

Never Give Up

No matter what is going on
Never give up

Develop the heart
Too much energy in your country
is spent developing the mind
instead of the heart

Be compassionate
Not just to your friends
but to everyone

Be compassionate
Work for peace
in your heart and in the world
Work for Peace

And I say it again
Never give up

No matter what is happening
No matter what is going on
around you.

Never give up.

His Holiness the XIVth Dalai Lama