

# The Dalai Lama: Happiness through wisdom and compassion

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## ABSTRACT

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The Dalai Lama often speaks of a 'Buddhist science,' a science of mind and, for the last thirty years, he has engaged in numerous dialogues and collaborations with scientists within the Mind and Life Institute. How can this 'science of mind' contribute to our understanding of happiness? What does the Dalai Lama mean by this simple and straightforward statement "the main goal of life is happiness?" In this essay, I discuss what enduring happiness means according to the Buddhist perspective and the ways in which the Dalai Lama embodies this enduring happiness. I will approach happiness as a way of being, not a gift that good fortune bestows upon us and a reversal of fortune takes back, but a skill that can be cultivated. In order to become happy, we have to learn how to change our selves.

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The Dalai Lama is the 14th and current Dalai Lama as well as the longest lived incumbent. Dalai Lama's are the head monks of the Gelugpa lineage of Tibetan Buddhism. – Dalai Lama. “Happiness is not something ready made. It comes from your own actions.” – Dalai Lama. – Dalai Lama. “When we are motivated by compassion and wisdom, the results of our actions benefit everyone, not just our individual selves or some immediate convenience. When we are able to recognize and forgive ignorant actions of the past, we gain strength to constructively solve the problems of the present.” – Dalai Lama. Peace means solving these differences through peaceful means; through dialogue, education, knowledge; and through humane ways.” – Dalai Lama. What is a Dalai Lama? As written on his office's official website, “The Dalai Lamas are believed to be manifestations of Avalokiteshvara or Chenrezig, the Bodhisattva of Compassion and the patron saint of Tibet. Bodhisattvas are believed to be enlightened beings who have postponed their own nirvana and chosen to take rebirth in order to serve humanity.” The 85-year-old self-proclaimed “simple monk” has dedicated his life to the service of humanity, promoting a universal “religion of human kindness.” As a spokesman for the peaceful and compassionate resolution of conflict, he promotes love and compassion The Dalai Lama's Guide to Happiness. H.H. Dalai Lama: Consider Forgiveness. Dalai Lama: Discover Your Innermost Awareness. Subscribe to UPLIFT. UPLIFT is dedicated to telling the new story of inspired co-creation. A very nice blog, I like the way you share very honestly and interestingly, through my blog I learned a lot of things. Reply. UPLIFT says