



A Precious Human Life

Every day think as you wake up,
Today I am fortunate to have woken up,
I am alive; I have a precious human life,
I am not going to waste it,
I am going to use it.

All my energies to develop myself
To expand my heart out to others.
To achieve enlightenment for
The benefit of all beings,
I am going to have kind
Thoughts towards others,
I am not going to get angry,
Or think badly about others,
I am going to benefit others as much as I can.

~ H. H. The XIV Dalai Lama