



Insight from the Dalai Lama 2014 Day-to-Day Calendar

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This calendar contains straightforward and uplifting quotes from the Dalai Lama on topics such as altruism, meditation, equality, and nonviolence.

The Dalai Lama frequently states that his life is guided by three major commitments: the promotion of basic human values and happiness, the fostering of inter-religious harmony, and compassion for others. He teaches that regardless of race, religion, or social status, the power of compassion is within all of us. But how do we express it? The *Insight from the Dalai Lama 2014 Day-to-Day Calendar* contains straightforward and uplifting quotes from the Dalai Lama on topics such as altruism, meditation, equality, and nonviolence.

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