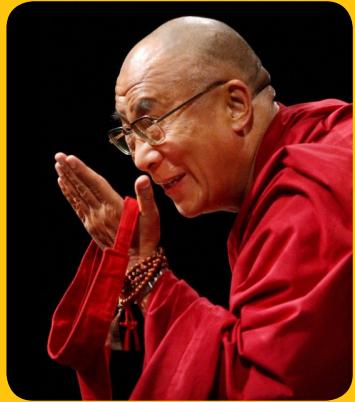


וְאֵשֶׁת כָּלָלָה שִׁיאַת הַשְׁמַעַת  
וְאֵשֶׁת כָּלָלָה שִׁיאַת הַשְׁמַעַת  
וְאֵשֶׁת כָּלָלָה שִׁיאַת הַשְׁמַעַת

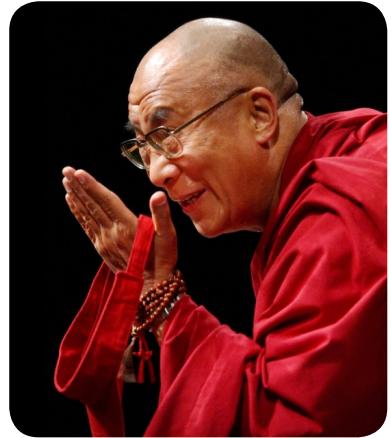




יְהִי מְלֹאת קֹדֶשׁ בָּרוּךְ הוּא בְּבִיאָתְךָ מֶלֶךְ כָּל־עַמּוֹד  
וְבִבְּרָכָתְךָ מֶלֶךְ כָּל־עַמּוֹד

॥ ८३ ॥ द्वृष्टि-विषय-परिक्षणा द्वृष्टि-विदि-कृद्गुर्वृष्टि-वर्द्धन्ते-प्रवृत्ति-विषय-परिक्षणा  
पृष्ठ-कृद्गुर्वृष्टि-विदि-कृद्गुर्वृष्टि-विदि-कृद्गुर्वृष्टि-विदि-कृद्गुर्वृष्टि-विदि-कृद्गुर्वृष्टि-विदि-

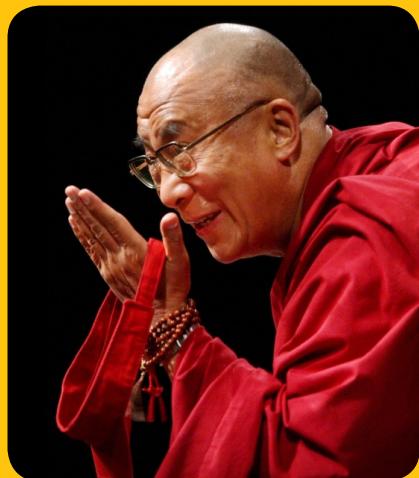
וְבָנָה בְּאַתְּרֵי תְּמִימָה  
בְּאַתְּרֵי בְּנֵי  
וְבָנָה בְּאַתְּרֵי תְּמִימָה  
בְּאַתְּרֵי בְּנֵי



॥ ଦେଶରଦ୍ଧରଶ୍ରୀଷତ୍ତ୍ଵାତ୍ମିକିଷ୍ଟିକିରିତାକରଣା ॥ ରଶ୍ରୀଷତ୍ତ୍ଵାତ୍ମିକିରିତାକରଣାତ୍ମିକିଷ୍ଟିକିରିତାକରଣା ॥ ରଶ୍ରୀଷତ୍ତ୍ଵାତ୍ମିକିରିତାକରଣାତ୍ମିକିଷ୍ଟିକିରିତାକରଣା ॥



# THE FOUR MAIN COMMITMENTS OF HIS HOLINESS THE DALAI LAMA



1

As a human being, finding ways to promote human values such as Compassion, forgiveness, tolerance, contentment and self discipline. Even people who have no religious belief can benefit if they incorporate these human values into their lives. I refer to such human values as secular ethics or universal values.

2

As a Buddhist monk, finding ways to promote religious harmony and understanding among the major religious traditions of the world.

3

I am a Tibetan and as the 'Dalai Lama' is the focus of the Tibetan people's hope and trust. Therefore, I'm committed to preserving Tibetan language and culture, the heritage Tibetans received from the masters of India's Nalanda University, while also speaking up for the protection of Tibet's natural environment.

4

To work for the revival and preservation of the Ancient Indian Nalanda knowledge among young Indians and the world at large. I have been a firm advocate of the workings of the mind and emotions, which provides the technique of mental training, such as meditation, are of great relevance today.



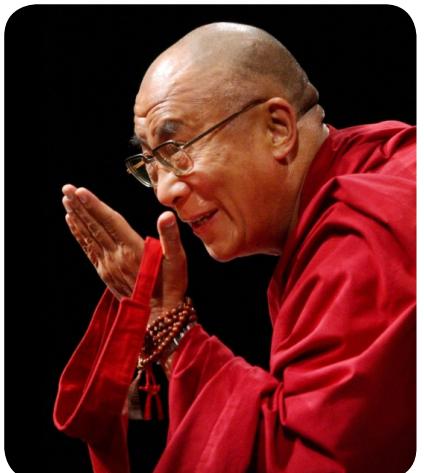


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