

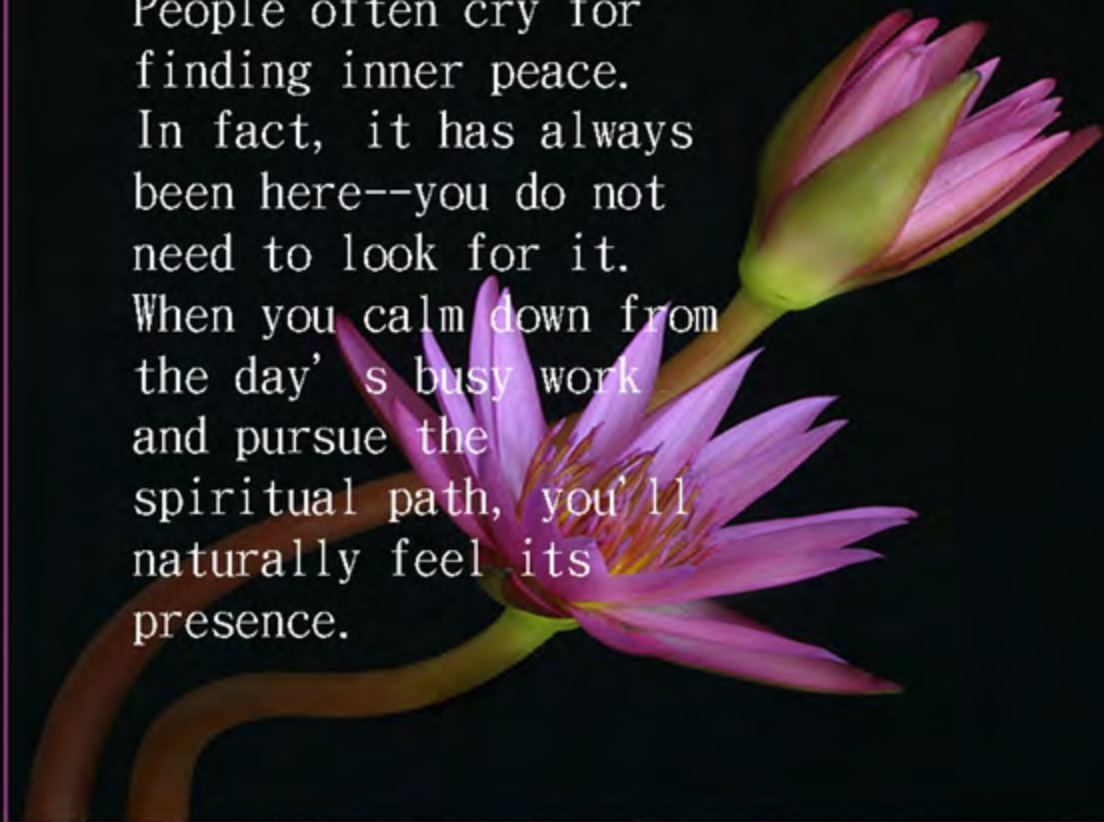
Worldly medicine is designed to
treat disease,
but wisdom and compassion, the
true medicine for the soul, can
heal all agony.

Story Time_2010.07

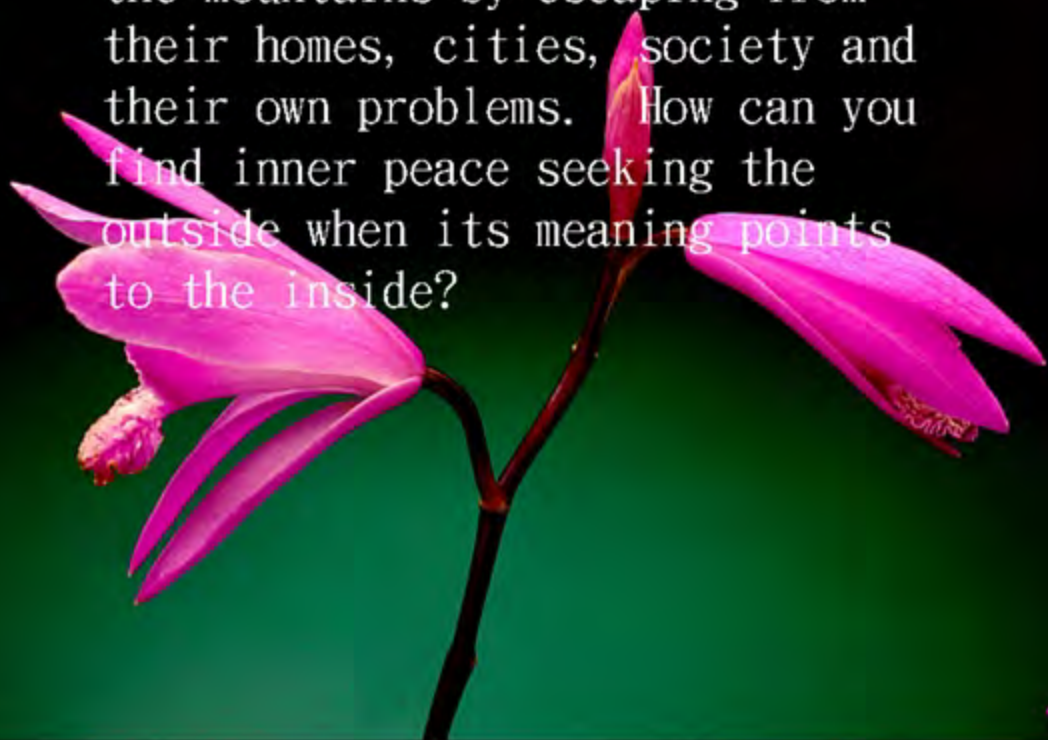
By Tom



People often cry for
finding inner peace.
In fact, it has always
been here--you do not
need to look for it.
When you calm down from
the day's busy work
and pursue the
spiritual path, you'll
naturally feel its
presence.



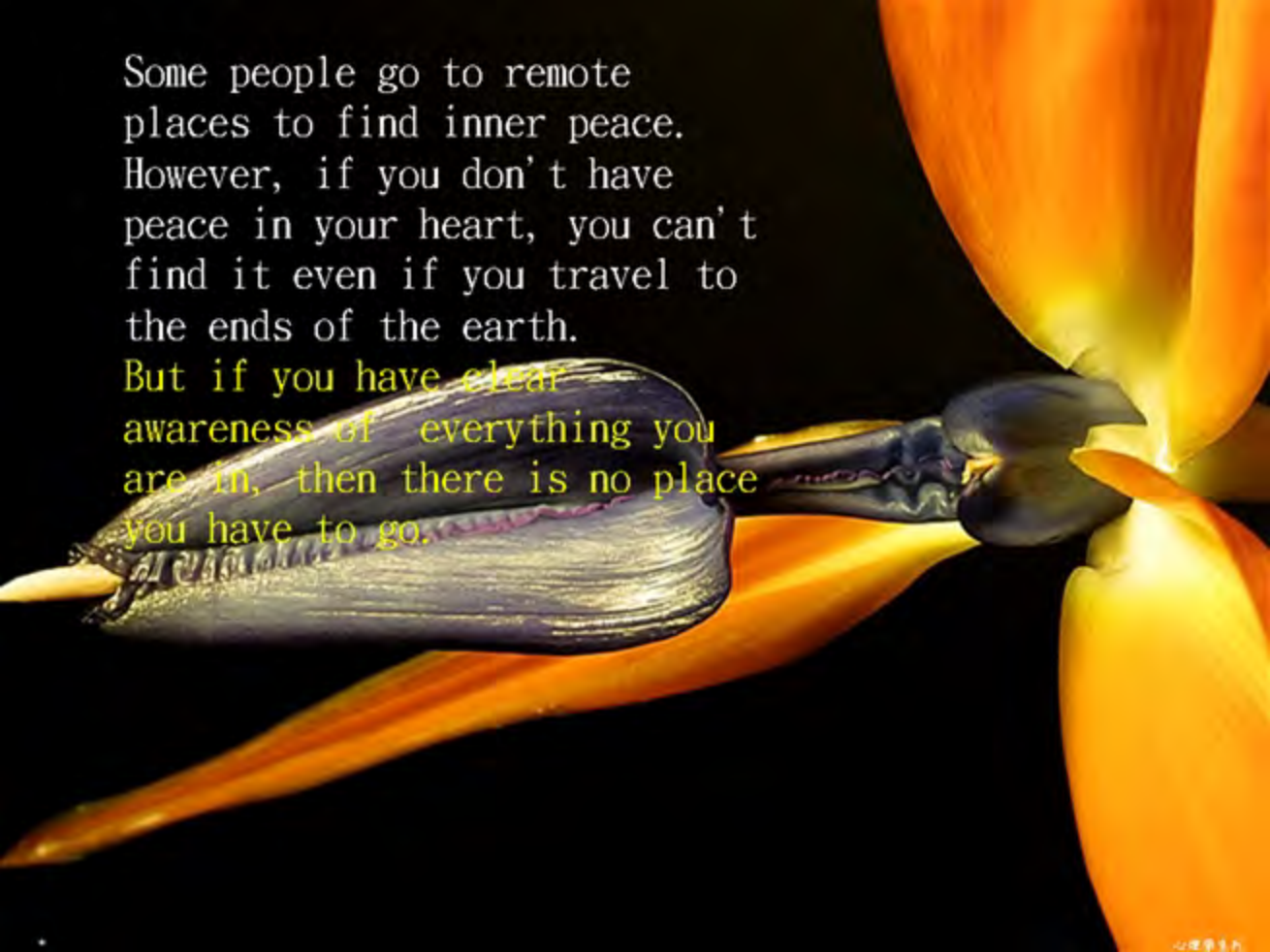
People try to find inner peace in the mountains by escaping from their homes, cities, society and their own problems. How can you find inner peace seeking the outside when its meaning points to the inside?




Happiness can only be found in your heart, no matter where you are. Some people spend half of their savings to have vacations at foreign beach resorts and come back with disappointment, while others play happily in their inner worlds the whole day.



Some people go to remote
places to find inner peace.
However, if you don't have
peace in your heart, you can't
find it even if you travel to
the ends of the earth.
But if you have clear
awareness of everything you
are in, then there is no place
you have to go.





The world we see is the reflection of our
inner minds.

When you are in a cheerful mood,
all the people you see are
friendly and cordial. When you
feel irritated, all the people you
encounter seem hateful.


When you look with judging eyes, the world
is full of people with flaws;

When you look with arrogant eyes, the
world is full of stupid and lowly people;

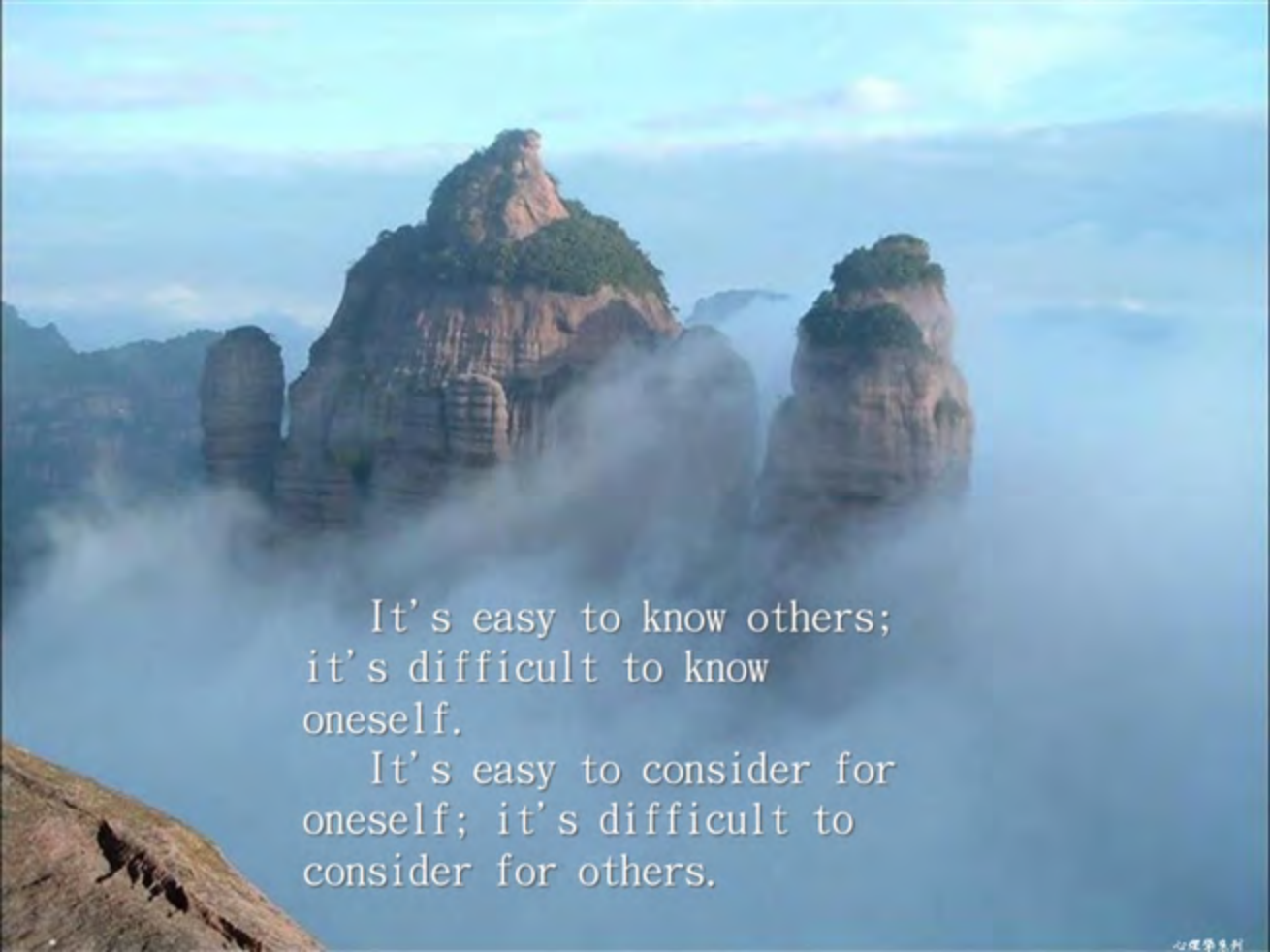
When you look with the eyes of wisdom,
you will find that everyone has
something to teach, and are worthy of
your respect.

A wise person, when alone, will be in control of his mind; in public he will be in control of his words.






Being with others offer a
good opportunity to humbly
learn from them.
Being alone offers a good
opportunity to introspect.

A scenic view of a mountain peak with a small structure on top, surrounded by mist and clouds. The mountain is covered in green vegetation, and the sky is a pale blue with soft, wispy clouds. The overall atmosphere is serene and ethereal.

It's easy to know others;
it's difficult to know
oneself.

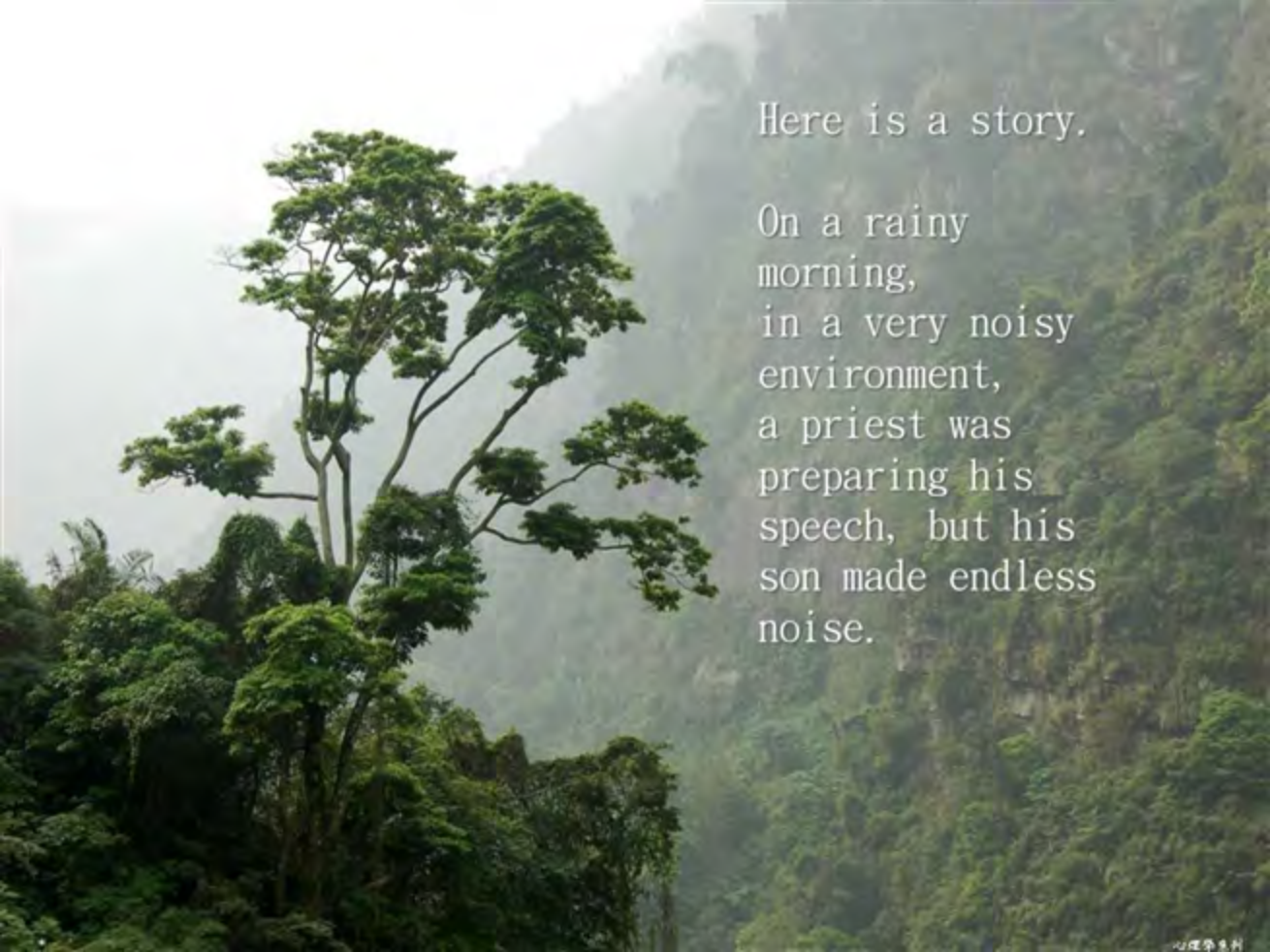
It's easy to consider for
oneself; it's difficult to
consider for others.



When your mind knows how to
observe with wisdom, the
truth of life will manifest
to you everywhere in
everything at every moment.



Pursuing peacefulness is like chasing a butterfly: when you reach out to catch it, it runs away without a trace. When you sit motionless, it will be standing on your shoulders.



Here is a story.

On a rainy
morning,
in a very noisy
environment,
a priest was
preparing his
speech, but his
son made endless
noise.

A scenic view of the Nanjing Great Wall, a massive stone wall stretching across a hillside. In the foreground, there is a traditional Chinese pavilion with a red roof and white pillars. The ground is covered with green grass and some low-lying plants. The sky is bright and clear.

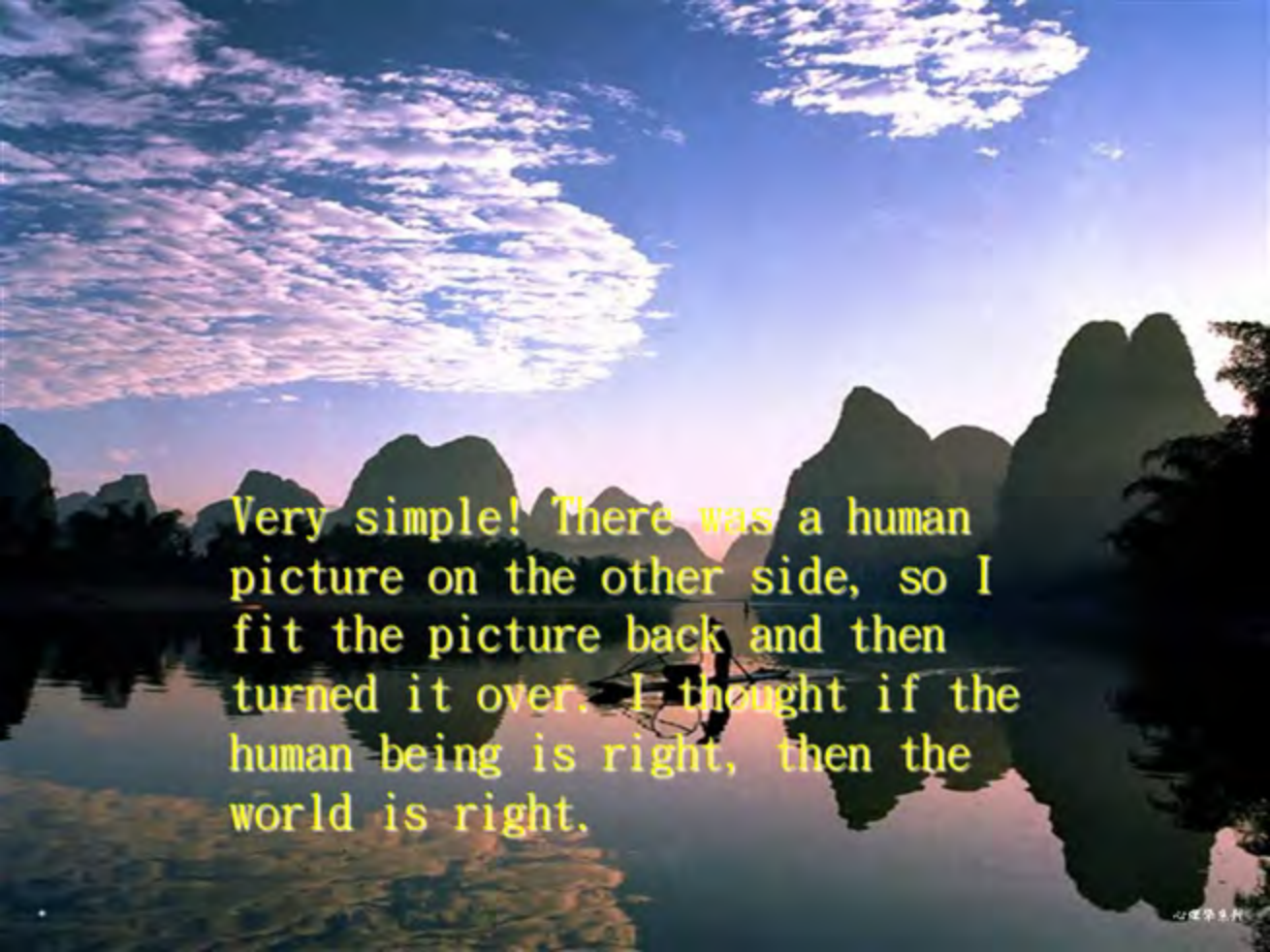
Finally, the priest casually picked up a magazine, looked at each page until he turned to a big picture – the world map. He immediately tore off this page, tore it into pieces, and let them scatter on the living room floor.

The priest told his son that
if he could fit these
fragments back together he
would take him out to play.

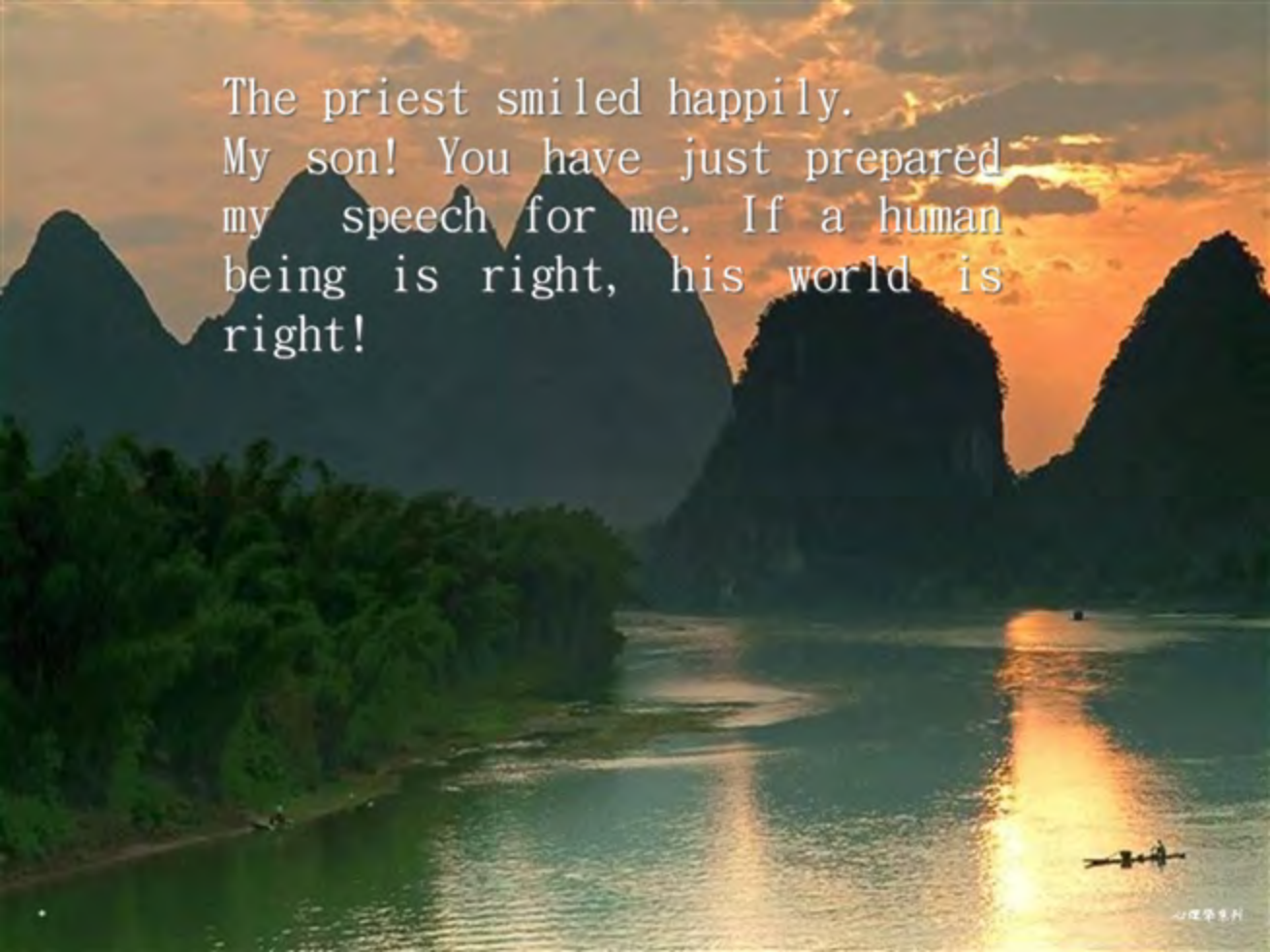
The priest thought it would
take his son a whole morning
so he could continue his
preparation without
disturbance

But, in less than 10
minutes his son came to
knock on the door!


How could he fix such a big map
back so quickly? What had he
done to accomplish it?



Very simple! There was a human picture on the other side, so I fit the picture back and then turned it over. I thought if the human being is right, then the world is right.




The priest smiled happily.
My son! You have just prepared
my speech for me. If a human
being is right, his world is
right!



This story gave me a lot of
inspiration.


If you want to change your world,
change yourself first!



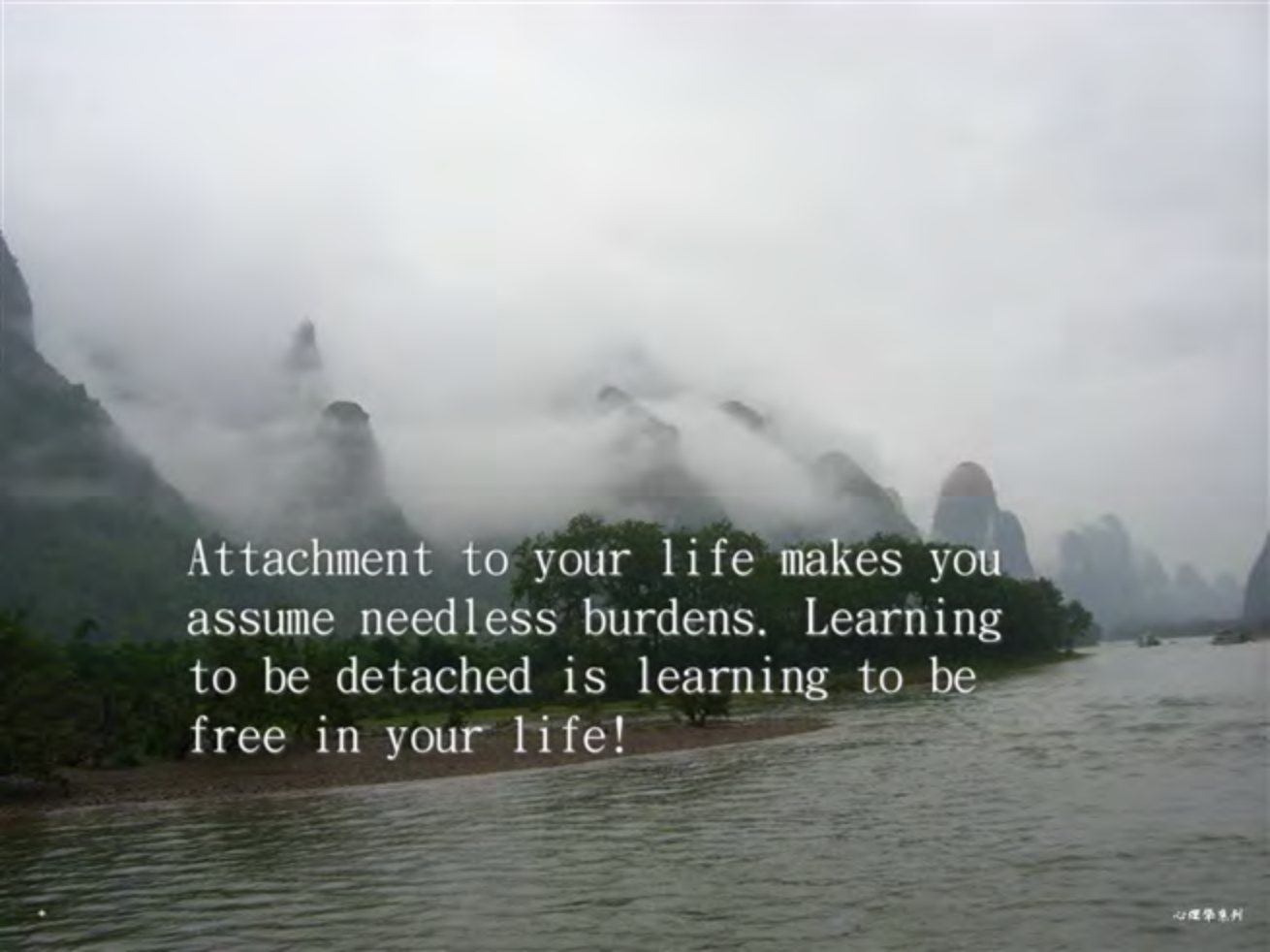
Your value is determined by your own doing. As you think about what a kind of person you are, action is required. A journey of thousand miles begins with one step. Take action! Do it now!

The temperature of water relies on heating by fire to reach 100°C. The temperature of your mind relies on positive thinking and an optimistic mind. These are determined by YOU.






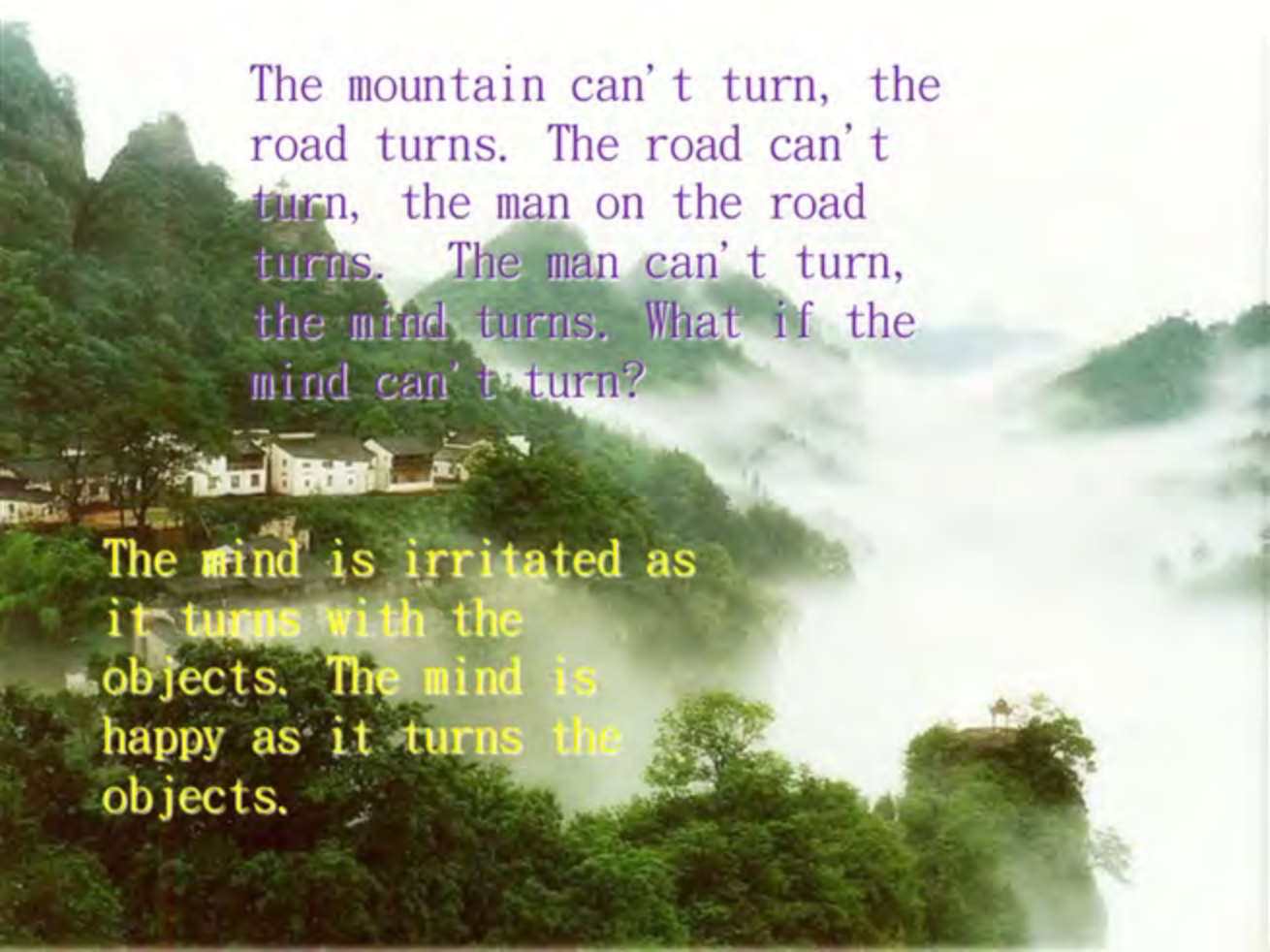
When your hands are tired, they
will naturally let go the things
in hand. When your mind is tired,
let go of what is on your mind.
It is easy to put down the weight
of what is tangible. It is
difficult to lay down the burden
of what is invisible.

A misty landscape with a river in the foreground and mountains in the background. The mountains are partially obscured by thick white mist or smoke, creating a dramatic and atmospheric scene. The water is calm, reflecting the overcast sky. The overall tone is serene and contemplative.

Attachment to your life makes you
assume needless burdens. Learning
to be detached is learning to be
free in your life!



You can't buy knowledge beforehand at any price.
There is no effective treatment for regrets.
Experiences teach you to be wise: suffering
losses teaches you to be prudent. Failure makes
you grow up.

A scenic landscape photograph of a mountain range. In the foreground, a small village with white-walled houses and dark roofs is nestled on a green hillside. The middle ground is filled with thick, white mist or low clouds that obscure the lower parts of the mountains. In the background, more mountain peaks rise above the haze. On the right side, a small pavilion with a traditional roof sits atop a rocky outcrop. The overall atmosphere is serene and ethereal.

The mountain can't turn, the
road turns. The road can't
turn, the man on the road
turns. The man can't turn,
the mind turns. What if the
mind can't turn?

The mind is irritated as
it turns with the
objects. The mind is
happy as it turns the
objects.

There is nothing happier than
being carefree. There is no
greater suffering than
excessive desire. There is no
greater richness than being
content, and no worse poverty
than greed.



While transplanting rice seedlings with your hand all over the farm field, you see the sky in the water as you look down. Stepping back is moving forward in this case. Similarly, the path of mind purification is the way to enlightenment .

The background image shows two bamboo shoots emerging from a forest floor. The ground is covered with a thick layer of dry, brown bamboo leaves and some small green weeds. The bamboo shoots are dark brown and have a textured, segmented appearance. One shoot is slightly taller and more developed than the other. The overall scene is a close-up of the bamboo growth in a natural setting.

Comparing everything with
others makes your life
unhappy.

Tom's saying -

"I would rather compete
with others about skills,
instead of about
spending."



He who knows drinking finds fullness."
He who knows contentment finds
"happiness".
He who knows letting go finds "freedom".
He who cherishes finds "happiness".
He who knows being at ease finds
"easiness".
He who knows forgiveness finds
"freedom".
He who knows caring finds "friends".

Take action!
Do it now!
Share the present
moment!!

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音樂：二胡 - 牧草姑娘 (黃安
源)

