

Instructions for Life: By His Holiness, the 14th Dalai Lama

“Take into account that great love
and great achievements involve
great risk.

And that a loving atmosphere in your
home is the foundation for your life.

Be gentle with the earth, be gentle with
one another.

When disagreements come remember
always to protect the spirit of
your union.

When you realize you’ve made a
mistake, take immediate steps to
correct it.

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

So love yourselves, love one another,
love all that is your life together
and all else will follow.”