



Dalai Lama 

@DalaiLama

Cooperation comes from friendship, friendship comes from trust, and trust comes from kindheartedness. Once you have a genuine sense of concern for others, there's no room for cheating, bullying, or exploitation; instead, you can be honest, truthful and transparent in your conduct

2:30 AM - 22 Mar 2019



Dalai Lama 

@DalaiLama

Of the 7 billion human beings alive today, no one wants to suffer; no one chooses to have problems. Yet, many of the problems we face are our own creation. Why? Because of ignorance. But ignorance is not permanent and whether we overcome it depends on whether we make the effort.

2:30 AM - 7 Jun 2019



Dalai Lama 

@DalaiLama

Any idea that concern for others, though a noble quality, is a matter for our private lives only, is simply short sighted. Compassion belongs to every sphere of activity, including, of course, the workplace.

2:32 AM - 29 Mar 2019



Dalai Lama 

@DalaiLama

We may sometimes feel that we can't do much as individuals, but humanity is made up of individuals; we can make a difference. As individuals we can influence our own families. Our families can influence our communities and our communities can influence our nations.

2:34 AM - 15 Mar 2019