

Don't forget that your heart is a muscle too and the more you strengthen it the stronger it gets. When we feel love and kindness towards others, it not only makes others feel loved and cared for, but it also helps us to develop inner happiness and peace.



Insights from the
Dalai Lama

Knowledge is important, but much more important is the use towards which it is put. This depends on the heart and mind of the one who uses it.



Hari Om, Jean