

# His Holiness the XIV Dalai Lama

"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."

Have fun learning these words using digital flashcards. Go to [Quizlet.com](https://www.quizlet.com) & search for the 'Peacemakerfoundation.com' class

1. **The Dalai Lama:**



Photo: Purnag Mistry / www.purnagmistry.com

The spiritual leader of Tibet

2. **deference:**



respect

3. **elevator:**



lift

4. **entourage:**



group of people (often accompanying someone)

5. **flush:**



become red in the face

6. **form:**



make, create

7. **happiness:**



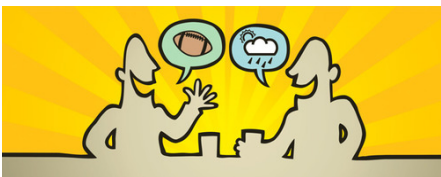
joy

8. **housekeeping staff:**



employees responsible for keeping a place clean

9. **interaction:**



communication, discussion

10. **lecture:**



an informative talk presented to a group

11. **maid:**



member of the housekeeping staff

12. **maroon:**



dark red colour

13. **Mexico:**



country south of the US

14. **patio:**



paved outdoor area

15. **puzzled:**



confused

16. **receiving line:**



line of people waiting to receive something

17. **retinue:**



group of attendants with a person (often an influential person within religion)

18. **robe:**



long piece of cloth (often worn by monks)

19. **spot:**



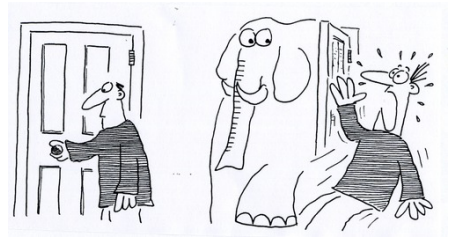
place, location

20. **stretch:**



draw out to a greater length or width

21. **taken aback:**



surprised

22. **uniform:**



clothing worn by a group of people

## *Everyone's a VIP*

**An excerpt from the book 'The Art of Happiness'  
By the Dalai Lama & Howard C.Cutler.**

“One morning after his public **lecture** the Dalai Lama was walking along an outside **patio** on the way back to his hotel room, surrounded by his usual **retinue**.

5. Noticing one of the hotel **housekeeping staff** standing by the **elevators**, he paused to ask her, ‘Where are you from?’ For a moment she appeared **taken aback** by this foreign-looking man in the **maroon robes** and seemed **puzzled** by the **deference** of the **entourage**. Then she smiled and answered shyly, ‘**Mexico**’. He paused briefly
10. to chat with her a few moments and then walked on, leaving her with a look of excitement and pleasure on her face. The next morning at the same time, she appeared at the same **spot** with another of the housekeeping staff, and the two of them greeted him
15. warmly as he got into the elevator. The **interaction** was brief, but the two of them appeared **flushed** with **happiness** as they returned to work. Every day after that, they were joined by a few more of the housekeeping staff at the designated time and place, until by the end of
20. the week there were dozens of **maids** in their crisp gray and white **uniforms forming** a **receiving** line that **stretched** along the length of the path that led to the elevators.”

## Questions

1: Do you think that most VIPs in fancy hotels would chat warmly with the cleaning staff?

2: Can we learn anything from this story?

3: Imagine you're at a fancy dinner party with the president of your country and the president brings you your food. Would you say thank you? Now, imagine a waitress in a cheap cafeteria brings your food. Would you say thank you? Would you treat the waitress and the president differently. If so why?

4: The Buddhist tradition emphasizes maintaining a non-discriminating mind, so that we train ourselves to stop labeling things as 'good', 'bad' and so on. This relates to the aim of developing 'The Mind of Equality' in which all are viewed equally. Many Buddhists greatly respect their teachers, sometimes as a way of training themselves to generate that level of respect for all beings.

Which view do you agree with the most and why?

- A: All living beings are worthy of our respect and compassion. We should treat all equally.
- B: Respect is something you earn. We should not treat all equally.
- C: It's unrealistic to expect that we will treat all people equally, because people behave differently, however, we can still try our best to maintain respect and compassion.

5: Does being genuinely kind and caring for others make us more happy? What is the real secret to happiness?