

Dalai Lama Quotes

- 1** Love is the absence of judgment.
- 2** If you don't love yourself, you cannot love others.
- 3** The goal is not to be better than the other person, but better than your previous self.
- 4** Through difficult experiences, life sometimes becomes more meaningful.



- 5** A lack of transparency results in distrust and a deep sense of insecurity.
- 6** If it can be solved, there's no need to worry, and if it can't be solved, worry is of no use.
- 7** When you talk you are only repeating something you already know. But if you listen you may learn something new.
- 8** Look at situations from all angles, and you will become more open.
- 9** If you think you are too small to make a difference, try sleeping with a mosquito.