

# Quotations for the classroom

If a problem is fixable, if a situation is such that you can do something about it, then there is no need to worry. If it's not fixable, then there is no help in worrying. There is no benefit in worrying whatsoever.

Never give up. No matter what is happening, no matter what is going on around you, never give up.

Dalai Lama

## DALAI LAMA

THE PURPOSE OF RELIGION IS TO CONTROL YOURSELF, NOT TO CRITICISE OTHERS.

**"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."**

- DALAI LAMA

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

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

~ Dalai Lama ~

# Quotations for the classroom

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

When you talk, you are only repeating what you know; but when you listen, you learn something new.

Dalai Lama

Remember that sometimes not getting what you want is a wonderful stroke of luck.

Dalai Lama

“If you think you are too small to make a difference, try sleeping with a mosquito.”

—Dalai Lama XIV

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

DALAI LAMA

The Dalai Lama, when asked what surprised him most about humanity, answered "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."