

A Precious Human Life

I love to contemplate the following text by The Dalai Lama. In fact, it's hanging on my wall, so I see it every day:

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
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.

*His Holiness
the XIVth Dalai Lama*

“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
All of my energies to develop myself
To expand my heart out to others,
To achieve enlightenment for
The benefit of all living 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 14th Dalai Lama