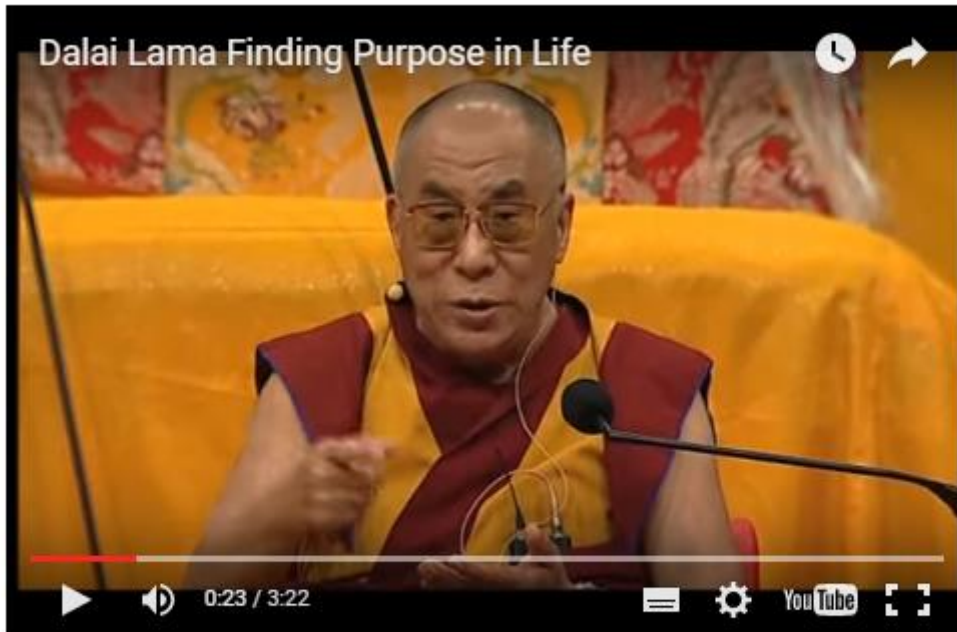


## Dalai Lama Finding Purpose In Life



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Affection, or compassionate attitude, warmheartedness is very, very important for one's own well-being, one's own happiness.

So don't consider the practice of compassion (is) something of a religious matter, or (the) practice of compassion as something that is good for others, (and) not necessarily to one's self. That is a total mistake.

So, since from childhood we (are) already equipped, (with) this seed of compassion, we learned from mother and our-self in order to become parent, the seed already there.

Now that seed we must keep nurtured whole our life.

The biological factor (of) compassion is limited, biased and more depend on others attitude. Now that as a seed, then using reasons [indecipherable] that seed compassion can develop can further develop – can further develop unbiased compassion, not based on – not depend on others attitude but rather others being itself.

So that kind of compassion can reach your enemy or enter center being. So that compassion is infinite compassion; unbiased compassion; real compassion, so if we become a compassionate person than your life become meaningful because you yourself; happy, calm, peaceful, your friend or including enemies also see get peace.

So at the last day of our life you feel happy. Now whole my life I spend peaceful, friendly, you really feel happy. Otherwise at – at that moment – even you're (a) billionaire those money,

nothing can be use. No matter what's good because of a good body, beautiful body all everything have to – have to leave.

So at that time I think genuine satisfaction can bring if your whole life spent more compassionate life then you feel: Oh no regret. So purpose of life: is naturally; happy life, meaningful life, so in order to make meaningful life ultimately warmheartedness is the key factor.

Your whole life spent more compassionate life then you feel: Oh no regret.

SOURCE: LYBIO.net Transcripts, Speeches, Text, Words, Quotes and New Reading Content. <http://www.lybio.net>