think of the whole of humanity. Being human is the common ground in our efforts to create a better world. Remember, we all survive in dependence on others.”
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21. “I am one of the 7 billion human beings alive today. We each have a responsibility to think about humanity and the good of the world because it affects our own future. We weren’t born on this planet at this time to create problems but to bring about some benefit.”
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22. “I believe everyone has the responsibility to develop a happier world. We need, ultimately, to have a greater concern for others’ well-being. In other words, kindness or compassion, which is lacking now. We must pay more attention to our inner values. We must look inside.”
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23. “A good motivation is what is needed: compassion without dogmatism, without complicated philosophy; just understanding that others are human brothers and sisters and respecting their human rights and dignities. That we humans can help each other is one of our unique human capacities.”
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24. “I believe that to meet the challenges of our times, human beings will have to develop a greater sense of universal responsibility. Each of us must learn to work not just for oneself, one’s own family or nation, but for the benefit of all

humankind. Universal responsibility is the key to human survival. It is the best foundation for world peace.”

25. “Human beings by nature want happiness and do not want suffering. With that feeling everyone tries to achieve happiness and tries to get rid of suffering, and everyone has the basic right to do this. In this way, all here are the same, whether rich or poor, educated or uneducated, Easterner or Westerner, believer or non-believer, and within believers whether Buddhist, Christian, Jewish, Muslim, and so on. Basically, from the viewpoint of real human value we are all the same.”
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26. “Whether one is rich or poor, educated or illiterate, religious or non-believing, man or woman, black, white, or brown, we are all the same. Physically, emotionally, and mentally, we are all equal. We all share basic needs for food, shelter, safety, and love. We all aspire to happiness and we all shun suffering. Each of us has hopes, worries, fears, and dreams. Each of us wants the best for our family and loved ones. We all experience pain when we suffer loss and joy when we achieve what we seek. On this fundamental level, religion, ethnicity, culture, and language make no difference.”

Which of these to motivational Dalai Lama quotes and sayings is your favorite? Do you have any other quotes to add? Let us know in the comment section below.

Also feel free to share it with your friends and family on social media like Twitter, Instagram, WhatsApp, Facebook, Tumblr, Pinterest, and more to inspire them every morning.