



**“Live with compassion.  
Work with compassion.  
Die with compassion.  
Meditate with compassion.  
Enjoy with compassion.  
When problems come,  
experience them with  
compassion.”**

(Lama Zopa Rinpoche, born Nepal 1946,  
Buddhist teacher, spiritual leader of the  
Foundation for the Preservation of the  
Mahayana Tradition.)