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Quotes by Dalai Lama

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This article describes the Dalai Lama lineage. For information on the present Dalai Lama see Tenzin Gyatso. For the song see Dalai Lama (song).

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

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

- Dalai Lama

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

- 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

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

- Dalai Lama



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