**Inspirations**

What we are today come from our thoughts of yesterday, and our present thoughts build our life of tomorrow. Our life is the creation of our mind.

Pain is certain. Suffering is optional.

Every day think as you wake up, today I am fortunate to be alive, I have a precious human life, I am not going to waste it. I am going to use 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.~ Dalai Lama

When we meet real tragedy in life, we can react in two ways- either by losing hope and falling into self-destructive habits, or by using the challenge to find our inner strength. ~ Dalai Lama

Hard times build determination and inner strength. Through them we can also come to appreciate the uselessness of anger. Instead of getting angry nurture deep caring and respect for troublemakers because by creating such trying circumstances they provide us with invaluable opportunities to practice acceptance and patience. ~ Dalai Lama

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