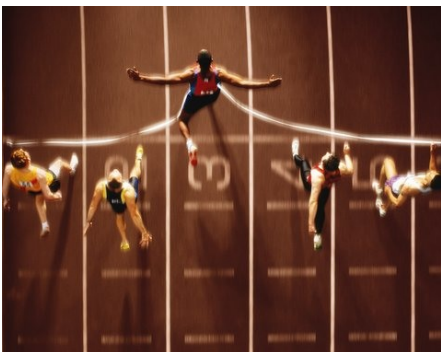


1. **achieve:**



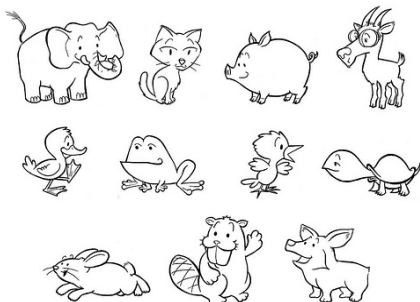
Win, do well, complete

2. **alive:**



Living, (breathing)

3. **beings:**



Living creatures

4. **benefit:**



Give help to

5. **The Dalai Lama:**



Photo: Patrick Mistry / www.patrickmistry.com

The Spiritual Leader of Tibet

6. **develop:**



Grow, get better

7. **energy:**



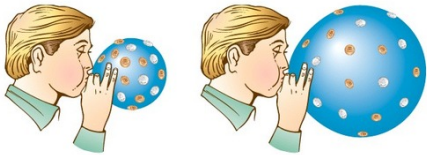
Power, force, the ability to be active

8. **enlightenment:**



Spiritual awakening with unconditional love, clarity and equanimity achieved through understanding

9. **expand:**



Make/become greater

10. **for the benefit of:**



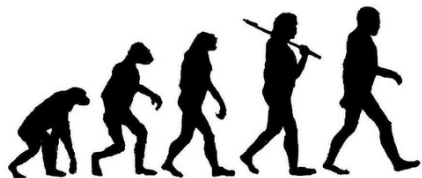
To help

11. **fortunate:**



Lucky

12. **human:**



Person

13. **kind:**



Caring about others

14. **life:**



The time that a creature is alive, the experience of being alive

15. **precious:**



Valuable

16. **think badly about:**



With negative thoughts about

17. **wake up:**



Stop sleeping

18. **waste:**



Not use

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.”

Questions

- 1: Which view do you agree with 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.
- 2: Does being kind and caring for others make us more happy?
- 3: What is the real secret to happiness?