Grateful heart

Diệu Thiện

Grateful

heart

Grateful garden

Grateful heart

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Opening

A grateful heart considers gratitude as the mind’s core value and a guide for one’s speeches and actions. Gratitude is a golden thread that ties our minds and bodies, not letting them loose…

Buddha once said, “You do not require anything but gratitude and happiness. How can our gratitude not be entangled?”

Jesus Christ has declared: “If you are thankful for my gifts, I will offer more, but if you are ungrateful, my punishment will be severe.”

Zen master Thích Nhất Hạn has emphasized: “As long as there is gratitude, there is happiness.”

French writer Proust has suggested that: “Be grateful to anyone who makes us happy because they are graceful gardeners who make our souls bloom.

Roman philosopher Cicero has concluded that: “Gratitude is not only a great character but also the root of all other good personalities.”

Entrepreneur Jim Rohn has said, “Learning to express gratitude will force you to focus on positive things.”

Entrepreneur Đỗ Thị Kim Liên has shared that: “Loving is an instinct; sharing and giving away are choices. The miracle has happened… I have prayed that if my dad recovered, I would shave all my hair to express gratitude to the kind hearts of Buddhists.”

Leader Henry Ward Beecher has realized that: “Unthankful hearts will never find happiness. With gratitude, we will find delight in every moment.”

Indeed, expressing our gratitude from the bottom of our hearts for even the tiniest help and everything we have has tremendous significance.

This little gift, the book “Grateful heart”, is Diệu Thiện’s thanks to the universe and fate.

Thank you for everything!

Foreword

Besides the four seasons, spring, summer, autumn and winter, we now have another one called “Grateful season”!

Seeing the cabbage seeds thriving every day, the peaceful seeds growing every day in the beautiful, innocent hearts of the youth has made life seem much more lively. This has breathed life into every alley of the town each morning, the steps to school, moments after school, … and the awkward but valuable appreciation.

A peaceful heart, a peaceful family, a peaceful country and a peaceful nation. All come from “an appreciative heart”!

The author of the book, “Grateful heart”, seems to attempt to provoke this liveliness through simple but brilliant and full-of-love teachings, which will contribute to the intellectual collection of “the education of your mind and soul” - a small work done with a great heart.

Appreciation and praise to author Diệu Thiện and best wishes to all readers of “Grateful heart”.

Thiện Tuệ thong dong

Comment

The beauty of “Grateful heart”!

A flower, a dry tree branch, a drop of water, they all seem normal in life, but when placed in different lovely spaces, they will embody distinct, important values. So do our hearts, they are never reductive but have many colors. If we cleverly learn the right things and transform our souls, these hearts will become compassionate and peaceful.

Therefore, “Grateful heart” is a book that is small but able to open the souls of the little children as well as ours to true values. These short yet concise verses remind us of the importance of gratitude, cultivating the seeds of intelligence, kindness, and developing positive habits in life. Consequently, people can return to a compassionate, merciful and moral heart… This is also the beauty of our culture and the realization that Buddhism aims at.

It is delightful to look back and have many things to appreciate and be thankful for. “Grateful heart” will become the bedside book of our little friends, which they can study and discipline themselves accordingly. Together, we will build a happier, kinder and better-educated world through a thankful mentality and grateful heart.

Master in Buddism Thích Duy Kiên

Introduction

Ha Noi, a spring day with sprouting shoots

Everyone wants their children to live a happy life, but unfortunately, not all parents understand that the core of a happy life is actually morality and responsibility. Everyone needs to live responsibly, love, and be merciful to the people around them - this is the art of living peacefully and happily, according to the doctrine of Buddhism and the teachings of Buddha. Our descendants must be able to live similarly. It is regrettable and blameworthy to miss the opportunity to bring them closer to these philosophies and lifestyles. If we teach our children when they are grown, it will be too late.

Bringing Buddhism to a grown man is hard, but bringing it to a child is even harder. How can we get them used to and engaged with the basic philosophies of Buddhism? Children are fond of the melody and sweetness of poetry. Why don’t we find appropriate poems for our children that are both highly educational, innocent and cute? The answer lies right in this collection of poems, “Grateful heart” by author Diệu Thiện. Luckily, there is this precious work. It is fortunate for anyone to have this work in their hand, especially dads, moms, grandfathers and grandmothers.

From the perspective of a reader, I am delighted to hold such an educational yet child-friendly and humane book like “Grateful heart” in my hand. However, from the viewpoint of a person working in the printing industry, and more importantly, a teacher, I am truly touched to be able to bring a book that sows and nurtures the seeds of righteousness in the future of our country. I do not think that there is a simpler and more effective educational method than bringing these pages to our children when they have just opened their minds to the world. I have tried reading a few poems to my students, and everyone likes them and wants this book as a gift!

My suggestion right now is that we should let our children have their bedside book as this pure and innocent collection of poems so that these verses can guide their souls closer to Buddhism and preserve their innocence and kindness. I also believe that not only the children’s souls but also parts of the adults’ hearts will find peace and calm. I know that it is the parents, grandparents, teachers and adults reading these poems to their children or with their children that will be the first to benefit from the poems. That is true! Trust me and start reading right now!

Doctor Nguyễn Mạnh Hùng

Founder and President of

Thái Hà Book Joint Stock Company

1, Jewels

I take refuge in the Three Jewels

Precious teachers, books, and friends

Help me live with awareness

Free from worries and pains

2, Morality

I steer clear of killing

Stay away from stealing

From lying

And from negative things as well

3, Delight

In learning I find delight

Pure and joyful thoughts

My mouth says caring words

Smiling while meditating, I am blissful

4, Freeing animals

I release the fish into the water

Let the birds return to the sky

Save the ants caught in an accident

Freeing animals is full of love

5, Hygiene

I keep my body clean

Wear scented clothes

Appropriate and modest

I look neat and polite

6, Politeness

When meeting respectable people

I politely bow

Or clasp my hands like a lotus bud

I say a lovely greeting

7, Love reading

I cherish Buddhist books

Take them with care and meticulousness

I read them with my mind, eyes and mouth

Remember invaluable teachings

8, Kind speech

I say kind words

Caring and sincere

At the right moment

gentle and sweet

9, Asking for permission

I ask when I need

Clearly express my request

Calmly wait for the response

I behave politely

10, Lending a sympathetic ear

I stop to observe

Listen without judging

Reflect, find a solution

I understand with my heart

11, Honesty

I cherish honesty

I act according to my conscience

Truthful, no lying

True to the end

12, Filial piety

I am dutiful

To my parents and grandparents

Respectfully listen to their teachings

I diligently do housework

13, Freedom

I am a flying cloud

A white pigeon

A worriless sunbeam

Free in the kind teachings of Buddha

14, Confidence

I trust in myself

In good personalities

That always exist in my heart

I inadvertently shine

15, Self-education

I observe from multiple perspectives

Analyze and explore

Sum up then conclude

I read books and self-study

16, Proactivity

I receive my task

Remember and focus

Proactively do the right work

thoroughly and responsibly

17, Volunteering

If the work is appropriate

Knowing my abilities

I volunteer for it

Do it wholeheartedly

18, Helping others

I am ready to lend a hand

Whenever someone needs

From physical to mental issues

I help with joy

19, Perseverance

I am like a blooming lotus

Like a bamboo tree, a cicada

Persistent and determined

I focus to succeed

20, Creativity

I create things differently

In my own way

I take notes by hand

Thinking beats laziness

21, Waking up early

I wake up early in the morning

Listen to the bell ringing

My mouth shapes a friendly smile

My heart is thankful for another new day

22, Maintain hygiene

Walking into the bathroom

I carefully observe

Use things mindfully

I maintain the general hygiene

23, Collecting trash

Picking up trash is picking up fortune

Help the environment become cleaner

My hands represent my gratitude

Mother Nature is delightful

24, Sorting trash

I practice with gratitude

Sorting trash correctly

I express my gratitude

To the gentle motherland

25, Brushing teeth

Brushing teeth requires mindfulness

Brushing away the spoken sins

Beautiful teeth and a fragrant mouth

I say righteous words

26, Washing face

Washing face is refreshing

My soul is clean and pure

I am thankful for my mindfulness

My face shines with love

27, Washing hands

Washing my hands under the faucet

Wash away all worries

I promise to be grateful

To my kind hands

28, Washing feet

My feet travel everywhere

Each step chants thankful words

I wash away all the mortal dust from my feet

Love remains forever

29, Exercising

Exercise every day

Proper and sufficient, my child

Your body will be stronger

More beautiful and flexible

30, Doing housework

Washing dishes or sweeping the house

Slowly and naturally

Clean all the filth

Clinging to our souls

31, Sitting in meditation

Sitting in meditation like Buddha

Focus and remember

Body, mouth and thoughts are pure

I inhale deeply and exhale evenly

32, Walking in meditation

I walk in meditation with mindfulness

Bare feet touch the road

Thankful and kind

I step forward happily

33, Singing in meditation

I learn to sing in meditation

Singing every life principle

Immerse my mind in the music

Happy and grateful

34, Drawing in meditation

I learn to draw in meditation

To train my hands to be skillful

To portray the ideas in my head

Onto a paper

35, Eating in meditation

Every meal every day

I think of the merit of food

I eat whatever I have

Carefully chew and appreciate

36, Enjoying tea in meditation

I boil water to brew tea

Every movement is slow

Or aware of my hands

I pour the tea with mindfulness

37, Lying in meditation

I lie down and turn to the right

Relax my entire body

Focus on my breath

I devote myself to spreading merciful words

38, Hugging in meditation

My warming hands hug

My heart open

I live fully at the moment

Connect all kindness

39, Observing a gravel in meditation

Observing a gravel

I am a solid mountain

My mind is peaceful

I carve grateful words onto the gravel

40, Eating a tangerine in meditation

When I eat a tangerine

I observe, touch, smell and peel

Feel all my senses

Smile, taste and breathe

41, Be grateful to my body

I am thankful to my body

My heart and my brain

My eyes and ears

Every tiny cell

42, Be grateful to my parent

I am thankful to my parents

Like a tree is grateful to the water

Like a bird is grateful to the sky

Be grateful for an eternity

43, Be grateful to my teachers

I am thankful to my teachers

For teaching me the right things

I study and put into practice instantly

The teachings my teachers have taught

44, Be grateful to my kind friends

I am thankful to my kind friends

Who have studied with me

Played creative games

Shared with me when I am in need

45, Be grateful for little things

I am thankful for little things

Around me

I live simply and humbly

Always find myself caring for others

46, Be grateful to my country

I am thankful to my nation

A S-shaped strip of land

With a studious tradition

And a colorful culture

47, Be grateful to Buddhism

I sincerely take refuge

In the Buddha, the dharma and the sangha

I practice expressing gratitude

Separate myself from filthy things

48, Be grateful to trees

I love green trees

See life on branches

Water and nurture

I am thankful to trees forever

49, Be grateful to the environment

I am thankful to the motherland

For embracing all species

From flower to trash

I live with cleanliness every day

50, Be grateful to every drop of water

I am thankful to every drop of water

Pure and full of love

I imitate the gentleness of water

No worries or mood swings

51, Be grateful to my subconsciousness

I am thankful to my subconsciousness

In the past months and days

For listening and protecting

As well as giving me all sources of motivation

52, Be grateful to technology

I am thankful to technology

Phones or televisions

Have brought me information

I only use them when needed

53, Writing thankful things

I think of appreciation

Thank others at the right time

I do good deeds every day

Write 5 grateful things!

54, Grateful rock

I write all my worries onto the sand

Carve them on a grateful rock

Learn to share kindness

I will let fate decide and be relieved

55, Be grateful to traffic

Every means of transportation

Helps me with my traveling

I utilize them with gratitude

Careful and safe

56, Be grateful to my belongings

Every school supplies

Pen, books, erasers and backpacks

I keep them well with gratitude

Clean and well-organized

57, Be grateful to my shoes

My shoes are my friends

Accompany me on my paths

I am thankful to my dear shoes

I keep them clean and well-organized

58, Be grateful to time

Every year has twelve months

Every month has four weeks

Every week has seven days

I am thankful every day

59, Be grateful to the weather

The weather can be sunny or rainy

I accept it with gratitude

Choose the appropriate attire

I observe how my mind functions

60, Be grateful to money

Money is the means

To express my gratitude

My two hands cherish it

I learn to donate money

9 Wishes from the heart

1,

I promise to maintain my morality

Think with true kindness

Say friendly and caring words

Do every good deed

2,

I promise not to discriminate

Always treat with fairness

Everyone around

In all circumstances

3,

I wish that whenever I am born into this life

I will come across Buddhism

Live with gratitude and self-awareness

Simple and diligent

4,

I promise to believe in karma

Know what I do clearly

Which is the cause and the effect

To be able to understand and be kind to others

5,

I promise to study and practice

Following the kind and intelligent

Following my bright and determined friends

Following the essential books

6,

I promise to be proactive

Get along with kind people

Help those who are facing hardships

Learn from everyone every time

7,

I promise not to belittle others

Not to criticize their mistakes

Not to show off my accomplishments

All my thoughts are kind

8,

I promise to live with gratitude

Love all kinds and my fellow humans

Always find myself to be incomplete

Sorry from the bottom of my heart

9,

I wish that my country

Will be peaceful and cheerful forever

Everyone will be happy

And live with sincere gratitude

Grateful

heart

LAO ĐỘNG PUBLISHER

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Responsible for publishing:

Director - General editor: MAI THỊ THANH HẰNG

Publisher’s editor: Lê Thị Hằng

Editor: Diệu Thiện

Proof-reader: Thương Ly

Cover designer: Thái Hiền

Layout designer: Đàm Thị Oanh

5.00 copies of 13 x 19 cm size were printed at Bắc Sơn Printing Joint Stock Company, the address is 262 Phúc Diễn road, Nam Từ Liêm District, Hà Nội. This publication plan’s registration number is 413-2024/CXBIPH/02-28/LĐ. Publication decision number 158/QĐ-NXBLĐ is issued on 29/02/2024. Printed and submitted for deposit in 2024.

ISBN: 978-604-325-444-0.

Meditational poems are friendly and full of love

They cultivate the seeds of happiness from gratitude

The soul garden releases fragrance

My heart holds gratitude for everything

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Price: 69.000đ