

The Purpose of Religion

*"The very purpose of religion is to control yourself,
not to criticize others.*

Rather, we must criticize ourselves.

How much am I doing about my anger?

*About my attachment,
about my hatred,
about my pride,
my jealousy?*

These are the things which we must check in daily life."

Tenzin Gyatso, 14th Dalai Lama