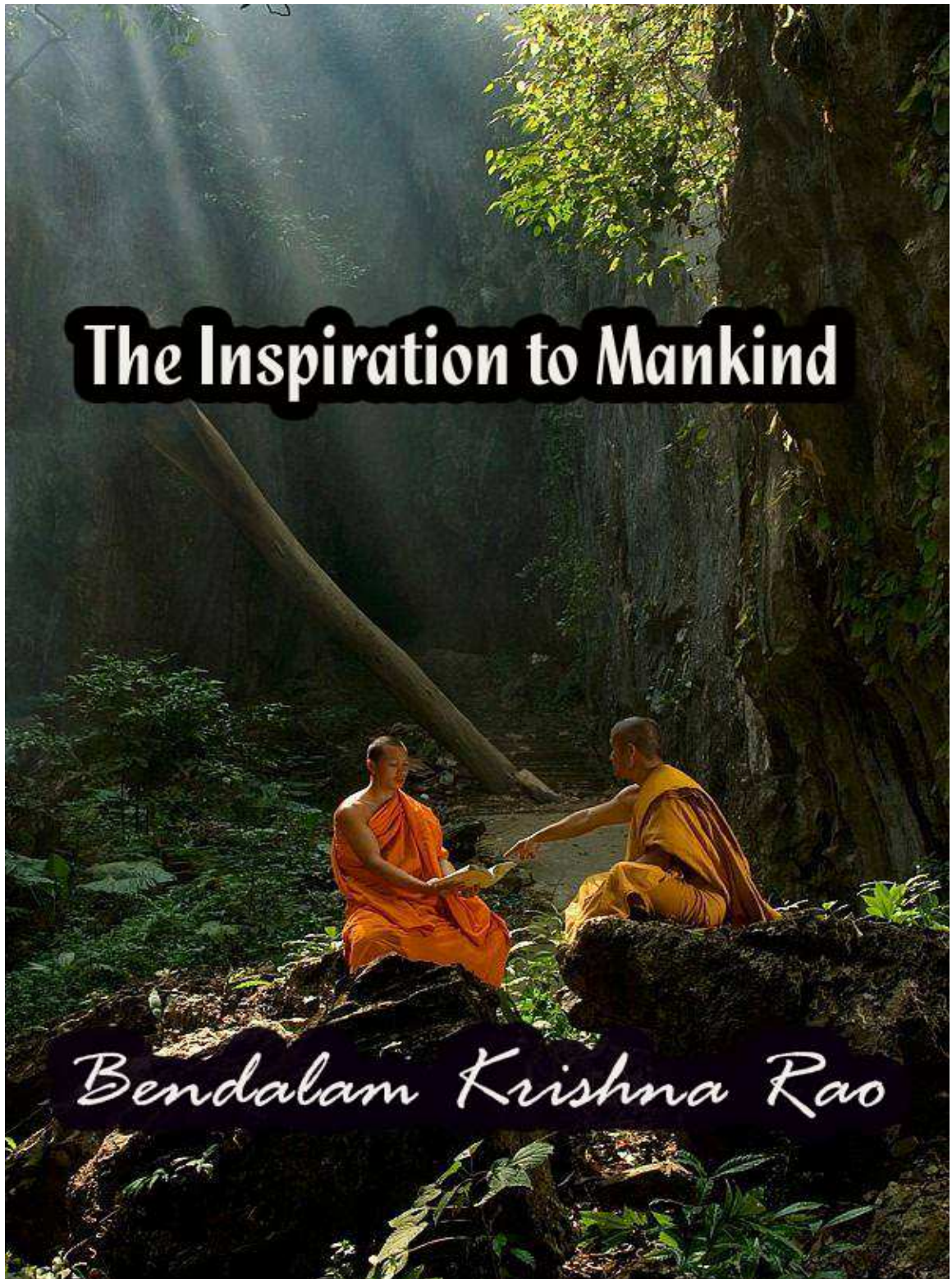


A photograph of two Buddhist monks sitting on large, dark, mossy rocks in a lush forest. The monk on the left is wearing bright orange robes and is holding an open book. The monk on the right is wearing yellow and maroon robes and is pointing his right hand towards the book. Sunlight filters through the dense green foliage in the background, creating a serene and contemplative atmosphere. The title 'The Inspiration to Mankind' is overlaid in a bold, white, sans-serif font with a black drop shadow.

# The Inspiration to Mankind

*Bendalam Krishna Rao*





# **INSPIRATION TO MANKIND**

**(Thoughts and talks of Gouthama Buddha)**

Compiled by  
**Bendalam Krishna Rao**

# **INSPIRATION TO MANKIND**

(Thoughts and talks of Gouthama Buddha)

Compiled by

**Bendalam Krishna Rao**

Address:

**BENDALAM KRISHNA RAO,**

**Journalist & writer,**

**D.No-4-4-24, 1stFloor,**

**Jai Santhoshimatha Nilayam,**

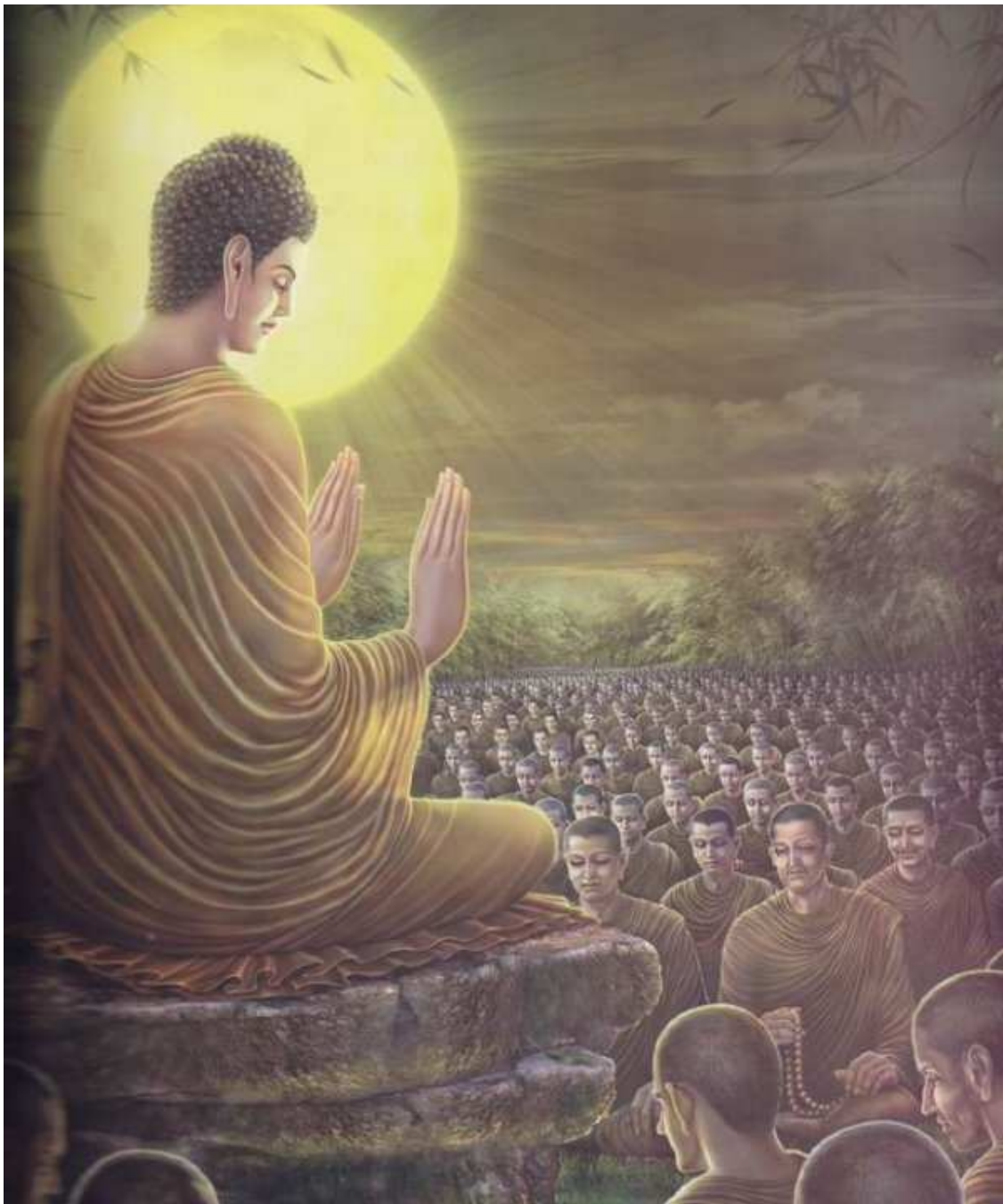
**Vaishnava Street,**

**Ramamandiram Down,**

**SRIKAKULAM- 532 001**

**Mobile: 09493043888, 07396866888**

**Email: bendalamkrishnarao@gmail.com**





## About this book....

Buddha means “Awakened One”, someone who has awakened and sees things as they really are.

Buddha is a person who is completely free from all faults and mental obstructions. Because he has awakened from the sleep of ignorance and has removed all obstructions from his mind, he knows everything of the past, present, and future, directly and simultaneously. Moreover, Buddha has great compassion which is completely impartial, embracing all living beings without discrimination.

The person who is generally referred to by the name Buddha was **Siddhārtha Gautama**, a spiritual teacher born in Nepal and the founder of Buddhism who lived at around 500 BCE. Forty-nine days after Buddha attained enlightenment he was requested to teach. As a result of this request, Buddha rose from meditation and taught the first Wheel of Dharma.

Those teachings of The Buddha such as “The Four Noble Truths” or the “Noble Eightfold Path” are timeless and reflect personal and spiritual development.

Many Buddha quotes that are handed down until today are both inspirational as well as reflecting deeper truth of reality. What can we learn, where can we be inspired from The Buddha for everyday life and our own development today?

I selected the following Buddha quotes as both inspirational and helpful, regardless of where we are in “personal development ...”

The mind is directing our life in the way we manifest the life around us by the thoughts and directions we take with our mind. Since everything we created around us is first created in the mind, it is the tool or the interface between our self and the material world.

Another quote of Buddha with a similar message here is “He is able who thinks he is able”. This also shows the creative power of the mind and if we are able to consciously use it in that way – avoiding

negative thoughts and utilizing empowering thoughts  
– we use it in a supportive manner.

**“All wrong-doing arises because of mind. If  
mind is transformed can wrong-doing  
remain?”**

This is the **core of personal development**. It points towards the need to train and develop the mind and to **free it from limits** and negativity.

The other quote “The mind is the source of happiness and unhappiness.” makes the same point with the special notion of **happiness**. The mind used correctly – i.e. constructive, empowering, solution- and action-oriented, positive, truth-seeking – can create happiness. But used poorly – i.e. blaming, egocentric, negative, blinded by ambition or separation – it will create unhappiness for us. Training the mind is the key here.

The quote may also point to a transformation by awakening directly, where the mind becomes the servant of the self and not the creator of a self-image



(the concept of the ego) as a replacement for the true self.

**“Thousands of candles can be lit from a single candle, and the life of the candle will not be shortened. Happiness never decreases by being shared.”**

This points to the abundant nature of reality. The abundance mentality says there is enough for everyone, we only have to realize and live by it. It is the opposite of a scarcity mentality, where you have the belief that you always have to fight for your part in a limited world.

**“There are only two mistakes one can make along the road to truth; not going all the way, and not starting.”**

Buddha Quotes given below are just few words or a couple of sentences, but they have a meaning that is deeper and far reaching. Just read them slowly to grasp the exact meaning

**“Do not dwell in the past, do not dream of the future, concentrate the mind on the present moment.”**

The essence of living in the present moment, the Now, is focusing the mind here and take attention away from thinking about past or future. The present moment is all there ever is to experience life directly. Past and future are only concepts of our mind and therefore are good for learning from the past or conceptual planning when it is useful, but after this there is no need for them. Especially not to dwell in them and get stuck there in the mind by constant thinking loops.

**“However many holy words you read, however many you speak, what good will they do you if you do not act on upon them?”**

Action is what counts. It means to be action-oriented and to actually do what we think, to prove what we believe by applying it in reality. Only if we “walk our talk” we are authentic and truthful to ourselves.

To apply yourself and your ideas in reality is like a proof-test for what we think is right and will work. If there is no action and therefore no testing in reality, the words or ideas themselves are of no real sustainable value.

Another quote for this message is

“A dog is not considered a good dog because he is a good barker. A man is not considered a good man because he is a good talker.”

“Even death is not to be feared by one who has lived wisely.”

This is the essence of “**Carpe Diem – to seize the day**” fully means living wisely. It means to live to the highest truth we know and to rise to our highest values and capabilities.

Living wisely also means not to believe every thought that comes, but to live more from the space between thoughts, from our essence.

“Peace comes from within. Do not seek it without.”



The so-called Inside-Out approach means to look within oneself to find the inspiration and power to act from this place. It means not to look to the outside world for liberation or happiness, but to **take the responsibility** for oneself and become that what we are seeking.

His second quote here

“No one saves us but ourselves. No one can and no one may. We ourselves must walk the path.”

talks directly about this responsibility, responsibility we have inside.

“In the sky, there is no distinction of east and west; people create distinctions out of their own minds and then believe them to be true.”

Any perspective we have on anything is only a relative truth. There are always both (or more) sides of any story. An objective perspective or an absolute truth is very hard or maybe impossible to see. But to

be aware of this and to be interested to see another perspective from another person can be very mind-opening and valuable.

The **matter of perspective** (also described in the **7 habits of highly effective people**) is a very powerful one and it is the core of most (if not all?) conflicts between people. One thing one is right as long one stays in one's own single perspective – needless to say, the other person has the same reality.

There is a similar quote by The Buddha that fits in here: “In separateness lies the world's great misery, in compassion lies the world's true strength” which shows that if we become able to dissolve the separate perspective to a perspective of oneness with all other, we hold the key to end conflicts and to find solution and agreements suitable for everybody.

**“If we could see the miracle of a single flower clearly, our whole life would change.”**

This quote is perhaps the most difficult one to really understand. In the first place, it is not about the beautiful nature of the flower or beauty itself. What Buddha is talking about – in my humble opinion – is

to see and get in touch with the life in a flower directly, without any interference by our mind by mental concepts and thoughts of the flower.

Eckhart Tolle in "A New Earth" talks about the flowering of human consciousness, maybe you want to [take a look](#) ...

**"The only real failure in life is not to be true to the best one knows."**

If we are not authentic and truthful to ourselves, we build a wall around us that eventually we have to tear down again. It is then literally a resistance to the reality and our own nature where we can hide some time, but life has a way to show us our own faults in the end.

To be true to the best one knows means to come from our own best knowledge and not buy into something outside ourselves blindly, always asking: is this really true to what I know?

In resonance with this quote also is the final one by The Buddha:



When Buddha was on his death bed he noticed his young disciple Anan (Ananda) was weeping. 'Why are you weeping, Anan?' he asked. 'Because the light of the world is about to be extinguished and we will be in darkness.' The Buddha summoned up all his remaining energy and spoke what were to be his final words on earth: 'Anan, Anan, be a light unto yourself.'

---



1.

"Do not dwell in the past, do not dream of the future, concentrate the mind on the present moment."

2.

"An insincere and evil friend is more to be feared than a wild beast; a wild beast may wound your body, but an evil friend will wound your mind".

3.

"The way is not in the sky. The way is in the heart".

4.

"Holding on to anger is like grasping a hot coal with the intent of throwing it at someone else; you are the one who gets burned."



5.

"Thousands of candles can be lighted from a single candle, and the life of the candle will not be shortened. Happiness never decreases by being shared."

6.

"Health is the greatest gift, contentment the greatest wealth, faithfulness the best relationship."

7.

"The tongue like a sharp knife... Kills without drawing blood."

8.

"To enjoy good health, to bring true happiness to one's family, to bring peace to all, one must first discipline and control one's own mind. If a man can control his mind he can find the way to Enlightenment, and all wisdom and virtue will naturally come to him."

9.

"We are shaped by our thoughts; we become what we think. When the mind is pure, joy follows like a shadow that never leaves."

10.

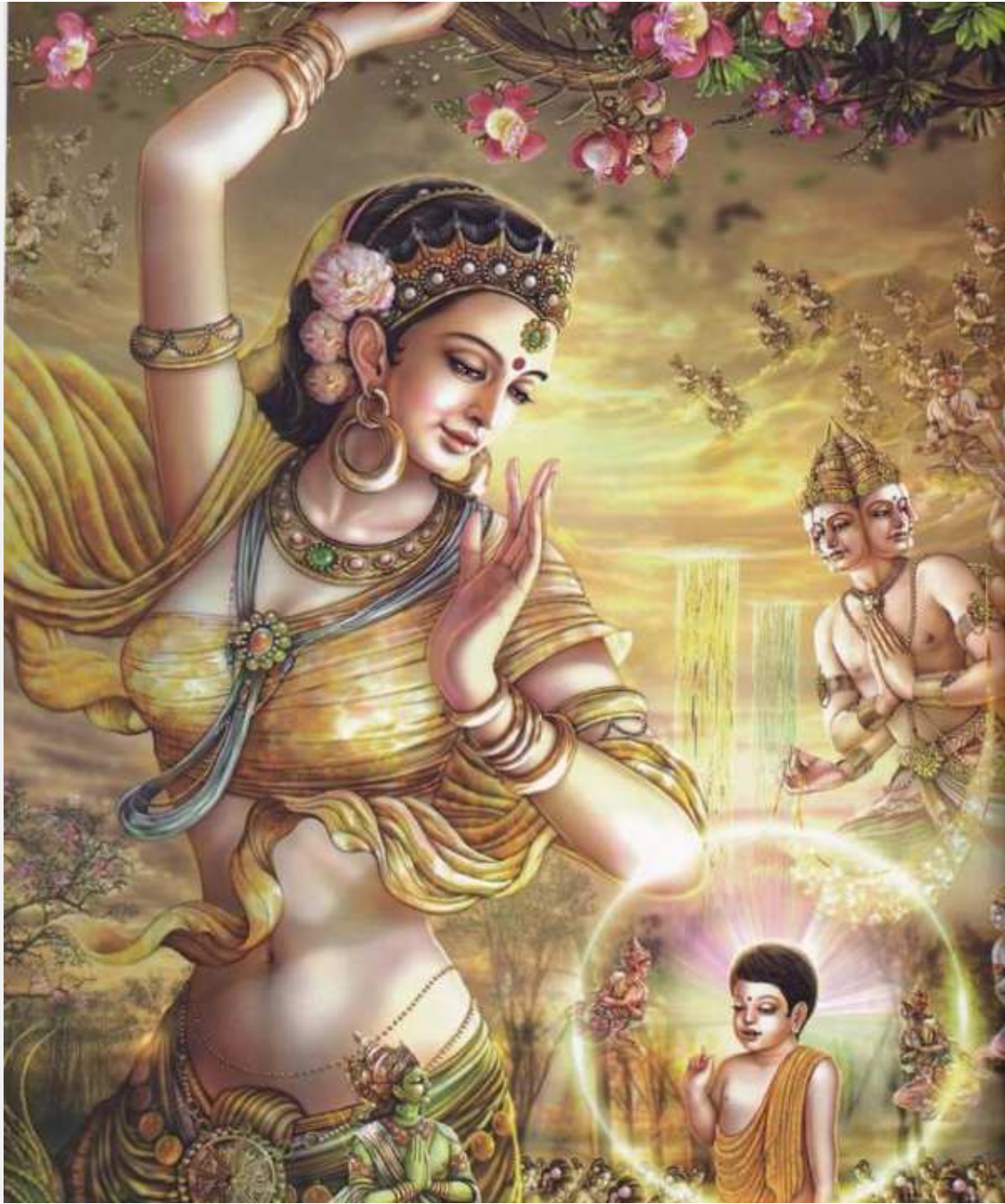
"You can search throughout the entire universe for someone who is more deserving of your love and affection than you are yourself, and that person is not to be found anywhere. You yourself, as much as anybody in the entire universe deserve your love and affection."

11.

"Three things cannot be long hidden: the sun, the moon, and the truth."

12.

"It is better to conquer yourself than to win a thousand battles. Then the victory is yours. It cannot be taken from you, not by angels or by demons, heaven or hell."



13.

“However many holy words you read, however many you speak, what good will they do you if you do not act on upon them?”

14.

"There is nothing more dreadful than the habit of doubt. Doubt separates people. It is a poison that disintegrates friendships and breaks up pleasant relations. It is a thorn that irritates and hurts; it is a sword that kills."

15.

"The whole secret of existence is to have no fear. Never fear what will become of you, depend on no one. Only the moment you reject all help are you freed."

16.

"Do not overrate what you have received, nor envy others. He who envies others does not obtain peace of mind."

17.

"In the sky, there is no distinction of east and west; people create distinctions out of their own minds and then believe them to be true."



18.

"No one saves us but ourselves. No one can and no one may. We ourselves must walk the path."

19.

"Hatred does not cease by hatred, but only by love; this is the eternal rule."

20.

"There are only two mistakes one can make along the road to truth; not going all the way, and not starting."

21.

"To keep the body in good health is a duty... otherwise we shall not be able to keep our mind strong and clear."

22.

"To be idle is a short road to death and to be diligent is a way of life; foolish people are idle, wise people are diligent."

23.

"The mind is everything. What you think you become".

24.

"Better than a thousand hollow words, is one word that brings peace."

25.

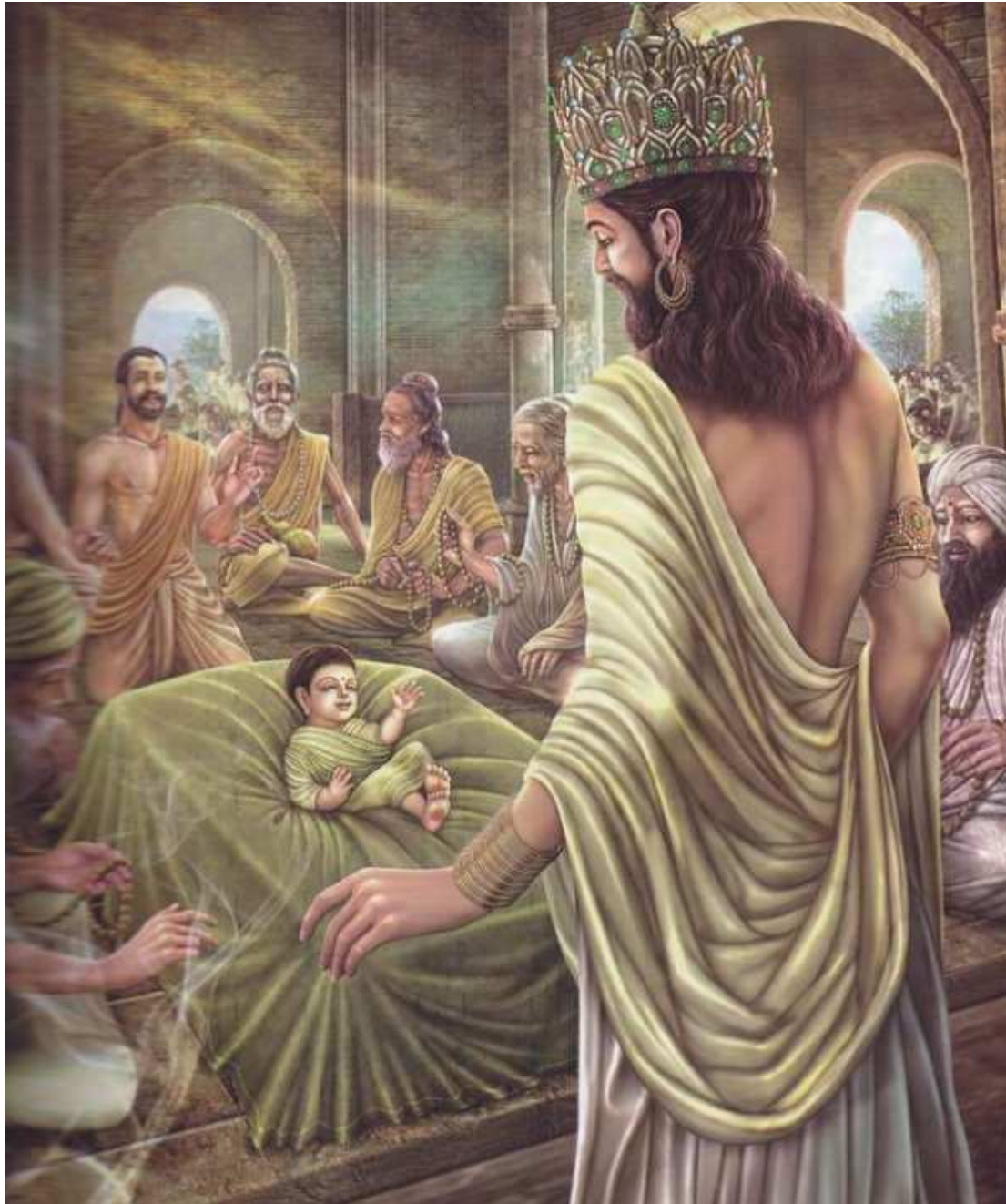
"Just as a candle cannot burn without fire, men cannot live without a spiritual life."

26.

"I never see what has been done; I only see what remains to be done."

27.

"Just as treasures are uncovered from the earth, so virtue appears from good deeds, and wisdom appears from a pure and peaceful mind. To walk safely through the maze of human life, one needs the light of wisdom and the guidance of virtue."



28.

"In a controversy the instant we feel anger we have already ceased striving for the truth, and have begun striving for ourselves."

29.

"You will not be punished for your anger, you will be punished by your anger."

30.

"All wrong-doing arises because of mind. If mind is transformed can wrong-doing remain?"

31.

"You, yourself, as much as anybody in the entire universe, deserve your love and affection."

32.

"It is a man's own mind, not his enemy or foe, that lures him to evil ways."

33.

"I do not believe in a fate that falls on men however they act; but I do believe in a fate that falls on them unless they act."

34.

"It is better to travel well than to arrive."

35.

"The only real failure in life is not to be true to the best one knows."

36.

"Whatever words we utter should be chosen with care for people will hear them and be influenced by them for good or ill."

37.

"We are what we think. All that we are arises with our thoughts. With our thoughts, we make the world."

38.

"Without health life is not life; it is only a state of langour and suffering - an image of death."

39.

"A jug fills drop by drop. "



40.

"What is the appropriate behavior for a man or a woman in the midst of this world, where each person is clinging to his piece of debris? What's the proper salutation between people as they pass each other in this flood?"

41.

"He who loves 50 people has 50 woes; he who loves no one has no woes."

42.

"Even death is not to be feared by one who has lived wisely."

43.

"Peace comes from within. Do not seek it without."

44.

"Chaos is inherent in all compounded things. Strive on with diligence."

45.

"What we think, we become."

46.

"There has to be evil so that good can prove its purity above it."

47.

"Work out your own salvation. Do not depend on others."

48.

"Those who are free of resentful thoughts surely find peace."

49.

"When one has the feeling of dislike for evil, when one feels tranquil, one finds pleasure in listening to good teachings; when one has these feelings and appreciates them, one is free of fear."

**50.**

**“To live a pure unselfish life, one must count nothing as one's own in the midst of abundance.”**

**51.**

**“The foot feels the foot when it feels the ground.”**

**52.**

**“Virtue is persecuted more by the wicked than it is loved by the good.”**

**53.**

**“The wise ones fashioned speech with their thought, sifting it as grain is sifted through a sieve.”**

**54.**

**“Unity can only be manifested by the Binary. Unity itself and the idea of Unity are already two.”**



**55.**

**“The virtues, like the Muses, are always seen in groups. A good principle was never found solitary in any breast.”**

**56.**

**“In the end  
these things matter most:  
How well did you love?  
How fully did you live?  
How deeply did you let go?”**

**57.**

**“However many holy words you read,  
however many you speak, what good will  
they do you if you do not act on upon  
them?”**

**58.**

**“There is nothing more dreadful than the  
habit of doubt. Doubt separates people. It is  
a poison that disintegrates friendships and  
breaks up pleasant relations. It is a thorn that  
irritates and hurts; it is a sword that kills.”**



**59.**

**“All that we are is the result of what we have thought. If a man speaks or acts with an evil thought, pain follows him. If a man speaks or acts with a pure thought, happiness follows him, like a shadow that never leaves him.”**

**60.**

**“You yourself, as much as anybody in the entire universe, deserve your love and affection”**

**61.**

**“You can search throughout the entire universe for someone who is more deserving of your love and affection than you are yourself, and that person is not to be found anywhere. You, yourself, as much as anybody in the entire universe, deserve your love and affection.”**

**62.**

**“Let us rise up and be thankful, for if we didn't learn a lot at least we learned a little, and if we didn't learn a little, at least we didn't get sick, and if we got sick, at least we didn't die; so, let us all be thankful.”**

**63.**

**“Do not believe in anything simply because you have heard it. Do not believe in anything simply because it is spoken and rumored by many. Do not believe in anything simply because it is found written in your religious books. Do not believe in anything merely on the authority of your teachers and elders. Do not believe in traditions because they have been handed down for many generations. But after observation and analysis, when you find that anything agrees with reason and is conducive to the good and benefit of one and all, then accept it and live up to it.”**

**64.**

**“You only lose what you cling to.”**

**65.**

**“Peace comes from within. Do not seek it without.”**

**66.**

**“Three things cannot hide for long: the Moon, the Sun and the Truth.”**

**67.**

**“Holding on to anger is like grasping a hot coal with the intent of throwing it at someone else; you are the one who gets burned.”**

**68.**

**“Doubt everything. Find your own light.”**

**69.**

**“Believe nothing, no matter where you read it, or who said it, no matter if I have said it, unless it agrees with your own reason and your own common sense.”**

**70.**

**“Every morning we are born again. What we do today is what matters most.”**

**71.**

**“There is no path to happiness: happiness is the path.”**

**72.**

**“If you truly loved yourself, you could never hurt another.”**

**73.**

**“Your purpose in life is to find your purpose and give your whole heart and soul to it”**

**74.**

**“Resolve to be tender with the young, compassionate with the aged, sympathetic with the striving and tolerant with the weak and wrong. Sometime in your life, you will have been all of these.”**

**75.**

**“When the student is ready, the teacher will appear.”**

**76.**

**“Thousands of candles can be lit from a single candle, and the life of the candle will not be shortened. Happiness never decreases by being shared.”**

**77,**

**“What we think, we become.”**

**78**

**“It is better to conquer yourself than to win a thousand battles. Then the victory is yours. It cannot be taken from you, not by angels or by demons, heaven or hell.”**

**79.**

**“A man is not called wise because he talks and talks again; but if he is peaceful, loving and fearless then he is in truth called wise.”**



**80.**

**“An insincere and evil friend is more to be feared than a wild beast; a wild beast may wound your body, but an evil friend will wound your mind.”**

**81.**

**“You will not be punished for your anger; you will be punished by your anger.”**

**82.**

**“If your compassion does not include yourself, it is incomplete.”**

**83.**

**“The whole secret of existence is to have no fear. Never fear what will become of you, depend on no one. Only the moment you reject all help are you freed.”**

**84.**

**“Words do not express thoughts very well; everything immediately becomes a little different, a little distorted, a little foolish. And yet it also pleases me and seems right that what is of value and wisdom of one man seems nonsense to another.”**

**85.**

**“Pain is certain, suffering is optional.”**

**86.**

**“If we could see the miracle of a single flower clearly our whole life would change.”**

**87.**

**“As rain falls equally on the just and the unjust, do not burden your heart with judgements but rain your kindness equally on all. ”**

**88.**

**“The tongue like a sharp knife... Kills without drawing blood.”**

**89.**

**“Do not look for a sanctuary in anyone  
except your self.”**

**90.**

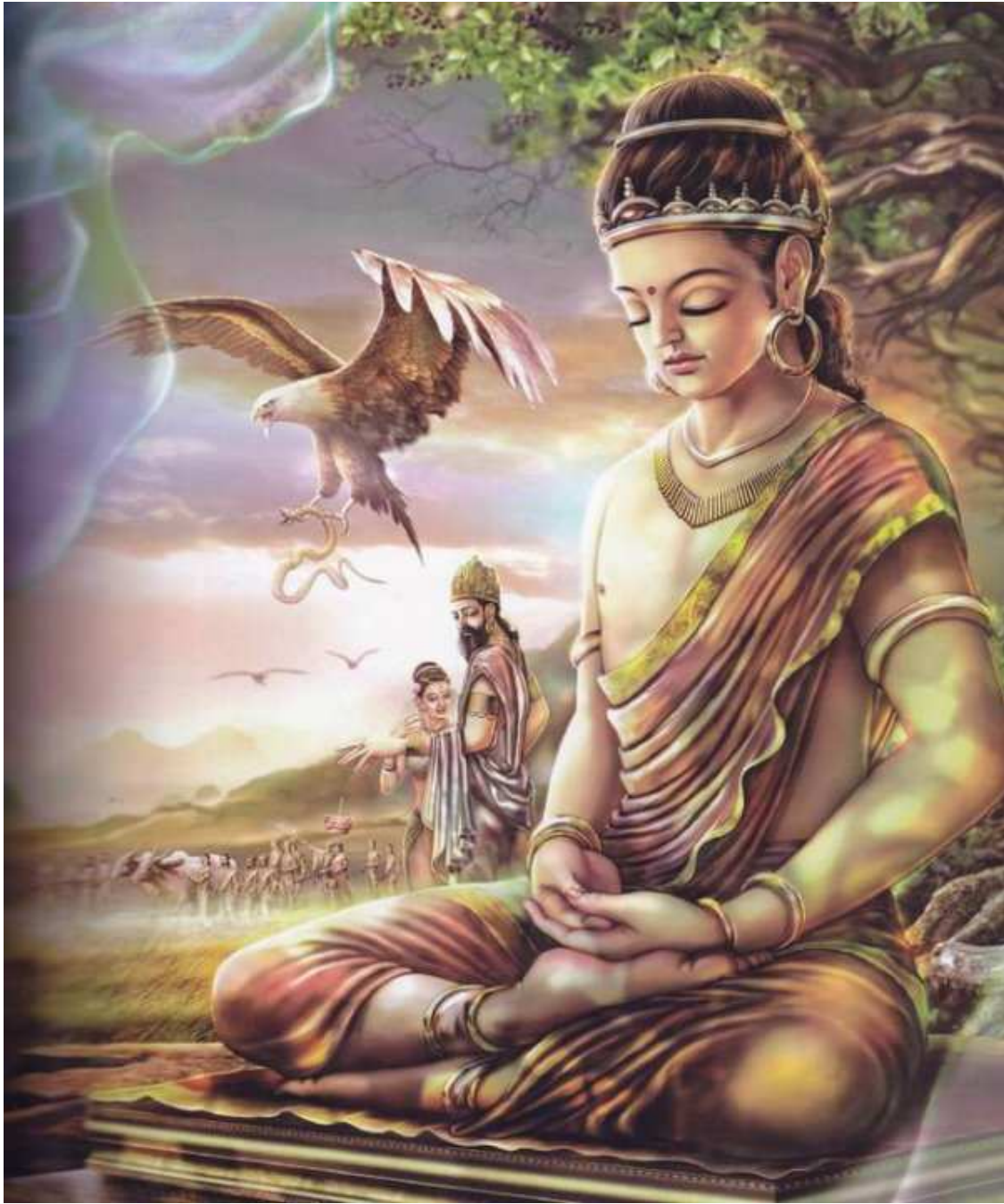
**“Rage is a powerful energy that with diligent  
practice can be transformed into fierce  
compassion. However much we disagree  
with our enemies, our task is to identify with  
them. They too feel justified in their point of  
view.”**

**91.**

**“Nothing ever exists entirely alone;  
everything is in relation to everything else.”**

**92.**

**“Meditate.  
Live purely. Be quiet.  
Do your work with mastery.  
Like the moon, come out  
from behind the clouds!  
Shine”**



93.

**“If we fail to look after others when they need help, who will look after us?”**

**94.**

**“If you do not change direction, you may end up where you are heading”**

**95.**

**“Nothing can harm you as much as your own thoughts unguarded.”**

**96.**

**“A generous heart, kind speech, and a life of service and compassion are the things which renew humanity”**

**97.**

**“Set your heart on doing good. Do it over and over again, and you will be filled with joy.”**

**98.**

**“Nothing is forever except change”**

**99.**

**“As you walk and eat and travel, be where you are. Otherwise you will miss most of your life.”**



**100.**

**“With our thoughts we make the world.”**

**101.**

**“The past is already gone, the future is not yet here. There's only one moment for you to live, and that is the present moment”**

**102.**

**“No one saves us but ourselves. No one can and no one may. We ourselves must walk the path.”**

**103.**

**“In the sky, there is no distinction of east and west; people create distinctions out of their own minds and then believe them to be true.”**

**104.**

**“Our life is a creation of our mind.”**

**105.**

**“Better than a thousand hollow words is one word that brings peace.”**

**106.**

**“Even as a solid rock is unshaken by the wind, so are the wise unshaken by praise or blame.”**

**107.**

**“Happiness comes when your work and words are of benefit to others.”**

**108.**

**“Conquer anger by love, evil by good; conquer the miser with liberality, and the liar with truth.”**

**109.**

**“Purity or impurity depends on oneself,  
No one can purify another.”**

**110.**

**“Hatred does not cease by hatred, but only by love; this is the eternal rule.”**

**111.**

**“Those who have failed to work toward the truth have missed the purpose of living.”**

**112.**

**“Praise and blame, gain and loss, pleasure and sorrow come and go like the wind. To be happy, rest like a giant tree in the midst of them all”**

**113**

**“She who knows life flows, feels no wear or tear, needs no mending or repair.”**

**114.**

**“In separateness lies the world's greatest misery; in compassion lies the world's true strength.”**



115.

**“You throw thorns, falling in my silence they  
become flowers.”**

**116.**

**“All that we are is the result of what we have thought. The mind is everything. What we think we become.”**

**117.**

**“Wear your ego like a loose fitting garment.”**

**118.**

**“When you come upon a path  
that brings benefit  
and happiness to all,  
follow this course  
as the moon  
journeys through the stars.”**

**119.**

**“a dog is not considered a good dog  
because he is a good barker. a man is not  
considered a good man because he is a  
good talker.”**

**120.**

**“Long is the night to him who is awake; long is a mile to him who is tired; long is life to the foolish who do not know the true law.”**

**121.**

**“Kindness should become the natural way of life, not the exception.”**

**122.**

**“The greatest prayer is patience.”**

**123.**

**“There is no fire like passion, there is no shark like hatred, there is no snare like folly, there is no torrent like greed.”**

**124.**

**“friendship is the only cure for hatred, the only guarantee of peace.”**



**125.**

**“There are only two mistakes one can make along the road to truth; not going all the way, and not starting”.**

**126.**

**“A family is a place where minds come in contact with one another. If these minds love one another the home will be as beautiful as a flower garden. But if these minds get out of harmony with one another it is like a storm that plays havoc with the garden.”**

**127.**

**“If a traveller does not meet with one who is his better, or his equal, let him firmly keep to his solitary journey; there is no companionship with a fool.”**

**128.**

**“Attachment leads to suffering.”**

**129.**

**“Our life is shaped by our mind; we become what we think. Suffering follows an evil thought as the wheels of a cart follow the oxen that draws it.**

**Our life is shaped by our mind; we become what we think. Joy follows a pure thought like a shadow that never leaves.”**

**130.**

**“There are no chains like hate...dwelling on your brother's faults multiplies your own. You are far from the end of your journey.”**

**131.**

**“Speak the truth do not become angered and give when asked, even be it a little. By these three conditions one goes to the presence of the gods.”**

**132.**

**“He is able who thinks he is able.”**

**133.**

**“May all that have life be delivered from suffering”**

**134.**

**“When you realize how perfect everything is you will tilt your head back and laugh at the sky”**

**135.**

**“Make of yourself a light.”**

**136.**

**“To insist on a spiritual practice that served you in the past is to carry the raft on your back after you have crossed the river.”**

**137.**

**“If you light a lamp for somebody, it will also brighten your path. ”**

**138.**

**“To force oneself to believe and to accept a thing without understanding is political, and not spiritual or intellectual.”**

**139.**

**“You are the community now. Be a lamp for yourselves. Be your own refuge. Seek for no other. All things must pass. Strive on diligently. Don’t give up.”**

**140.**

**“The one who has conquered himself is a far greater hero than he who has defeated a thousand times a thousand men.”**

**141**

**“There isn't enough darkness in all the world to snuff out the light of one little candle.”**

**142.**

**“Health is the greatest gift, contentment the greatest wealth, faithfulness the best relationship. ”**

**143.**

**“There has to be evil so that good can prove its purity above it.”**

**144.**

**“To become vegetarian is to step into the stream which leads to nirvana.”**

**145.**

**“People with opinions just go around bothering one another.”**

**146.**

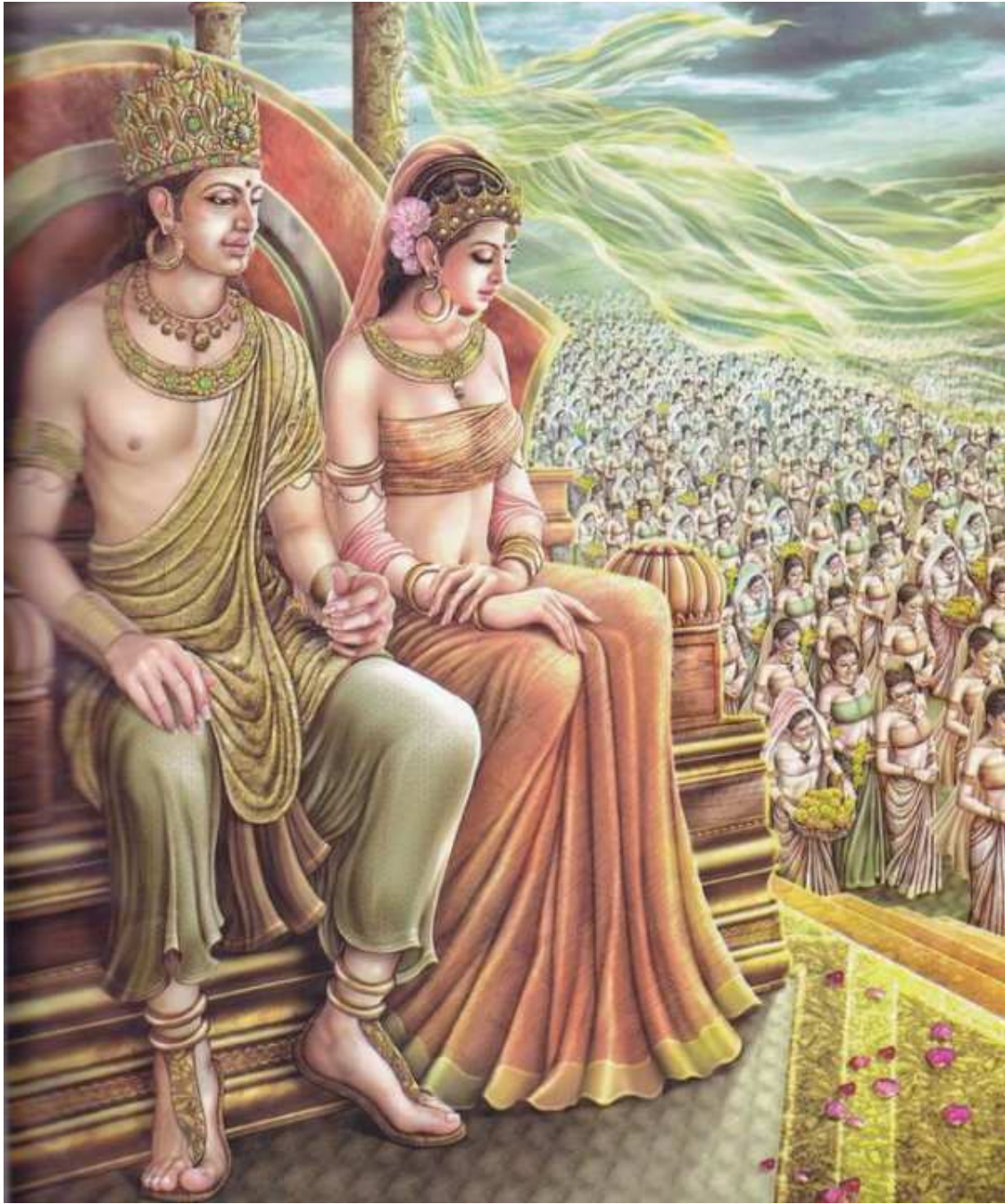
**“Do not dwell in the past, do not dream of the future, concentrate the mind on the present moment.”**

**147.**

**“life is a river always flowing. do not hold onto things. work hard.”**

**148.**

**“He who experiences the unity of life sees his own Self in all beings, and all beings in his own Self, and looks on everything with an impartial eye.”**



149.

**“be greatly aware of the present.”**



**150.**

**“What you are is what you have been. What you'll be is what you do now.”**

**151.**

**“A man traveling across a field encountered a tiger. He fled, the tiger after him. Coming to a precipice, he caught hold of the root of a wild vine and swung himself down over the edge. The tiger sniffed at him from above. Trembling, the man looked down to where, far below, another tiger was waiting to eat him. Only the vine sustained him.**

**Two mice, one white and one black, little by little started to gnaw away the vine. The man saw a luscious strawberry near him.**

**Grasping the vine with one hand, he plucked the strawberry with the other. How sweet it tasted! ”**

**152.**

**“Anger will never disappear so long as thoughts of resentment are cherished in the mind.”**

**153.**

**“Those who attempt to conquer hatred by hatred are like warriors who take weapons to overcome others who bear arms. This does not end hatred, but gives it room to grow. But, ancient wisdom has advocated a different timeless strategy to overcome hatred. This eternal wisdom is to meet hatred with non-hatred. The method of trying to conquer hatred through hatred never succeeds in overcoming hatred. But, the method of overcoming hatred through non-hatred is eternally effective. That is why that method is described as eternal wisdom. ”**

**154.**

**“All that we ARE is the result of what we have thought”**

**155.**

**“All things appear and disappear because of the concurrence of causes and conditions. Nothing ever exists entirely alone; everything is in relation to everything else.”**

**156.**

**“More than those who hate you, more than all your enemies, an undisciplined mind does greater harm.”**

**157.**

**“Remembering a wrong is like carrying a burden on the mind.”**

**158.**

**“We are shaped by our thoughts; we become what we think. When the mind is pure, joy follows like a shadow that never leaves.”**

**159.**

**“How wonderful! How wonderful! All things are perfect, exactly as they are.”**

**160.**

**“If you find no one to support you on the spiritual path, walk alone. There is no companionship with the immature.”**

**161.**

**“Holding onto anger is like drinking poison and expecting the other person to die.”**

**162.**

**“Though one should live a hundred years without wisdom and control, yet better, indeed, is a single day’s life of one who is wise and meditative.”**

**163.**

**“Greed is an imperfection that defiles the mind; hate is an imperfection that defiles the mind; delusion is an imperfection that defiles the mind.”**

**164.**

**“All descriptions of reality are temporary hypotheses.”**

**165.**

**“The Gift of Truth excels all other Gifts.”**

**166.**

**“It is a man's own mind, not his enemy or  
foe, that lures him to evil ways.”**

**167.**

**“Wakefulness is the way to life.  
The fool sleeps  
As if he were already dead,  
But the Master is awake  
And he lives forever.  
He watches.  
He is clear.  
How happy he is!  
For he sees that wakefulness is life.  
How happy he is,  
Following the path of the awakened.  
With Great perseverance  
He meditates, seeking  
Freedom and happiness. ”**

**168.**

**“Few among men are they who cross to the further shore. The others merely run up and down the bank on this side.”**

**169.**

**“Our life is shaped by our mind; we become what we think.”**

**170.**

**“What is evil? Killing is evil, lying is evil, slandering is evil, abuse is evil, gossip is evil, envy is evil, hatred is evil, to cling to false doctrine is evil; all these things are evil. And what is the root of evil? Desire is the root of evil, illusion is the root of evil.”**

**171.**

**“Every human being is the author of his own health or disease.”**

**172.**

**“Teach this triple truth to all: A generous heart, kind speech, and a life of service and compassion are the things which renew humanity.”**



**173.**

**“If you propose to speak always ask yourself, is it true, is it necessary, is it kind.”**

**174.**

**“It is better to travel, than to arrive”**

**175.**

**“Be where you are; otherwise you will miss your life.”**

**176.**

**“Nothing remains without change.”**



**177.**

**“Through countless births in the cycle of  
existence  
I have run, not finding  
although seeking the builder of this house;  
and again and again I faced the suffering of  
new birth.  
Oh housebuilder! Now you are seen.**

**178**

**You shall not build a house again for me.  
All your beams are broken,  
the ridgepole is shattered.  
The mind has become freed from  
conditioning:  
the end of craving has been reached.”**

**179.**

**“Following the Noble Path is like entering a  
dark room with a light in the hand; the  
darkness will all be cleared away, and the  
room will be filled with light.”**

**180.**

**“Whoever sees me sees the teaching, and  
whoever sees the teaching sees me.”**

**181.**

**“Happiness never decreases by being  
shared .”**

**182.**

**“Generosity brings happiness at every stage  
of its expression. We experience joy in  
forming the intention to be generous. We  
experience joy in the actual act of giving  
something. And we experience joy in  
remembering the fact that we have given.”**

**183.**

**“Three things can not be long hidden, the  
sun, the moon and the truth.”**

**184.**

**“Most problems, if you give them enough  
time and space, will eventually wear  
themselves out”**

**185.**

**“The forest is a peculiar organism of unlimited kindness and benevolence that makes no demands for its sustenance and extends generously the products of its life activity; it affords protection to all beings, offering shade even to the axe-man who destroys it.”**

**186.**

**“To be idle is a short road to death and to be diligent is a way of life; foolish people are idle, wise people are diligent. ”**

**187.**

**“We are what we think.”**

**188.**

**“With our mind we make the world”**

**189.**

**“We are what we think, having become what we thought.”**

**190.**

**“Learn this from water: loud splashes the brook but the oceans depth are calm.”**

**191.**

**“He who loves 50 people has 50 woes; he who loves no one has no woes.”**

**192.**

**“To understand everything is to forgive everything”**

**193.**

**“Ennui has made more gamblers than avarice, more drunkards than thirst, and perhaps as many suicides as despair.”**

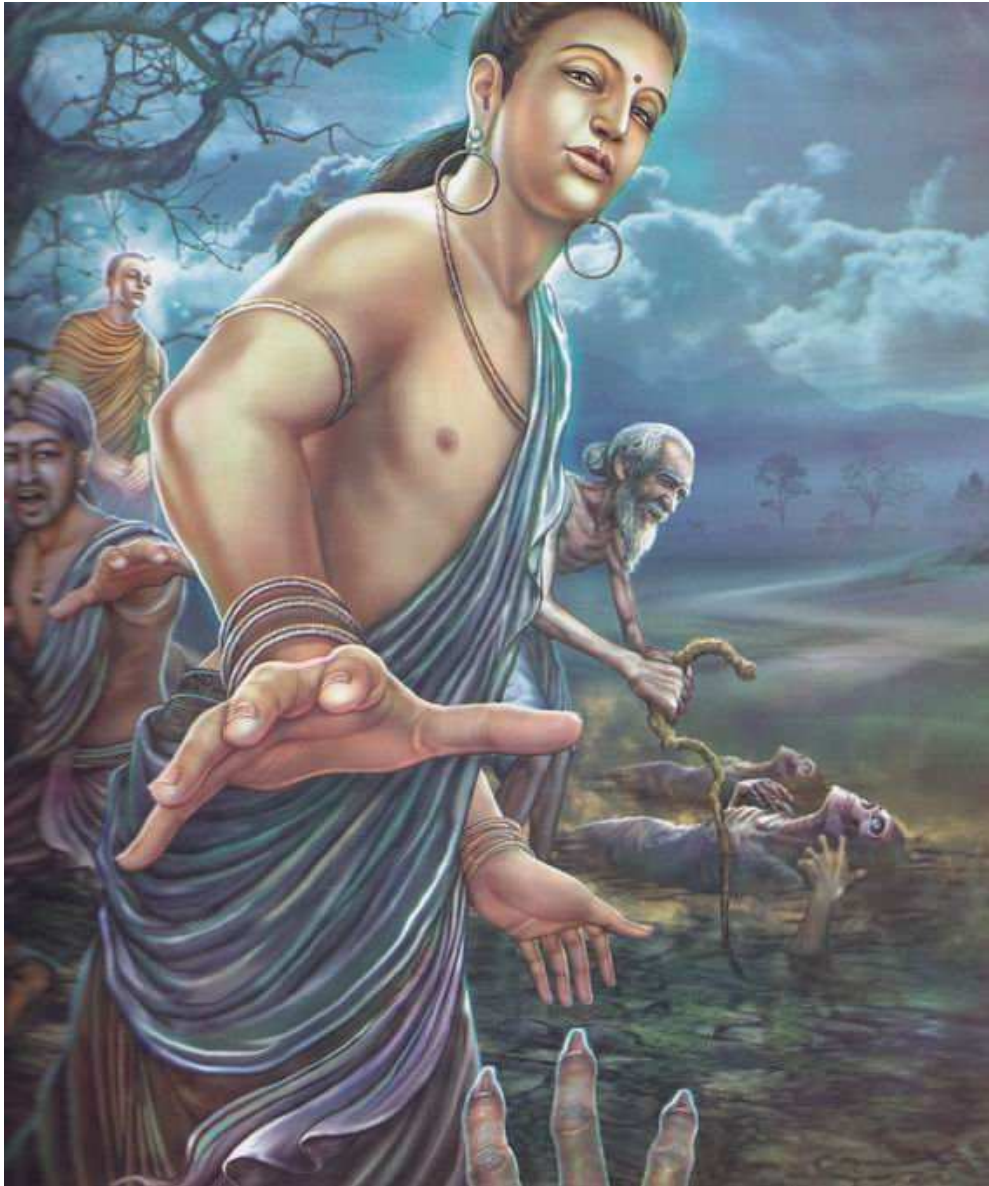
**194.**

**“contentment is the greatest wealth”**

**195.**

**“The non-doing of any evil,  
the performance of what's skillful,  
the cleansing of one's own mind:  
this is the teaching of the Awakened. ”**





**196.**

**“Believe nothing  
No matter where you read it  
Or who has said it  
Unless it agrees with your own reason  
And your own common sense”**



**197.**

**“Though one should conquer a thousand times a thousand men in battle, he who conquers his own self, is the greatest of all conquerers.”**

**198.**

**“A jug fills drop by drop.”**

**199.**

**“Three things cannot be long hidden: the sun, the moon, and the truth. ”**

**200.**

**“Bahujanahitaya.... bahujanasukhaya  
lokanukampaya:**

**For the good of the many, for the happiness  
of the many, out of compassion for the  
world.”**

**201.**

**“Be vigilant; guard your mind against  
negative thoughts.”**

**202.**

**“I never see what has been done; I only see what remains to be done.”**

**203.**

**“if the selflessness of phenomena is analyzed and if this analysis is cultivated, it causes the effect of attaining nirvana. through no other cause does one come to peace.”**

**204.**

**“Just to say 'I believe' or 'I do not doubt' does not mean that you understand and see. To force oneself to see and accept a thing without understanding is political and not spiritual or intellectual.”**

**205.**

**“Victory breeds hatred. The defeated live in pain. Happily the peaceful live, giving up victory and defeat.”**

**206.**

**“The only real failure in life is not to be true to the best one knows.”**

**207.**

**“The trouble is, you think you have time.”**

**208.**

**“Silence the angry man with love. Silence the ill-natured man with kindness. Silence the miser with generosity. Silence the liar with truth.”**

**209.**

**“Imagine that every person in the world is enlightened but you. They are all your teachers, each doing just the right things to help you learn perfect patience, perfect wisdom, perfect compassion.”**

**210.**

**“Of bones the city is made,  
Plastered with flesh and blood,  
Where decay and death are deposited,  
And pride, and ingratitude.”**

**211.**

**“Awake. Be the witness of your thoughts.  
You are what observes, not what you  
observe”**

**212.**

**“A man asked Gautama Buddha, "I want  
happiness."**

**Buddha said, "First remove "I," that's Ego,  
then remove "want," that's Desire.  
See now you are left with only "Happiness.”**

**213.**

**“The virtuous man delights in this world and  
he delights in the next”**

**214.**

**“The mind is everything. What you think you  
become.”**

**215.**

**“those which arise dependently are free of  
inherent existence.”**

**216.**

**“The way is not in the sky. The way is in the heart.”**

**217.**

**“Everything that has a beginning has an ending. Make your peace with that and all will be well.”**

**218.**

**“Meditate. Live purely. Quiet the mind. Do your work with mastery. Like the moon, come out from behind the clouds! Shine.”**

**219.**

**“analyzing through special insight and realizing the lack of inherent existence constitute understanding of the sign less.”**

**220.**

**“all phenomena do not inherently exist because of being dependent-arising. all phenomena do not inherently exist because of being dependently imputed.”**

**221.**

**“From a withered tree, a flower blooms”**

**222.**

**“There is nothing so disobedient as an undisciplined mind, and there is nothing so obedient as a disciplined mind.”**

**223.**

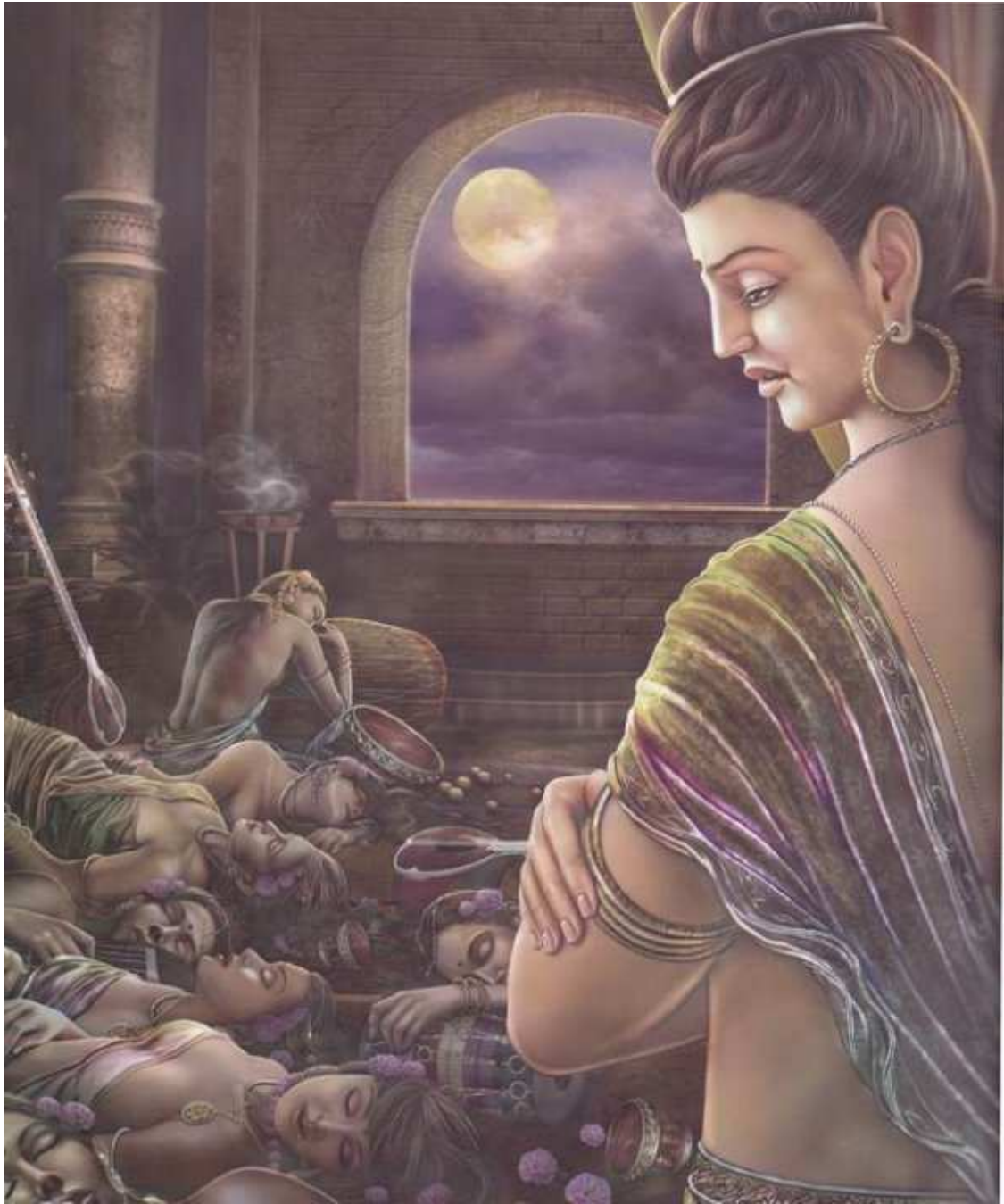
**“Though one should conquer a million men in battlefield, yet indeed, he is the noblest victor who has conquered himself.”**

**224.**

**“Everything that we are is a result of what we have thought”**

**225.**

**“Not merely by rules of conduct and religious observances, nor by much learning either, nor even by attainment of concentration, nor by sleeping alone, do I reach the happiness of freedom, to which no worldlings attain. If you have not put an end to compulsions, nurse your faith”**



**226.**

**“Be a lamp unto yourself. Work out your liberation with diligence.”**



**227.**

**“those which are produced from causes are not produced. they do not have an inherent nature of production. those which depend on causes are said to be empty; those who know emptiness are aware.”**

**228.**

**“It is in a man's own mind, not his enemy or foe, that leads him to evil ways.”**

**229.**

**“Holding a grudge is like drinking poison and waiting for the other person to die”**

**230.**

**“As a flower that is lovely and beautiful, but is scentless, even so fruitless is the well-spoken word of one who practices it not.”**

**231.**

**“We are what we think. With our thoughts we make the world.”**

**232.**

**“Subhuti, someone might fill innumerable worlds with the seven treasures and give all away in gifts of alms, but if any good man or any good woman awakens the thought of Enlightenment and takes even only four lines from this Discourse, reciting, using, receiving, retaining and spreading them abroad and explaining them for the benefit of others, it will be far more meritorious. Now in what manner may he explain them to others? By detachment from appearances-abiding in Real Truth. -So I tell you-**

**Thus shall you think of all this fleeting world:  
A star at dawn, a bubble in a stream;  
A flash of lightening in a summer cloud,  
A flickering lamp, a phantom, and a dream.**

**When Buddha finished this Discourse the venerable Subhuti, together with the bhikshus, bhikshunis, lay-brothers and sisters, and the whole realms of Gods, Men and Titans, were filled with joy by His teaching, and, taking it sincerely to heart they went their ways.”**

**233.**

**“There is no way to happiness, happiness is the way.”**

**234.**

**“Whoever sees me sees the teaching.”**

**235.**

**“Therefore, be ye lamps unto yourselves, be a refuge to yourselves. Hold fast to Truth as a lamp; hold fast to the truth as a refuge. Look not for a refuge in anyone beside yourselves. And those, who shall be a lamp unto themselves, shall betake themselves to no external refuge, but holding fast to the Truth as their lamp, and holding fast to the Truth as their refuge, they shall reach the topmost height.”**

**236.**

**“When the Aggregates arise, decay and die, O bhikkhu, every moment you are born, decay, and die.”**

**237.**

**"Do not dwell in the past, do not dream of the future, concentrate the mind on the present moment."**

**238.**

**"Opinion, O disciples, is a disease; opinion is a tumour; opinion is a sore. He who has overcome all opinion, O disciples, is called a saint, one who knows."**

**239.**

**"What we think, we become"**

**240.**

**" Do not overrate what you have received, nor envy others. He who envies others does not obtain peace of mind. "**

**241.**

**“In this world  
Hate never yet dispelled hate  
Only love dispels hate  
This is the law  
Ancient and inexhaustible  
You to shall pass away  
Knowing this, how can you quarrel”**

**242.**

**“believe nothing, no matter where you read  
it or who has said it, not even if i have said it,  
unless it agrees with your own reason and  
your own common sense.”**

**243.**

**“Our theories of the eternal are as valuable  
as are those that a chick which has not  
broken its way through its shell might form of  
the outside world.”**

**244.**

**“All wrong-doing arises because of mind. If mind is transformed can wrong-doing remain”**

**245.**

**“Pure-limbed, white-canopied, one-wheeled, the cart roles on. See him that cometh: faultless, stream-cutter, bondless he.”**

**246.**

**“I Believe nothing just because a so-called wise person said it. Believe nothing just because a belief is generally held. Believe nothing just because it is said in ancient books. Believe nothing just because it is said to be of divine origin. Believe nothing just because someone else believes it. Believe only what you yourself test and judge to be true.”**

**247.**

**“As you walk and eat and travel, be wherever you are, otherwise you will miss most of your life”**

**248.**

**“I consider the positions of kings and rulers as that of dust motes. I observe treasure of gold and gems as so many bricks and pebbles. I look upon the finest silken robes as tattered rags. I see myriad worlds of the universe as small seeds of fruit, and the greatest lake in India as a drop of oil on my foot. I perceive the teachings of the world to be the illusion of, magicians. I discern the highest conception of emancipation as golden brocade in a dream, and view the holy path of the illuminated one as flowers appearing in one's eyes. I see meditation as a pillar of a mountain, Nirvana as a nightmare of daytime. I look upon the judgment of right and wrong as the serpentine dance of a dragon, and the rise and fall of beliefs as but traces left by the four seasons.”**



**249.**

**“Will not be punished for your anger, your anger is the punishment.”**

**250.**

**“All that we are is the result of what we have thought. Buddha”**

**251.**

**“Pure limbed. white-canopied one-wheeled, the cart rolls on. See him that cometh: faultless, stream-cutter, boneless he.”**

**252.**

**" An insincere and evil friend is more to be feared than a wild beast; a wild beast may wound your body, but an evil friend will wound your mind. "**

**253.**

**" Holding on to anger is like grasping a hot coal with the intent of throwing it at someone else; you are the one who gets burned. "**

**254.**

**" However many holy words you read,  
however many you speak, what good will  
they do you if you do not act on upon  
them? "**

**255.**

**" It is better to conquer yourself than to win a  
thousand battles. Then the victory is yours. It  
cannot be taken from you, not by angels or  
by demons, heaven or hell.**

**256.**

**" It is better to travel well than to arrive. "**

**257.**

**" The tongue like a sharp knife... Kills without  
drawing blood. "**

**258.**

**" The whole secret of existence is to have no  
fear. Never fear what will become of you,  
depend on no one. Only the moment you  
reject all help are you freed. "**

**259.**

**" There are only two mistakes one can make along the road to truth; not going all the way, and not starting. "**

**260.**

**" Thousands of candles can be lighted from a single candle, and the life of the candle will not be shortened. Happiness never decreases by being shared. "**

**261.**

**what we think. When the mind is pure, joy follows like a shadow that never leaves. "**

**262.**

**" We are shaped by our thoughts; we become**

**263.**

**" We are what we think. All that we are arises with our thoughts. With our thoughts, we make the world. "**

**264.**

**“In the end these things matter most: How well did you love? How fully did you live? How deeply did you let go?”**

**265.**

**“This is deathless, the liberation of the mind through lack of clinging.”**

**266.**

**“Whatever is subject to origination is all subject to cessation.”**

**267.**

**“Do not believe in anything simply because you have heard it.”**

**268.**

**“All that we are is the result of what we have thought. If a man speaks or acts with an evil thought, pain follows him. If a man speaks or acts with a pure thought, happiness follows him, like a shadow that never leaves him.”**

**269.**

**“All compounded things are subject to decay.”**

**270.**

**“We are what we think. All that we are arises with our thoughts. With our thoughts we make the world.”**

**271.**

**“The secret of health for both mind and body is not to mourn for the past, nor to worry about the future, but to live the present moment wisely and earnestly. Having torn the ties, having broken the net as a fish in the water, being like a fire not returning to the burnt places Having torn the ties, having broken the net as a fish in the water, being like a fire not returning to the burnt places, let one wander alone like a rhinoceros.”**

**272.**

**“There is no way to happiness, happiness is the way.”**

**273.**

**“After observation and analysis, when you find that anything agrees with reason and is conducive to the good and benefit of one and all, then accept it and live up to it.”**

**274.**

**“However many holy words you read, however many you speak, what good will they do you if you do not act on upon them.”**

**275.**

**“If a traveler does not meet with one who is better, or his equal, let him keep to his solitary journey; there is no companionship with a fool.”**

**276.**

**“Let us rise up and be thankful, for if we didn't learn a lot at least we learned a little, and if we didn't learn a little, at least we didn't get sick, and if we got sick, at least we didn't die; so, let us all be thankful”.**

**277.**

**“No one saves us but ourselves, no one can and no one may. We ourselves must walk the path but Buddhas clearly show the way.”**

**288.**

**“Form is emptiness and the very emptiness is form.”**

**289.**

**“All wrong-doing arises because of mind. If mind is transformed can wrong-doing remain?”**



**290.**

**“You only lose what you cling to.”**

**291.**

**“Holding on to anger is like grasping a hot coal with the intent of throwing it at someone else; you are the one who gets burned.”**

**292.**

**“Peace comes from within. Do not seek it without.”**

**293.**

**“An insincere and evil friend is more to be feared than a wild beast; a wild beast may wound your body, but an evil friend will wound your mind.”**

**294.**

**“Every morning we are born again. What we do today is what matters most.”**

**295.**

**“If your compassion does not include yourself, it is incomplete.”**

**296.**

**“Your purpose in life is to find your purpose and give your whole heart and soul to it.”**

**297.**

**“Thousands of candles can be lit from a single candle, and the life of the candle will not be shortened. Happiness never decreases by being shared.”**

**298.**

**“ Doubt everything. Find your own light.”**

**299.**

**“When the student is ready, the teacher will appear.”**

**300.**

**“It is better to conquer yourself than to win a thousand battles. Then the victory is yours. It cannot be taken from you, not by angels or by demons, heaven or hell.”**

**301.**

**“ If you truly loved yourself, you could never hurt another.**

**302.**

**“A spoon of salt in a glass of water makes the water undrinkable. A spoon of salt in a lake is almost unnoticed.**

**303.**

**“In separateness lies the world's greatest misery; in compassion lies the world's true strength.**

**304.**

**“A dog is not considered a good dog because he is a good barker. a man is not considered a good man because he is a good talker.**

**305.**

**“There are only two mistakes one can make along the road to truth; not going all the way, and not starting.**

**306.**

**“The greatest prayer is patience.**

**307.**

**“He is able who thinks he is able.”**

**308.**

**“Friendship is the only cure for hatred, the only guarantee of peace.”**

**309.**

**“Praise and blame, gain and loss, pleasure and sorrow me and go like the wind. To be happy, rest like a giant tree in the midst of them all.”**

**310.**

**“You throw thorns, falling in my silence they become flowers.”**

**311.**

**“If you light a lamp for somebody, it will also brighten your path.”**

**312.**

**“Health is the greatest gift, contentment the greatest wealth, faithfulness the best relationship.”**

**313.**

**“The one who has conquered himself is a far greater hero than he who has defeated a thousand times a thousand men.”**

**314.**

**“Anger will never disappear so long as thoughts of resentment are cherished in the mind.”**

**315.**

**“Though one should live a hundred years without wisdom and control, yet better, indeed, is a single day’s life of one who is wise and meditative.”**

**316.**

**“People with opinions just go around  
bothering one another.”**

**317.**

**“When you realize how perfect everything is  
you will tilt your head back and laugh at the  
sky.”**

**318.**

**“All things appear and disappear because  
of the concurrence of causes and  
conditions. Nothing ever exists entirely  
alone; everything is in relation to everything  
else.”**

**319.**

**“The foot feels the foot when it feels the  
ground.”**

**320.**

**“Learn this from water: loud splashes the  
brook but the oceans depth are calm.”**



**321.**

**“I never see what has been done; I only see what remains to be done.”**

**322.**

**“ To insist on a spiritual practice that served you in the past is to carry the raft on your back after you have crossed the river.”**

**323.**

**“He who experiences the unity of life sees his own Self in all beings, and all beings in his own Self, and looks on everything with an impartial eye.”**

**324.**

**“An idea that is developed and put into action is more important than an idea that exists only as an idea.”**

**325.**

**“However many holy words you read,  
however many you speak, what good will  
they do you if you do not act on upon  
them?”**

**326.**

**“Teach this triple truth to all: A generous  
heart, kind speech, and a life of service and  
compassion are the things which renew  
humanity.”**

**327.**

**“Work out your own salvation. Do not  
depend on others.”**

**328.**

**“Words have the power to both destroy and  
heal. When words are both true and kind,  
they can change our world.”**

**328.**

**“There have been many Buddhas before me and will be many Buddhas in the future.”**

**329.**

**“All living beings have the Buddha nature and can become Buddhas.”**

**330.**

**“We are the same as plants, as trees, as other people, as the rain that falls. We consist of that which is around us, we are the same as everything.”**

**331.**

**“Neither my life of luxury in the palace nor my life as an ascetic in the forest is the way to freedom”.**

**332.**

**“If we destroy something around us, we destroy ourselves. If we cheat another, we cheat ourselves”**

**333.**

**“As soon as we think we are safe, something unexpected happens.”**

**334.**

**“No one can escape death and unhappiness. If people expect only happiness in life, they will be disappointed.”**

**335.**

**“Life is dear to all beings. They have the right to live the same as we do.”**

**336.**

**“In the sky, there is no distinction of east and west; people create distinctions out of their own minds and then believe them to be true.”**

**337.**

**“Hunger (for things) is the supreme disease.”**

**338.**

**“Do not overrate what you have received,  
nor envy others. He who envies others does  
not obtain peace of mind.”**

**339.**

**“Awake. Be the witness of your thoughts.  
You are what observes, not what you  
observe.”**

**340.**

**“Life can only take place in the present  
moment. If we lose the present moment, we  
lose life.”**

**341.**

**“There is no way to happiness, happiness is  
the way”**

**342.**

**“The cause of all pain and suffering is  
ignorance.”**

**343.**

**“A dog is not considered a good dog because he is a good barker. A man is not considered a good man because he is a good talker.”**

**344.**

**“If a man speaks or acts with an evil thought, pain follows him. If a man speaks or acts with a pure thought, happiness follows him, like a shadow that never leaves him.”**

**345.**

**“All that we are is the result of what we have thought. The mind is everything. What we think we become.”**

**346.**

**“All things appear and disappear because of the concurrence of causes and conditions. Nothing ever exists entirely alone; everything is in relation to everything else.”**

**347.**

**“All that we are is the result of what we have thought.”**

**348.**

**“An insincere and evil friend is more to be feared than a wild beast; a wild beast may wound your body, but an evil friend will wound your mind.”**

**349.**

**“Believe nothing, no matter where you read it, or who said it, no matter if I have said it, unless it agrees with your own reason and your own common sense.”**

**350.**

**“Do not overrate what you have received, nor envy others. He who envies others does not obtain peace of mind.”**



**351.**

**“Ennui has made more gamblers than avarice, more drunkards than thirst, and perhaps as many suicides as despair.”**

**352.**

**“Even death is not to be feared by one who has lived wisely.”**

**353.**

**“Every human being is the author of his own health or disease.”**

**354.**

**“Hatred does not cease by hatred, but only by love; this is the eternal rule.”**

**355.**

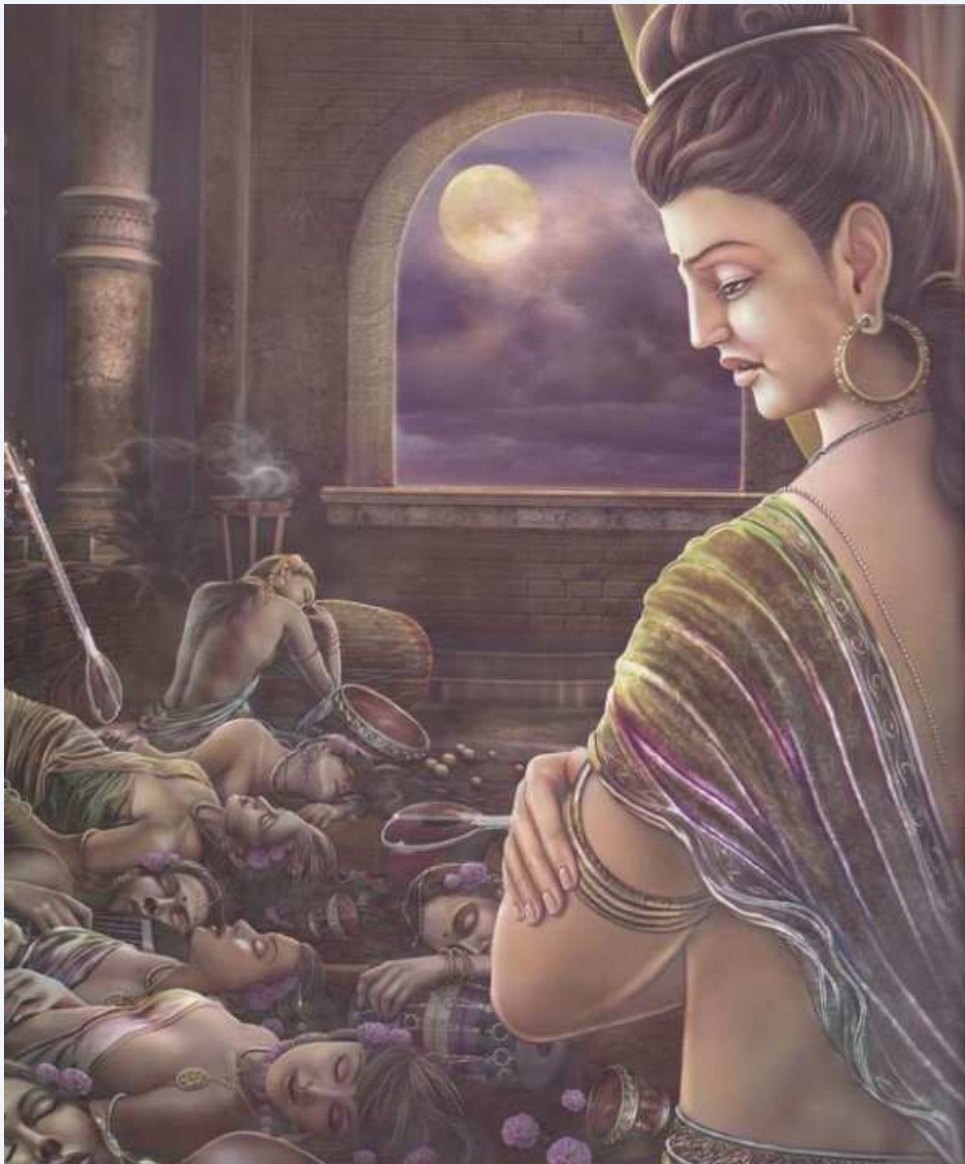
**“Have compassion for all beings, rich and poor alike; each has their suffering. Some suffer too much, others too little.”**

**356.**

**“He is able who thinks he is able.”**

**357.**

**“Health is the greatest gift, contentment the greatest wealth, faithfulness the best relationship.”**



**358.**

**“Holding on to anger is like grasping a hot coal with the intent of throwing it at someone else; you are the one who gets burned.”**

**359.**

**“However many holy words you read, however many you speak, what good will they do you if you do not act on upon them?”**

**360.**

**“I do not believe in a fate that falls on men however they act; but I do believe in a fate that falls on them unless they act.”**

**361.**

**“I never see what has been done; I only see what remains to be done.”**

**362.**

**“In a controversy the instant we feel anger we have already ceased striving for the truth, and have begun striving for ourselves.”**

**363.**

**“It is a man's own mind, not his enemy or foe, that lures him to evil ways.”**

**364.**

**“It is better to conquer yourself than to win a thousand battles. Then the victory is yours. It cannot be taken from you, not by angels or by demons, heaven or hell.**

**It is better to travel well than to arrive.”**

**365.**

**“Just as treasures are uncovered from the earth, so virtue appears from good deeds, and wisdom appears from a pure and peaceful mind. To walk safely through the maze of human life, one needs the light of wisdom and the guidance of virtue.”**

**366.**

**“Just as a candle cannot burn without fire,  
men cannot live without a spiritual life”.**

**367.**

**“Let us rise up and be thankful, for if we  
didn't learn a lot today, at least we learned  
a little, and if we didn't learn a little, at least  
we didn't get sick, and if we got sick, at least  
we didn't die; so, let us all be thankful.”**

**368.**

**“No one saves us but ourselves. No one can  
and no one may. We ourselves must walk  
the path.”**

**369.**

**“On life's journey faith is nourishment,  
virtuous deeds are a shelter, wisdom is the  
light by day and right mindfulness is the  
protection by night. If a man lives a pure life,  
nothing can destroy him.”**

**370.**

**“Peace comes from within. Do not seek it without.**

**Teach this triple truth to all: A generous heart, kind speech, and a life of service and compassion are the things which renew humanity.”**

**371.**

**“The only real failure in life is not to be true to the best one knows.”**

**372.**

**“The secret of health for both mind and body is not to mourn for the past, nor to worry about the future, but to live the present moment wisely and earnestly.  
The tongue like a sharp knife... Kills without drawing blood.”**

**373.**

**“The way is not in the sky. The way is in the heart.**

**The world, indeed, is like a dream and the treasures of the world are an alluring mirage! Like the apparent distances in a picture, things have no reality in themselves, but they are like heat haze.”**

**374.**

**“There are only two mistakes one can make along the road to truth; not going all the way, and not starting.**

**There has to be evil so that good can prove its purity above it.”**

**375.**

**“There is nothing more dreadful than the habit of doubt. Doubt separates people. It is a poison that disintegrates friendships and breaks up pleasant relations. It is a thorn that irritates and hurts; it is a sword that kills.”**



**376.**

**“Those who are free of resentful thoughts surely find peace.”**

**377.**

**“Thousands of candles can be lighted from a single candle, and the life of the candle will not be shortened. Happiness never decreases by being shared.”**

**378.**

**“Three things cannot be long hidden: the sun, the moon, and the truth.”**

**379.**

**“To enjoy good health, to bring true happiness to one's family, to bring peace to all, one must first discipline and control one's own mind. If a man can control his mind he can find the way to Enlightenment, and all wisdom and virtue will naturally come to him.”**

**380.**

**“To keep the body in good health is a duty...otherwise we shall not be able to keep our mind strong and clear.”**

**381.**

**“To live a pure unselfish life, one must count nothing as one's own in the midst of abundance.”**

**382.**

**“Unity can only be manifested by the Binary. Unity itself and the idea of Unity are already two.”**

**383.**

**“We are formed and molded by our thoughts. Those whose minds are shaped by selfless thoughts give joy when they speak or act. Joy follows them like a shadow that never leaves them.”**

**384.**

**“We are what we think. All that we are arises with our thoughts. With our thoughts, we make the world.”**

**385.**

**“You can search throughout the entire universe for someone who is more deserving of your love and affection than you are yourself, and that person is not to be found anywhere. You yourself, as much as anybody in the entire universe deserve your love and affection.”**

**386.**

**“You will not be punished for your anger, you will be punished by your anger.”**

**387.**

**“Your work is to discover your work and then with all your heart to give yourself to it.”**

**388.**

**“Our thoughts are most important. All that we are is the result of what we have thought.”**

**389.**

**“The holy man is beyond time, he does not depend on any view nor subscribe to any sect; all current theories he understands, but he remains unattached to any of them.”**

**390.**

**"Love and compassion are necessities, not luxuries. Without them, humanity cannot survive."**

**391.**

**"Do not think lightly of good, that nothing will come of it. A whole water pot will fill up from dripping drops of water."**

**392.**

**"As solid rock remains unmoved by the wind, so the wise remain unmoved by blame and praise."**

**393.**

**"To stop suffering, stop greediness. Greediness is a source of suffering."**

**394.**

**"Overcome anger by love, ill-will by good will; overcome the greedy with liberality, the liar with truth. "**

**395.**

**"It is better to conquer yourself than to win a thousand battles."**

**396.**

**"Silence is an empty space, space is the home of the awakened mind."**

**397.**

**"What's done to the children is done to society."**

**398.**

**"Thoughtfulness is the way to deathlessness, thoughtlessness the way to death. The thoughtful do not die: the thoughtless are as if dead already."**

**399.**

**"There is nothing more dreadful than the habit of doubt. Doubt separates people. It is a poison that disintegrates friendships and breaks up pleasant relations. It is a thorn that irritates and hurts; it is a sword that kills."**

**400.**

**"A generous heart, kind speech, and compassion are the things which renew humanity."**

**401.**

**"Holding on to anger is like grasping a hot coal with the intent of throwing it at someone else; you are the one who gets burned."**

**402.**

**"You will not be punished for your anger, you will be punished by your anger."**

**403.**

**"Let us rise up and be thankful, for if we didn't learn a lot today, at least we learned a little, and if we didn't learn a little, at least we didn't get sick, and if we got sick, at least we didn't die; so, let us all be thankful."**

**404.**

**"Three things cannot be long hidden: the sun, the moon, and the truth."**



**405.**

**"To understand everything is to forgive everything"**

**406.**

**"An idea that is developed and put into action is more important than an idea that exists only as an idea."**

**407.**

**"To keep the body in good health is a duty...otherwise we shall not be able to keep our mind strong and clear."**

**408.**

**"Hatred does not cease by hatred, but only by love; this is the eternal rule."**

**409.**

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**"The holy man is beyond time, he does not depend on any view nor subscribe to any sect; all current theories he understands, but he remains unattached to any of them."**

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**413.**

**"Your suffering is my suffering and your happiness is my happiness."**

**414.**

**"Do not think lightly of good, that nothing will come of it. A whole water pot will fill up from dripping drops of water."**

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**432.**

**"Hatred does not cease by hatred, but only by love; this is the eternal rule."**

**433.**

**“It is better to conquer yourself than to win a thousand battles. Then the victory is yours. It cannot be taken from you, not by angels or by demons, heaven or hell.”**

**434.**

**“It is better to travel well than to arrive.”**

**435.**

**“Peace comes from within. Do not seek it without.”**

**436.**

**“The only real failure in life is not to be true to the best one knows.”**

**437.**

**“The way is not in the sky. The way is in the heart.”**

**438.**

**“There is nothing more dreadful than the habit of doubt. Doubt separates people. It is a poison that disintegrates friendships and breaks up pleasant relations. It is a thorn that irritates and hurts; it is a sword that kills.”**

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**440.**

**“We are what we think. All that we are arises with our thoughts. With our thoughts, we make the world.”**

**441.**

**“What we think, we become.”**



**442.**

**“An idea that is developed and put into action is more important than an idea that exists only as an idea.”**

**443.**

**“Chaos is inherent in all compounded things. Strive on with diligence.”**

**444.**

**“Holding on to anger is like grasping a hot coal with the intent of throwing it at someone else; you are the one who gets burned.”**

**445.**

**“However many holy words you read, however many you speak, what good will they do you if you do not act on upon them?”**

**446.**

**“I do not believe in a fate that falls on men however they act; but I do believe in a fate that falls on them unless they act.”**

**447.**

**“I never see what has been done; I only see what remains to be done.”**

**448.**

**“To be idle is a short road to death and to be diligent is a way of life; foolish people are idle, wise people are diligent.”**

**449.**

**“Hatred does not cease through hatred at any time. Hatred ceases through love. This is an unalterable law.”**

**450.**

**“Have compassion for all beings, rich and poor alike; each has their suffering. Some suffer too much, others too little.”**

**451.**

**“In a controversy the instant we feel anger we have already ceased striving for the truth, and have begun striving for ourselves.”**

**452.**

**“Teach this triple truth to all: A generous heart, kind speech, and a life of service and compassion are the things which renew humanity.”**

**453.**

**“To understand everything is to forgive everything.”**

**454.**

***“You will not be punished for your anger, you will be punished by your anger.”***

**455.**

**“Even death is not to be feared by one who has lived wisely.”**

**456.**

**“The whole secret of existence is to have no fear. Never fear what will become of you, depend on no one. Only the moment you reject all help are you freed.”**

**457.**

**“When one has the feeling of dislike for evil, when one feels tranquil, one finds pleasure in listening to good teachings; when one has these feelings and appreciates them, one is free of fear.”**

**458.**

**“Every human being is the author of his own health or disease.”**

**459.**

**“Health is the greatest gift, contentment the greatest wealth, faithfulness the best relationship.”**

**460.**

**“The secret of health for both mind and body is not to mourn for the past, worry about the future, or anticipate troubles, but to live in the present moment wisely and earnestly.”**

**461.**

**“To enjoy good health, to bring true happiness to one’s family, to bring peace to all, one must first discipline and control one’s own mind. If a man can control his mind he can find the way to Enlightenment, and all wisdom and virtue will naturally come to him.”**

**462.**

**“To keep the body in good health is a duty ... otherwise we shall not be able to keep our mind strong and clear.”**

**463.**

**“Without health life is not life; it is only a state of languor and suffering an image of death.”**

**464.**

**“He who experiences the unity of life sees his own Self in all beings, and all beings in his own Self, and looks on everything with an impartial eye.”**

**465.**

**“Just as a candle cannot burn without fire, men cannot live without a spiritual life.”**

**466.**

**“Just as treasures are uncovered from the earth, so virtue appears from good deeds, and wisdom appears from a pure and peaceful mind. To walk safely through the maze of human life, one needs the light of wisdom and the guidance of virtue.”**

**467.**

**“Life is suffering.”**

**468.**

**“On life’s journey faith is nourishment,  
virtuous deeds are a shelter, wisdom is the  
light by day and right mindfulness is the  
protection by night. If a man lives a pure life,  
nothing can destroy *him*.”**

**469.**

**“The foot feels the foot when it feels the  
ground.”**

**470.**

**“There has to be evil so that good can prove  
its purity above it.”**

**471.**

**"Do not dwell in the past, do not dream of the future, concentrate the mind on the present moment."**

**472.**

**"To live a pure unselfish life, one must count nothing as one's own in the midst of abundance."**

**473.**

**"When you realize how perfect everything is you will tilt your head back and laugh at the sky."**

**474.**

**"Your work is to discover your work and then with all your heart to give yourself to it."**





**475.**

**“You cannot travel the path until you have  
become the path itself.”**

**476.**

**“All things appear and disappear because of the concurrence of causes and conditions. Nothing ever exists entirely alone; everything is in relation to everything else.”**

**477.**

**“Ambition is like love, impatient both of delays and rivals.”**

**478.**

**“He who loves 50 people has 50 woes; he who loves no one has no woes.”**

**479.**

**“Unity can only be manifested by the Binary. Unity itself and the idea of Unity are already two.”**

**480.**

**“You can search throughout the entire universe for someone who is more deserving of your love and affection than you are yourself, and that person is not to be found anywhere. You yourself, as much as anybody in the entire universe deserve your love and affection.”**

**481.**

**“You, yourself, as much as anybody in the entire universe, deserve your love and affection.”**

**482.**

**“All wrong-doing arises because of mind. If mind is transformed can wrong-doing remain?”**

**483.**

**“An insincere and evil friend is more to be feared than a wild beast; a wild beast may wound your body, but an evil friend will wound your mind.”**

**484.**

**“Believe nothing, no matter where you read it, or who said it, no matter if I have said it, unless it agrees with your own reason and your own common sense.”**

**485.**

**“He is able who thinks he is able.”**

**486.**

**“It is a man’s own mind, not his enemy or foe, that lures him to evil ways.”**

**487.**

**“The mind is everything. What you think  
you become.”**

**488.**

**“Those who are free of resentful thoughts  
surely find peace.”**

**489.**

**“We are what we think. All that we are  
arises with our thoughts. With our thoughts,  
we make the world.”**

**490.**

**“Do not overrate what you have received,  
nor envy others. He who envies others does  
not obtain peace of mind.”**

**491.**

**“The virtues, like the Muses, are always seen in groups. A good principle was never found solitary in any breast.”**

**492.**

**“To conquer oneself is a greater task than conquering others.”**

**493.**

**“Virtue is persecuted more by the wicked than it is loved by the good.”**

**494.**

**“We are shaped by our thoughts; we become what we think. When the mind is pure, joy follows like a shadow that never leaves.”**

**495.**

**“No one saves us but ourselves. No one can and no one may. We ourselves must walk the path.”**

**496.**

**“Work out your own salvation. Do not depend on others.”**

**497.**

**“A dog is not considered a good dog because he is a good barker. A man is not considered a good man because he is a good talker.”**

**498.**

**“Better than a thousand hollow words, is one word that brings peace.”**

**499.**

**“The tongue like a sharp knife ... Kills without drawing blood.”**

**500.**

**“The wise ones fashioned speech with their thought, sifting it as grain is sifted through a sieve.”**

**501.**

**“Whatever words we utter should be chosen with care for people will hear them and be influenced by them for good or ill.”**

**502.**

**“In the sky, there is no distinction of east and west; people create distinctions out of their own minds and then believe them to be true.”**

**503.**

**“There are only two mistakes one can make along the road to truth; not going all the way, and not starting.”**



**504.**

**“Three things cannot be long hidden: the sun, the moon, and the truth.”**

**505.**

**“All conditioned things are impermanent”  
— when one sees this with wisdom, one  
turns away from suffering.**

**506.**

**“Be vigilant; guard your mind against  
negative thoughts”**

**507.**

**“Health is the greatest gift, contentment is  
the greatest wealth”**

**508.**

**“Neither fire nor wind, birth nor death can  
erase our good deeds.”**

**509.**

**“People with opinions just go around bothering each other.”**

**510.**

**“Thousands of candles can be lighted from a single candle, and the life of the single candle will not be shortened. Happiness never decreases by being shared.”**

**511.**

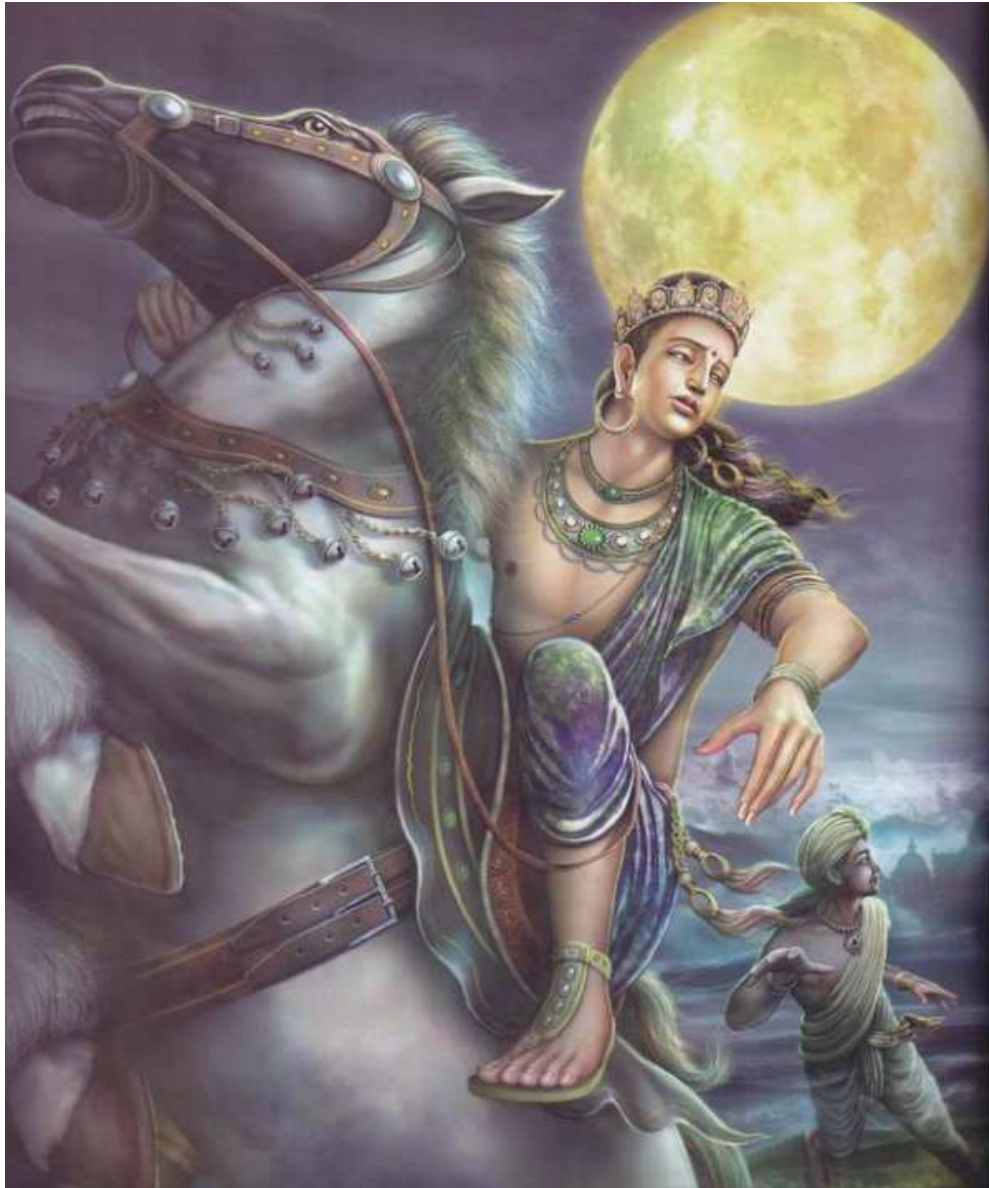
**“We will develop love, we will practice it, we will make it both a way and a basis...”**

**512.**

**‘As I am, so are these. As are these, so am I.’ Drawing the parallel to yourself, neither kill nor get others to kill.**

**513.**

**“All tremble at violence; all fear death. Putting oneself in the place of another, one should not kill nor cause another to kill..”**



514.

**“A mind unruffled by the vagaries of fortune, from sorrow freed, from defilements cleansed, from fear liberated — this is the greatest blessing.”**

**515.**

**“As a water bead on a lotus leaf, as water on a red lily, does not adhere, so the sage does not adhere to the seen, the heard, or the sensed.”**

**516.**

**“As an elephant in the battlefield withstands arrows shot from bows all around, even so shall I endure abuse.”**

**517.**

**“Better it is to live one day seeing the rise and fall of things than to live a hundred years without ever seeing the rise and fall of things.”**

**518.**

**“Drop by drop is the water pot filled. Likewise, the wise man, gathering it little by little, fills himself with good.”**

519.

“Hatred is never appeased by hatred in this world. By non-hatred alone is hatred appeased. This is a law eternal.”

520.

“I will not look at another’s bowl intent on finding fault: a training to be observed.”

522.

“If anything is worth doing, do it with all your heart.”

523.

“If you knew what I know about the power of giving, you would not let a single meal pass without sharing it in some way.”

524.

“Irrigators channel waters; fletchers straighten arrows; carpenters bend wood; the wise master themselves.”

525.

“Just as a solid rock is not shaken by the storm, even so the wise are not affected by praise or blame.”

526.

“Let all-embracing thoughts for all beings be yours.”

527.

“Let none find fault with others; let none see the omissions and commissions of others. But let one see one’s own acts, done and undone.”

528.

“Resolutely train yourself to attain peace”

529.

“Should a person do good, let him do it again and again. Let him find pleasure therein, for blissful is the accumulation of good.”

**530.**

**“Some do not understand that we must die,  
But those who do realize this settle their  
quarrels.”**

**531.**

**“The root of suffering is attachment”**

**532.**

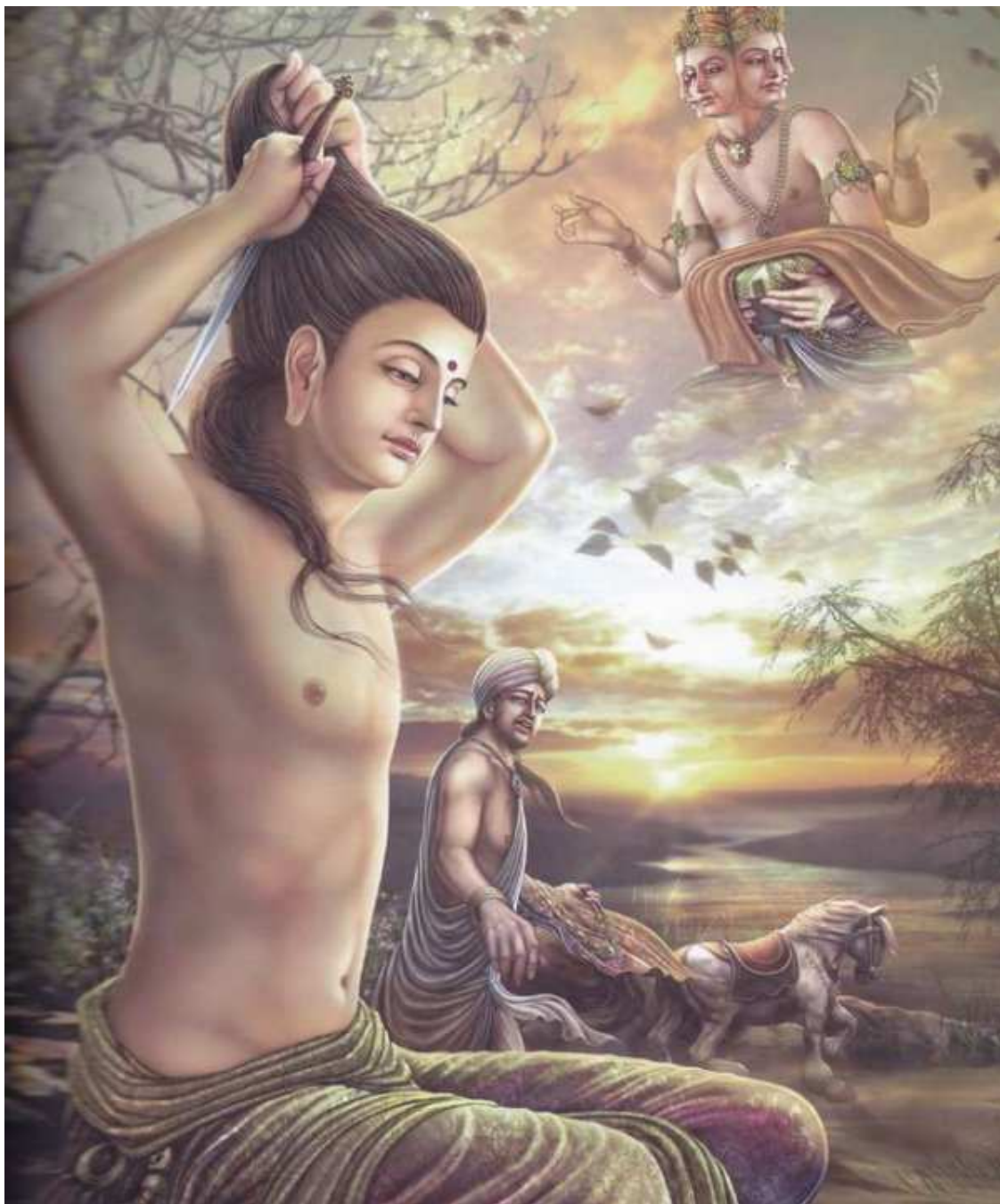
**“To support mother and father, to cherish  
wife and children, and to be engaged in  
peaceful occupation — this is the greatest  
blessing.”**

**534.**

**“Whoever doesn’t flare up at someone  
who’s angry wins a battle hard to win.”**

**535.**

**“If with an impure mind a person speaks or  
acts suffering follows him like the wheel  
that follows the foot of the ox.”**



536.

**“You yourself must strive. The Buddhas only point the way.”**



**537.**

**“Even as a mother protects with her life her child, her only child, so with a boundless heart, should one cherish all living beings.”**

**538.**

**“Hatred is never appeased by hatred in this world. By non-hatred alone is hatred appeased. This is a law eternal.”**

**539.**

**“In four ways ... should one who flatters be understood as a foe in the guise of a friend: He approves of his friend’s evil deeds, he disapproves his friend’s good deeds, he praises him in his presence, he speaks ill of him in his absence.”**

**540.**

**“The mentor can be identified by four things: by restraining you from wrongdoing, guiding you towards good actions, telling you what you ought to know, and showing you the path to heaven.”**

**541.**

**“A mind unruffled by the vagaries of fortune, from sorrow freed, from defilements cleansed, from fear liberated — this is the greatest blessing.”**

**542.**

**“Neither in the sky nor in mid-ocean, nor by entering into mountain clefts, nowhere in the world is there a place where one may escape from the results of evil deeds.”**

**543.**

**“Should a person do good, let him do it again and again. Let him find pleasure therein, for blissful is the accumulation of good.”**

**544.**

**“Speak only endearing speech, speech that is welcomed. Speech, when it brings no evil to others, is pleasant.”**

**545.**

**“Speak only the speech that neither torments self nor does harm to others. That speech is truly well spoken.”**

**546.**

**“There are these two kinds of gifts: a gift of material things & a gift of the Dhamma. Of the two, this is supreme: a gift of the Dhamma.”**

**547.**

**“When one, abandoning greed, feels no greed for what would merit greed, greed gets shed from him — like a drop of water from a lotus leaf.”**

**548.**

**“The person who masters himself through self-control and discipline is truly undefeatable.”**

**549.**

**“Your worst enemy  
cannot harm you as much  
as your own unguarded thoughts.”**

**550.**

**“I never see what has been done;  
I only see what remains to be done.”**

**551.**

**“It is a man’s own mind,  
not his enemy or foe,  
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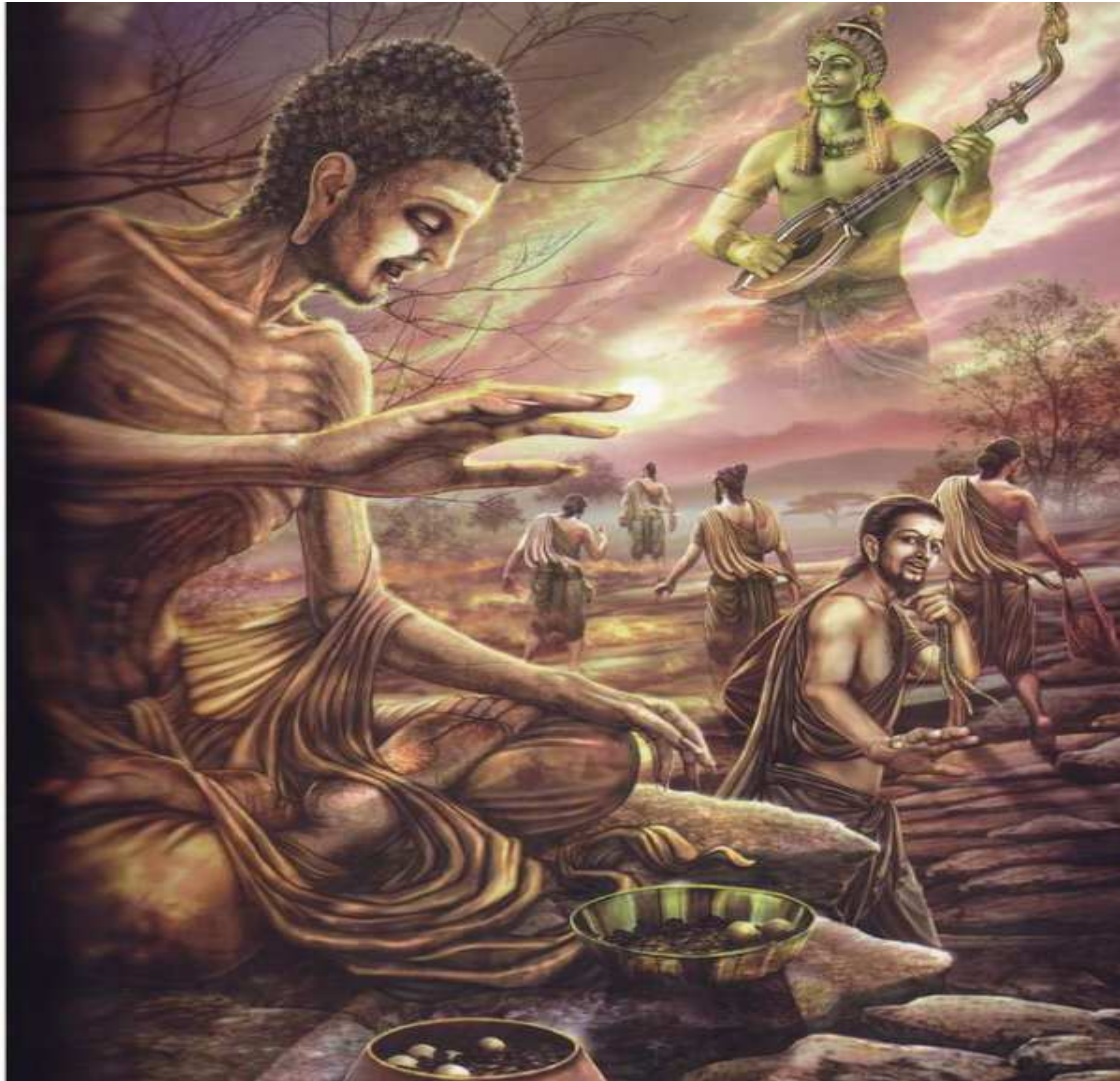
**“The way is not in the sky.  
The way is in the heart.”**

**555.**

**“The thought manifests as the word;  
The word manifests as the deed;  
The deed develops into habit;  
And habit hardens into character.  
So watch the thought and its ways with care,  
And let it spring from love  
born out of concern for all beings.”**

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**“Work out your own salvation. Do not depend on others.”**

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**“Do not believe in anything simply because you have heard it. Do not believe in anything simply because it is spoken and rumored by many. Do not believe in anything simply because it is found written in your religious books. Do not believe in anything merely on the authority of your teachers and elders. Do not believe in traditions because they have been handed down for many generations. But after observation and analysis, when you find that anything agrees with reason and is conducive to the good and benefit of one and all, then accept it and live up to it.”**

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**“To conquer oneself is a greater task than conquering others”**

**592.**

**“Better than a thousand hollow words, is one word that brings peace.”**

**593.**

**“To keep the body in good health is a duty...otherwise we shall not be able to keep our mind strong and clear.”**

**594.**

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**“Hatred does not cease through hatred at any time. Hatred ceases through love. This is an unalterable law.”**



**597.**

**“Whatever words we utter should be chosen with care for people will hear them and be influenced by them for good or ill.”**

**598.**

**“Every human being is the author of his own health or disease.”**

**599.**

**“All things appear and disappear because of the concurrence of causes and conditions. Nothing ever exists entirely alone; everything is in relation to everything else.”**

**600.**

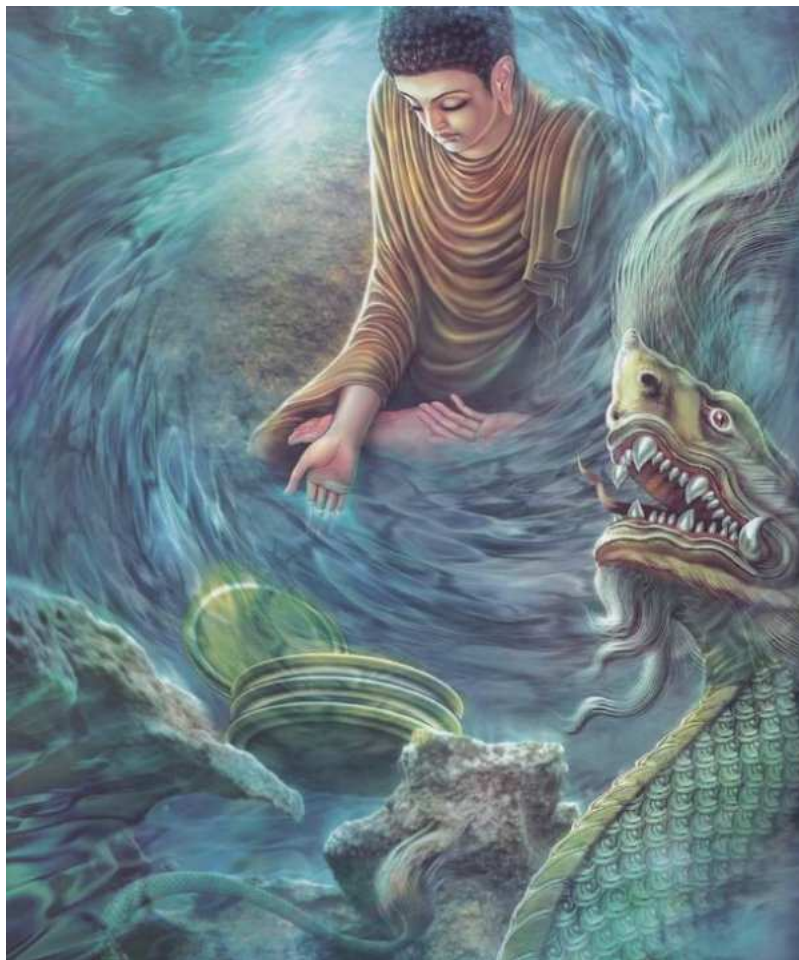
**“All wrong-doing arises because of mind. If mind is transformed can wrong-doing remain?”**

**601.**

**“Ambition is like love, impatient both of delays and rivals.”**

**602.**

**“Better than a thousand hollow words, is one word that brings peace.”**



**603.**

**“Chaos is inherent in all compounded things. Strive on with diligence.”**

**604.**

**“The tongue like a sharp knife... Kills without drawing blood.”**

**605.**

**“Do not dwell in the past, do not dream of the future, concentrate the mind on the present moment.”**

**606.**

**“Do not overrate what you have received, nor envy others. He who envies others does not obtain peace of mind.”**

**607.**

**“Every human being is the author of his own health or disease.”**

**608.**

**“Hatred does not cease by hatred, but only by love; this is the eternal rule.”**

**609.**

**“He is able who thinks he is able”**

**610.**

**“He who experiences the unity of life sees his own Self in all beings, and all beings in his own Self, and looks on everything with an impartial eye.”**

**611.**

**“Health is the greatest gift, contentment the greatest wealth, faithfulness the best relationship.”**

**612.**

**“Holding on to anger is like grasping a hot coal with the intent of throwing it at someone else; you are the one who gets burned.”**

**613.**

**“I do not believe in a fate that falls on men however they act; but I do believe in a fate that falls on them unless they act.”**

**614.**

**“I never see what has been done; I only see what remains to be done.”**

**615.**

**“In a controversy the instant we feel anger we have already ceased striving for the truth, and have begun striving for ourselves.”**

**616.**

**“In the sky, there is no distinction of east and west; people create distinctions out of their own minds and then believe them to be true. “**

**617.**

**“It is a man's own mind, not his enemy or foe, that lures him to evil ways. “**

**618.**

**“Just as treasures are uncovered from the earth, so virtue appears from good deeds, and wisdom appears from a pure and peaceful mind. To walk safely through the maze of human life, one needs the light of wisdom and the guidance of virtue.”**

**619.**

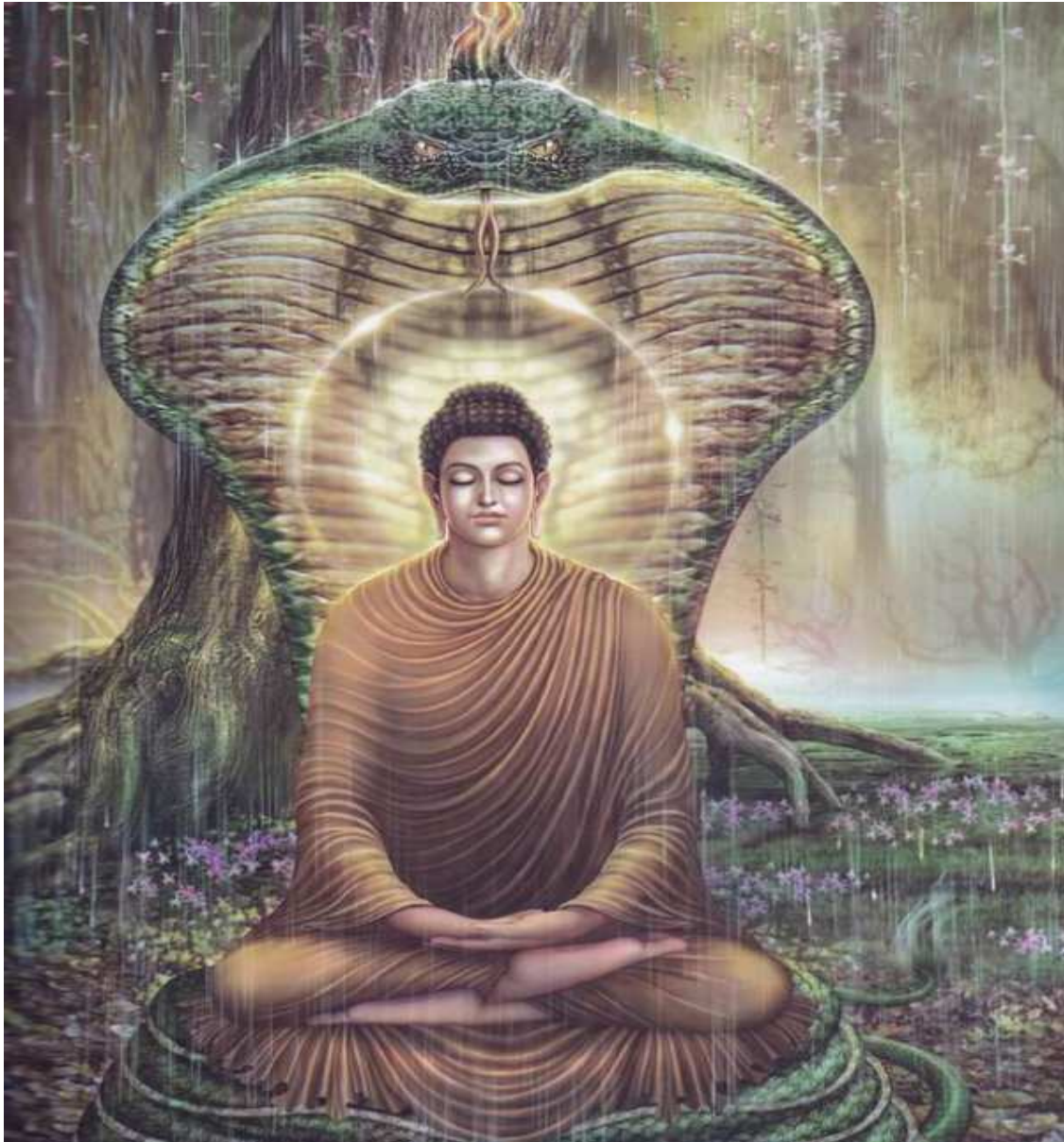
**“On life's journey faith is nourishment, virtuous deeds are a shelter, wisdom is the light by day and right mindfulness is the protection by night. If a man lives a pure life, nothing can destroy him.”**

**620.**

**“Teach this triple truth to all: A generous heart, kind speech, and a life of service and compassion are the things which renew humanity.”**

**621.**

**“The foot feels the foot when it feels the ground.”**



**622.**

**“The only real failure in life is not to be true  
to the best one knows.”**



**623.**

**“The wise ones fashioned speech with their thought, sifting it as grain is sifted through a sieve.”**

**624.**

**“Unity can only be manifested by the Binary. Unity itself and the idea of Unity are already two.”**

**625.**

**“We are formed and molded by our thoughts. Those whose minds are shaped by selfless thoughts give joy when they speak or act. Joy follows them like a shadow that never leaves them.”**

**626.**

**“To keep the body in good health is a duty... otherwise we shall not be able to keep our mind strong and clear.”**

**627.**

**“ If you knew what I know about the power of giving, you would not let a single meal pass without sharing it in some way”**

**628.**

**“There is only one time  
when it is essential to awaken.  
That time is now.”**

**629.**

**“Meditate.  
Live purely. Be quiet.  
Do your work with mastery.  
Like the moon, come out  
from behind the clouds!  
Shine.”**

**630.**

**“If it is not truthful and not helpful, don't say it.**

**If it is truthful and not helpful, don't say it.**

**If it is not truthful and helpful, don't say it.**

**If it is truthful and helpful, wait for the right time.”**

**631.**

**“Your work is to discover your world  
and then with all your heart give yourself to  
it.”**

**632.**

**“ We are what we think. All that we are  
arises with our thoughts. With our thoughts,  
we make the world.”**

**633.**

**“ All that we are is the result of what we have thought. If a man speaks or acts with an evil thought, pain follows him. If a man speaks or acts with a pure thought, happiness follows him, like a shadow that never leaves him.”**

**634.**

**“ The secret of health for both mind and body is not to mourn for the past, worry about the future, or anticipate troubles, but to live in the present moment wisely and earnestly.”**

**635.**

**“ Your work is to discover your work and then with all your heart to give yourself to it.”**

**636.**

**“Work out your own salvation. Do not depend on others.”**



**637.**

**“By your own efforts. Waken yourself, watch yourself. And live joyfully. You are the master.”**

638.

“ Why do what you will regret? Why bring tears upon yourself? Do only what you do not regret, And fill yourself with joy.”

639.

“We are shaped by our thoughts; we become what we think. When the mind is pure, joy follows like a shadow that never leaves.”

640.

“ See the false as false, The true as true. Look into your heart. Follow your nature.”

641.

“Never speak harsh words. For they will rebound upon you. Angry words hurt And the hurt rebounds. Like a broken gong.”

**640.**

**“ Does the spoon taste the soup? A fool may  
live all his life In the company of a master  
And still miss the way.”**

**641.**

**“ Whatever words we utter should be chosen  
with care for people will hear them and be  
influenced by them for good or ill.”**

**642.**

**“You can search throughout the entire  
universe for someone who is more deserving  
of your love and affection than you are  
yourself, and that person is not to be found  
anywhere. You yourself, as much as  
anybody in the entire universe, deserve your  
love and affection.”**

**643.**

**“ Give thanks. For what had been given to  
you, However little.”**





644.

**“ Do not what is evil. Do what is good.”**



**645.**

**“ No one saves us but ourselves. No one can  
and no one may. We ourselves must walk  
the path.”**

**646.**

**“ What we think, we become.”**

**647.**

**“Peace comes from within. Do not seek it  
without.”**

**648.**

**“ There are only two mistakes one can  
make along the road to truth not going all  
the way, and not starting.”**

649..

“ The thought manifests as the word. The word manifests as the deed. The deed develops into habit. And the habit hardens into character. So watch the thought and its ways with care. And let it spring from love, born out of concern for all beings.”

650.

“The greatest impurity is ignorance. Free yourself from it.”

651.

“Look within. Thou art the Buddha. “

652.

“Believe nothing, no matter where you read it, or who said it, no matter if I have said it, unless it agrees with your own reason and your own common sense. Believe nothing merely because you have been told it. Do not believe what your teacher tells you merely out of respect for the teacher. But whatsoever, after due examination and analysis, you find to be kind, conducive to the good, the benefit, the welfare of all beings -- that doctrine believe and cling to, and take it as your guide. “

653.

“Neither fire nor wind, birth nor death can erase our good deeds.”

**654.**

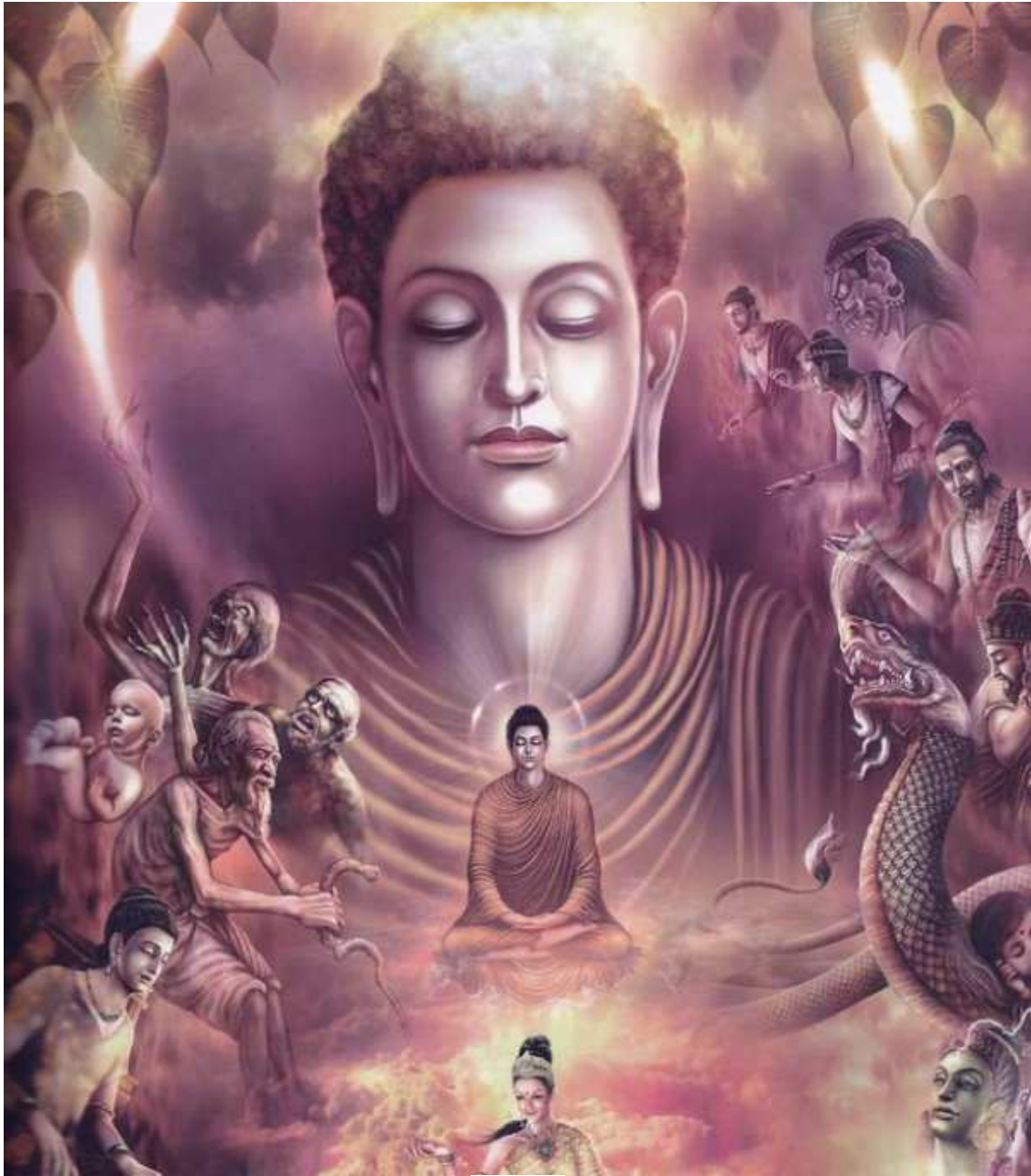
**“As a lotus flower is born in water, grows in water and rises out of water to stand above it unsoiled, so I, born in the world, raised in the world having overcome the world, live unsoiled by the world”**

**655.**

**“If a man who enjoys a lesser happiness beholds a greater one, let him leave aside the lesser to gain the greater.”**

**656.**

**“I reached in experience the nirvana which is unborn, unrivalled, secure from attachment, undeceiving and unstained. This condition is indeed reached by me which is deep, difficult to see, difficult to understand, tranquil, excellent, beyond the reach of mere logic, subtle, and to be realized only by the wise.”**



**657.**

**“It is better to conquer yourself than to win a thousand battles. Then the victory is yours. It cannot be taken from you, not by angels or by demons, heaven or hell.”**

**658.**

**“There is nothing so disobedient as an undisciplined mind, and there is nothing so obedient as a disciplined mind.”**

**659.**

**“What we are today comes from our thoughts of yesterday, and our present thoughts build our life of tomorrow: Our life is the creation of our mind.”**

**660.**

**“Better than a thousand hollow words, is one word that brings peace.”**

**661.**

**“He who experiences the unity of life sees his own Self in all beings, and all beings in his own Self, and looks on everything with an impartial eye.”**

**662.**

**“In the sky, there is no distinction of east and west; people create distinctions out of their own minds and then believe them to be true.”**

**663.**

**“The mind is the source of happiness and unhappiness.”**

**664.**

**“As the Fletcher whittles and makes straight his arrows, so the master directs his straying thoughts.”**

**665.**

**“To enjoy good health, to bring true happiness to one's family, to bring peace to all, one must first discipline and control one's own mind. If a man can control his mind he can find the way to Enlightenment, and all wisdom and virtue will naturally come to him.”**

**666.**

**“Whatever words we utter should be chosen with care for people will hear them and be influenced by them for good or ill.”**

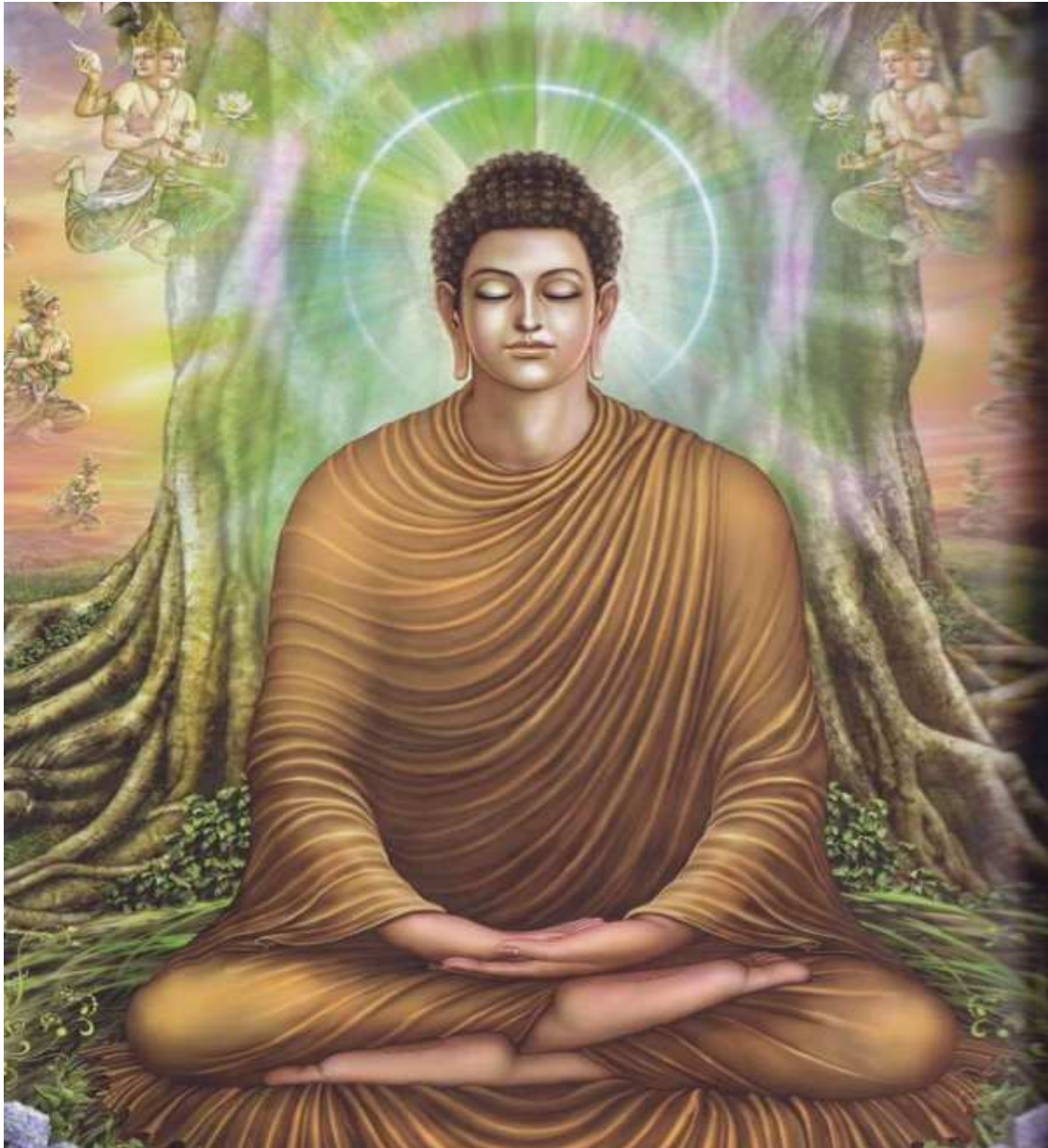
**667.**

**“The thought manifests as the word. The word manifests as the deed. The deed develops into habit. And the habit hardens into character. So watch the thought and its ways with care. And let it spring from love, born out of concern for all beings.”**

**668.**

**“Meditation brings wisdom; lack of meditation leaves ignorance. Know well what leads you forward and what hold you back, and choose the path that leads to wisdom.”**





**669.**

**“Meditate. Live purely. Be quiet. Do your work with mastery. Like the moon, come out from behind the clouds! Shine.”**

**670.**

**“Look within, thou art the Buddha.”**

**671.**

**“Believe nothing merely because you have been told it. Do not believe what your teacher tells you merely out of respect for the teacher. But whatsoever, after due examination and analysis, you find to be kind, conducive to the good, the benefit, the welfare of all beings -- that doctrine believe and cling to, and take it as your guide.”**

**672.**

**“A family is a place where minds come in contact with one another. If these minds love one another the home will be as beautiful as a flower garden. But if these minds get out of harmony with one another it is like a storm that plays havoc with the garden.”**

**673.**

**“Words have the power to both destroy and heal. When words are both true and kind, they can change our world.”**

**674.**

**“The secret of health for both mind and body is not to mourn for the past, worry about the future, or anticipate troubles but to live in the present moment wisely and earnestly.**

**Our life is shaped by our mind; we become what we think. Suffering follows an evil thought as the wheels of a cart follow the oxen that draws it.”**

**675.**

**“Health is the greatest gift, contentment the greatest wealth, faithfulness the best relationship.”**



**676.**

**“It is a man's own mind, not his enemy or foe, that lures him to evil ways.”**

**677.**

**“He who experiences the unity of life sees his own Self in all beings, and all beings in his own Self, and looks on everything with an impartial eye.”**

**678.**

**“The world, indeed, is like a dream and the treasures of the world are an alluring mirage! Like the apparent distances in a picture, things have no reality in themselves, but they are like heat haze.”**

**679.**

**“Our theories of the eternal are as valuable as are those which a chick which has not broken its way through its shell might form of the outside world.”**



**680.**

**“On life's journey faith is nourishment, virtuous deeds are a shelter, wisdom is the light by day and right mindfulness is the protection by night. If a man lives a pure life, nothing can destroy him.”**

**681.**

**“All that we are is the result of what we have thought. If a man speaks or acts with an evil thought, pain follows him. If a man speaks or acts with a pure thought, happiness follows him, like a shadow that never leaves him.”**

**682.**

**“Believe nothing, no matter where you read it, or who said it, no matter if I have said it, unless it agrees with your own reason and your own common sense.”**

**683.**

**“We are formed and molded by our thoughts. Those whose minds are shaped by selfless thoughts give joy when they speak or act. Joy follows them like a shadow that never leaves them.”**

**684.**

**“Work out your own salvation. Do not depend on others.”**

**685.**

**“Holding on to anger is like grasping a hot coal with the intent of throwing it at someone else; you are the one getting burned.”**

**686.**

**“As the Fletcher whittles and makes straight his arrows, so the master directs his straying thoughts.”**

**687.**

**“Let us rise up and be thankful; for if we didn't learn a lot today, at least we learned a little, and if we didn't learn a little, at least we didn't get sick, and if we got sick, at least we didn't die; so, let us all be thankful”**

**688.**

**“The secret of health for both mind and body is not to mourn for the past, not to worry about the future, or not to anticipate troubles, but to live in the present moment wisely and earnestly.”**

**689.**

**“The thought manifests as the word; the word manifests as the deed; the deed develops into habit; and habit hardens into character. So watch the thought and its ways with care, and let it spring from love born out of concern for all beings”**





**690.**

**“You yourself, as much as anybody in the entire universe, deserve your love and affection.”**

**691.**

**“Thousands of candles can be lighted from a single candle, and the life of the candle will not be shortened. Happiness never decreases by being shared.”**

**692.**

**“Do not believe in anything simply because you have heard it. Do not believe in anything simply because it is spoken and rumored by many. Do not believe in anything simply because it is found written in your religious books. Do not believe in anything merely on the authority of your teachers and elders. Do not believe in traditions because they have been handed down for many generations. But after observation and analysis, when you find that anything agrees with reason and is conducive to the good and benefit of one and all, then accept it and live up to it.”**

**693.**

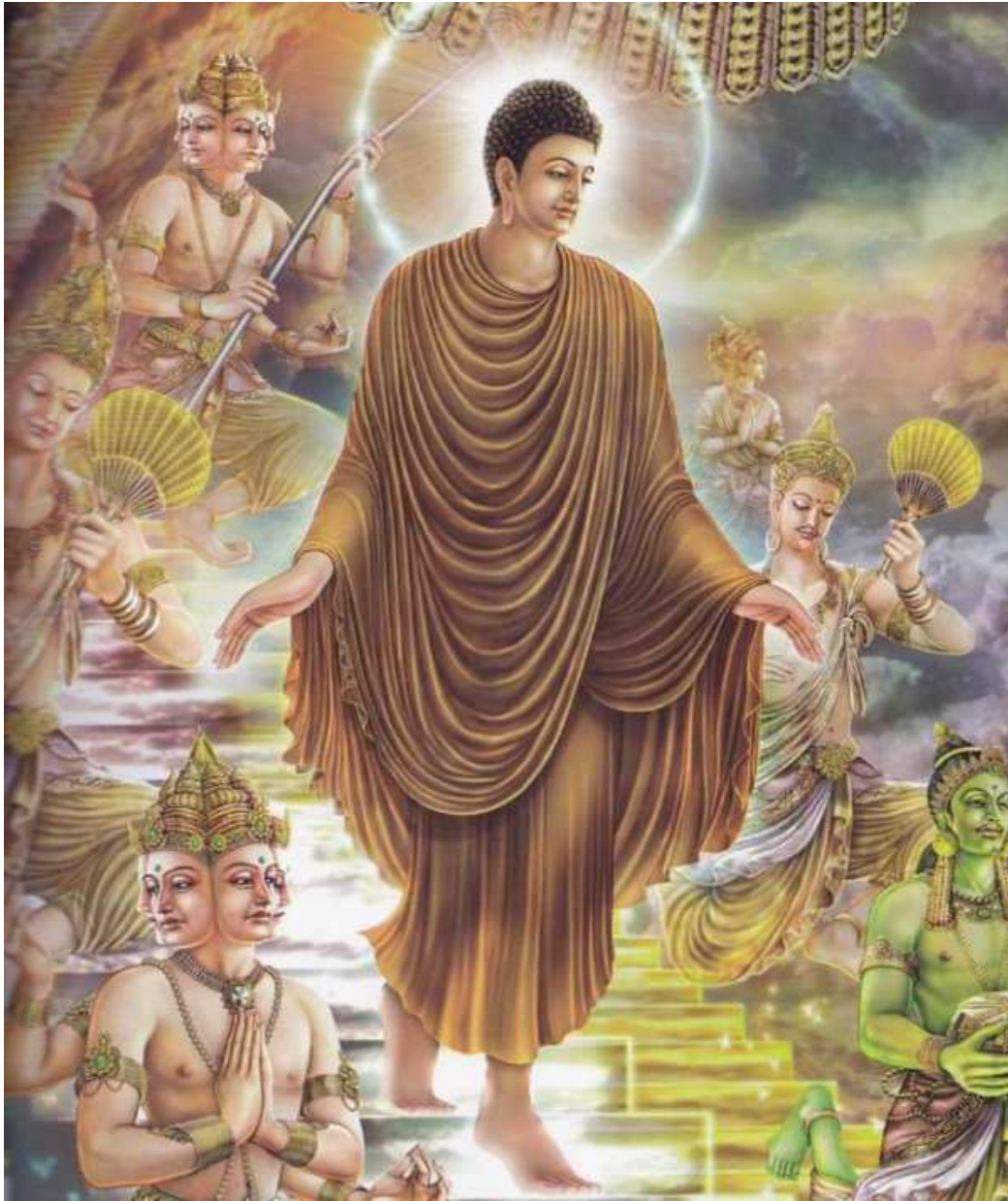
**"Your suffering is my suffering and your happiness is my happiness"**

**694.**

**"His birth name was Siddhartha Gautama, later became known as the Buddha, which means ...The Awakened One"**







## About The **LIFE OF BUDDHA**

**Gautama Buddha, the historical Buddha, lived between 563 and 483 BC in the area known now as the Indo-Nepalese region. As a bodhisattva, he had passed through thousands of existences before coming to Earth for his ultimate transmigration. This last lifetime he began as a son of the King of the realm Sakya, Sudhodana, who ruled at Kapilavastu, in Ancient India on the border of present-day Nepal, and was born in a village called Lumbini into the warrior tribe called the Sakyas (from where he derived the title Sakyamuni, meaning "Sage of the Sakyas").**

**According to ancient tradition, Queen Maya, his mother, first had a dream of a beautiful white elephant coming down into her womb, and this was interpreted as a sign that the Buddha, or a universal emperor, was about to be born. When her time came, Queen Maya went into the garden and gave painless birth to the bodhisattva. He immediately walked, spoke, and was received by Brahma. Five days after his birth, the young prince received the name of Siddhartha. When his parents took him to the temple, the statues of the gods prostrated themselves before him, great were the rejoicings of the people over the birth of**

**this illustrious prince. Also at this time a devout old man named Asita came down from the Himalayas to meet the newborn prince. An ascetic of high spiritual attainments, Asita was particularly pleased to hear this happy news. Having been a tutor to the King, he visited the palace to see the royal baby. The king, who felt honored by his unexpected visit, carried the child up to him in order to make the child pay him due reverence. To the surprise of all, the child's legs turned and rested on the matted locks of the ascetic. Instantly, the ascetic rose from his seat and recognizing in the young child the 80 signs that are pledges to a highly religious vocation, and foreseeing with his supernormal vision the child's future greatness, saluted him with clasped hands.**

**The Royal father did likewise. The great ascetic smiled at first and then was sad. Questioned regarding his mingled feelings, he answered that he smiled because the prince would eventually become a Buddha, an Enlightened One, and he was sad because he would not be able to benefit from the superior wisdom of the Enlightened One owing to his prior death and rebirth in a Formless Plane. After seven days Queen Maya died, and her place as mother was taken by her sister, whose devotion and love became legendary. When the young prince was in his twelfth year, the king called the wise Brahmans in council. They revealed that Siddhartha would devote himself to**

asceticism if he cast his eyes on age, sickness, or death ~ and, if he were to meet a hermit. Wanting his son to be a universal monarch instead, the king surrounded the palace with a triple enclosure and guard and proclaimed that the use of the words death and grief were forbidden. The most beautiful princess in the land, Yasodhara, was found for his bride, and after Siddhartha proved himself in many tournaments calling for strength and prowess, when he was 16, the two were wed.

Siddhartha was kept amused and entertained for some time by this privileged life behind the palace walls until one day his divine vocation awoke in him, and he decided to visit the nearby town. The king called for everything to be swept and decorated, and any ugly or sad sight to be removed. But these precautions were in vain for while Siddhartha was travelling through the streets, an old wrinkled man appeared before him. In astonishment the young prince learned that decrepitude is the fate of those who live life through. Still later he met an incurable invalid and then a funeral procession. Finally heaven placed in his path an ascetic, a beggar, who told Siddhartha that he had left the world to pass beyond suffering and joy, to attain peace at heart. Confirmed in his meditation, all these experiences awakened in Siddhartha the idea of abandoning his present life and embracing asceticism. He opened his heart to his father and said, "Everything in the world is changing and transitory. Let me go off alone like the religious beggar."

**Grief-stricken at the idea of losing his son, the king doubled the guard around the walls and increased the pleasures and distractions within. And at this point, Yasodhara bore him a son whom he called Rahula (meaning "chain" or "fetter"), a name that indicated Gautama's sense of dissatisfaction with his life of luxury, while the birth of his son evoked in him much tenderness. His apparent sense of dissatisfaction turned to disillusion when he saw three things from the window of his palace, each of which represented different forms human suffering: a decrepit old man, a diseased man, and a corpse. Yet even this could not stop the troubling thoughts in his heart or close his eyes to the realizations of the impermanence of all life, and of the vanity and instability of all objects of desire. His mind made up, he awoke one night and, casting one last look at his wife and child, mounted his horse Kataka and rode off accompanied by his equerry Chandaka. At the city gates Siddhartha turned over his horse to Chandaka, then he cut off his hair, gave up his sumptuous robes, and entered a hermitage where the Brahmans accepted him as a disciple.**

**Siddhartha had now and forever disappeared. He became the monk Gautama, or as he is still called, Sakyamuni, the ascetic of the Sakyas. For many years Gautama studied the doctrines until, having felt the need to learn more elsewhere, he traveled and fasted. His two teachers had showed him how to reach very deep states of meditation (samadhi). This did not, however, lead to a sense of true knowledge or peace,**



**and the practice of deep meditation was abandoned in favour of a life of extreme asceticism which he shared with five companions. But again, after five or six years of self-mortification, Siddhartha felt he had failed to achieve true insight and rejected such practices as dangerous and useless. Resolved to continue his quest, Siddhartha made his way to a deer park at Isipatana, near present day Benares. Here he sat beneath a tree meditating on death and rebirth.**

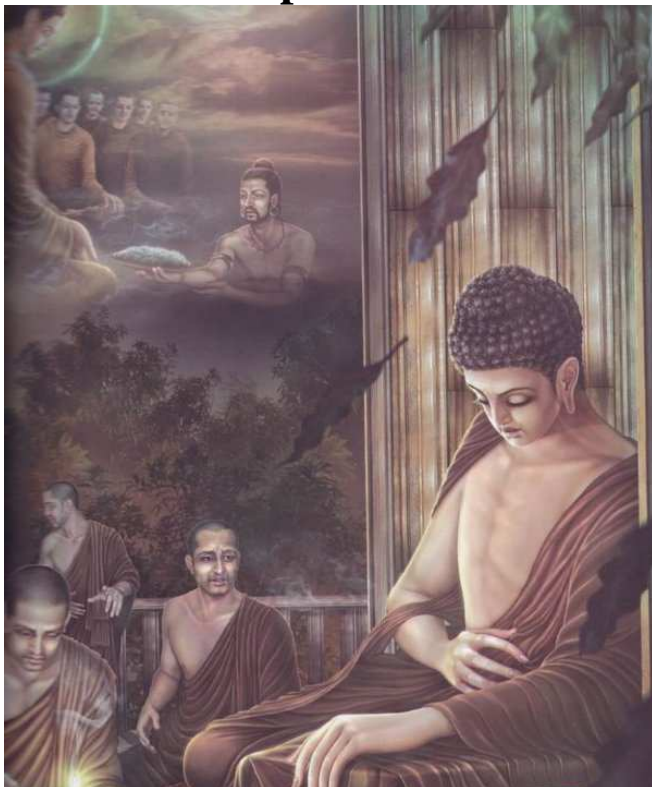
**Discovering that excessive fasts destroy strength, he learned that as he had transcended earthly life, so must he next transcend asceticism. Alone and weak, he sat beneath the sacred Bodhi tree of wisdom, and swore to die before arising without the wisdom he sought. Mara, the demon, fearful of Gautama's power, sent his three beautiful daughters to distract him. When that failed, Mara sent an army of devils to destroy him. Finally Mara attacked Gautama with a terrible weapon capable of cleaving a mountain. But all this was useless, and the motionless monk sat in meditation. It was here that Siddhartha attained a knowledge of the way things really are; it was through this knowledge that he acquired the title Buddha (meaning "awakened one"). This awakening was achieved during a night of meditation, which passed through various stages as the illumination that Gautama had sought slowly welled up in his heart. He knew the exact condition of all beings and the causes of their rebirths. He saw beings live, die and transmigrate. In meditating**

on human pain, he was enlightened about both its genesis and the means of destroying it. In this first stage he saw each of his previous existences, and then understood the chain of cause and effect. In the second he surveyed the death and rebirth of all living beings and understood the law that governs the cycle of birth and death. In the third he identified the Four Noble Truths: the universality of suffering, the cause of suffering through selfish desire, the solution to suffering and the way to overcome suffering. This final point is called the Noble Eightfold Path, this being eight steps consisting of wisdom (right views, right intention) ethics (right speech, right action, right livelihood), mental discipline (right effort, right mindfulness, right concentration), which ultimately lead to liberation from the source of suffering.

When day came, Gautama had attained perfect illumination, and had become a Buddha. The rays emanating from his body shone to the boundaries of space. He stayed in meditation for seven more days, and then for four more weeks he stayed by the tree. Through his process of enlightenment he discovered that all sentient beings in this universal life possess buddhahood, and all are future potential buddhas.

From that time he had two alternate paths: he could enter Nirvana immediately, or else he could stay and spread enlightenment. After Brahma came in person to beg him to preach the law, Buddha yielded

**and stayed on the earth. For many years he traveled and taught his wisdom about the force of love and the destruction of all desire. Although initially hesitant to share his insight on the grounds that humanity mightn't be ready for such a teaching, the Buddha decided to communicate his discovery to those willing to listen. His first converts were the five ascetics with whom he had lived when he himself followed the lifestyle of the ascetic. To these he preached his first sermon in the Deer Park at Benares, outlining to them the Four Noble Truths. Out of this small group the community of monks (or Sangha) grew to about 60 in size and came to include Buddha's cousin, Ananda, and his son, Rahula. Later the Buddha was persuaded by his stepmother and cousin to accept women into the sangha.**



**The remaining 45 years of the Buddha's life were spent journeying around the plain of the Ganges, teaching and receiving visitors.**

**"There are two extremes which are to be avoided: a life of pleasure ~ this is low and ignoble, unworthy and useless, and runs counter to the affairs of the spirit; and a life of fasting ~ this is sad, unworthy and useless. Perfection has kept its distance from these two extremes, and has found the middle way which leads to repose, knowledge, illumination, and Nirvana. So here is the sacred truth about pain: birth, old age, sickness, death, and separation from that which one loves, are pain. And this is the origin of pain: it is thirst for pleasure, thirst for existence, thirst for impermanence. And here is the truth about the suppression of pain: it is the extinction of that thirst by the destruction of desire. "Charity, knowledge and virtue are possessions that cannot be lost. To do a little good is worth more than accomplishing works of a difficult nature. The perfect man is nothing unless he pours out kindness on his fellow creatures, unless he consoles the abandoned. My doctrine is a doctrine of mercy. The way of salvation is open to all. Destroy your passions as the elephant would trample down a reed hut. But I would have you know that it is a mistaken idea to believe that one can escape from one's passions by taking shelter in hermitages. The only remedy against evil is healthy reality."**

**And so Buddha travelled and preached. Converted his family and many followers. During his life the Buddha had taught that no one was to succeed him as leader of the Sangha. Instead, his followers were to take his teaching and rule as their sole guides. By the time he reached the age of 80, Sakyamuni began to feel old. He visited all of the monasteries he had founded and prepared to meet his end. Before the Buddha's death, he became severely sick. He journeyed northwest to the banks of the river Hiranyavati, walking with his disciples, and ate the food offered by a blacksmith. His illness had progresses, and at the end, he came to the river and took a bath. Then he made a rope bed among eight sal trees, with each direction having two. He lay down on his side, right hand supporting his head, the other resting on his body. All later reclining Buddhas (called Buddha's Nirvana) are in the same posture. The Buddha's disciples kept watch on him after they were told the Buddha was going to nirvana. At night, a scholar of Brahman went to see the Buddha, but was stopped by the Buddha's disciple Ananda. Hearing this, the Buddha called the scholar Subhadda to his bed and spoke him. Thus the scholar became the Buddha's last disciple. The final exhortation of the Buddha to his disciples was that they should not be sorry for losing their tutor.**

**Growing weaker, he spoke one last time: "Do not say we have no master now. The doctrine I have preached will be your master whe I have disappeared.**

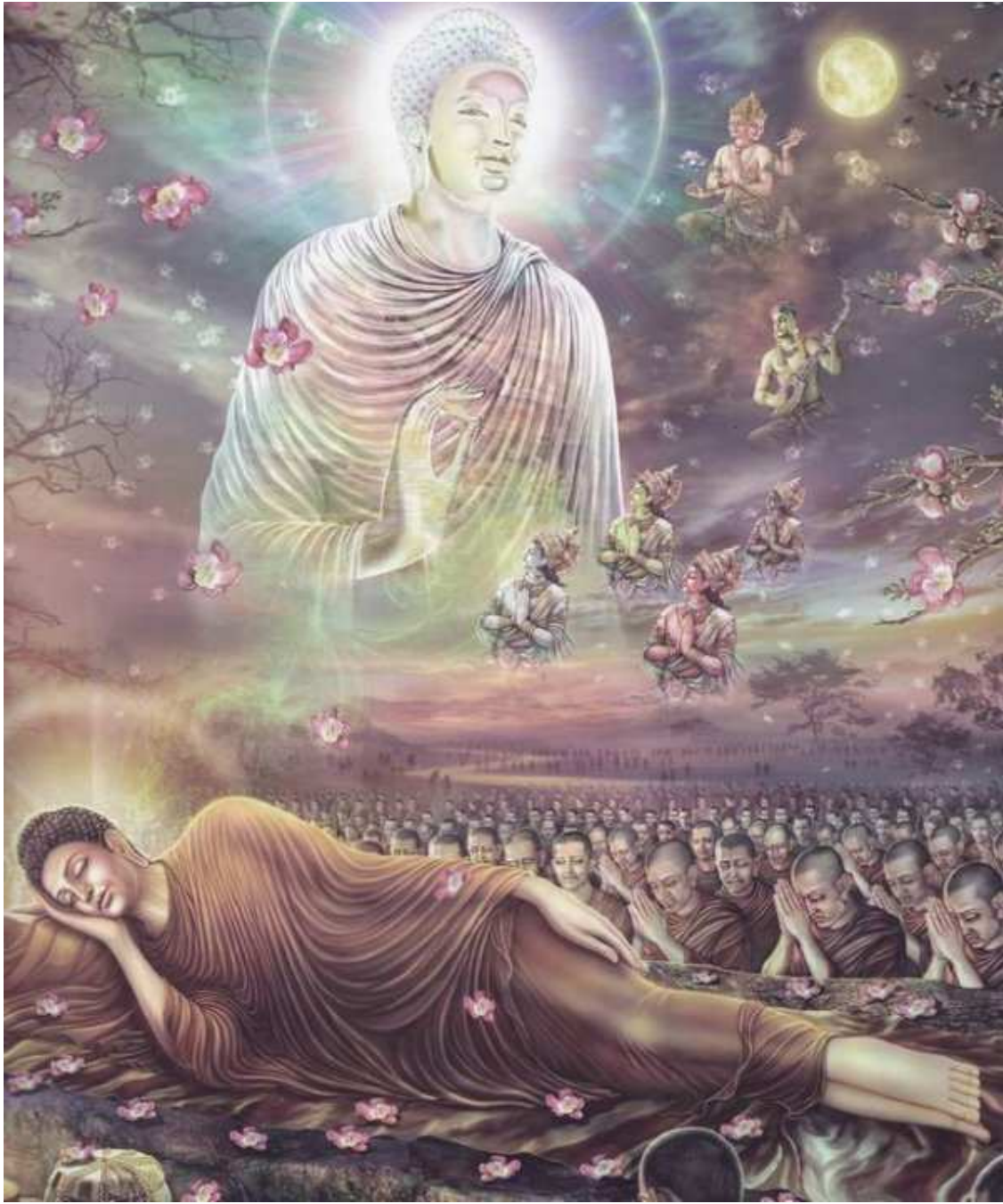
**Listen, I beg you:**

**ALL CREATIONS ARE IMPERMANENT;  
work diligently for your liberation."**

**Having pronounced these final words, Buddha went into the Ghana stages, or meditative absorptions. Going from level to level, one after the other, ever deeper and deeper, he reached ecstasy. Then he came out of the meditative absorption for the last time and passed into nirvana, leaving nothing whatever behind that can cause rebirth again in this or any other world. And finally passed into Nirvana. After his death, Buddha's remains were cremated, as became the Buddhist tradition. The passing away, or the final nirvana, of the Buddha occurred in 483 BC on a full moon day in the month of May, known in the Indian calendar as Waisak.**

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## About This book Compiler



*Bendalam Krishna Rao has been working as a Senior Journalist and a writer from the last two decades and he had a separate writing style of his articles. Vaarthalu Yela Raayali ? (in Telugu) (Reporters Reference Book) was published in 2006 and many books on journalism was written by him in addition to / besides some articles, News, Special Editions, Essay writings, Stories and Reviews etc.*

*He has keen observation and close study on Buddhism from the last 8 years. The present book "Inspiration to Mankind" is in the part of Buddhism.*

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