



Subhuti asked: "Is perfect wisdom beyond thinking? Is it unimaginable and totally unique but nevertheless reaching the unreachable and attaining the unattainable?"

The Buddha replied: "Yes, Subhuti, it is exactly so. And why is perfect wisdom beyond thinking? It is because all its points of reference cannot be thought about but can be apprehended. One is the disappearance of the self-conscious person into pure presence. Another is the knowing of the essenceless essence of all things in the world. And another is luminous knowledge that knows without a knower. None of these points can sustain ordinary thought because they are not objects or subjects. They can't be imagined or touched or approached in any way by any ordinary mode of consciousness, therefore they are beyond thinking."

-Prajnaparamita

### **The Gayatri Mantra**

Oh God! Thou art the Giver of Life, Remover of pain and sorrow, The Bestower of happiness, Oh! Creator of the Universe, May we receive thy supreme sin-destroying light, May Thou guide our intellect in the right direction.

*AUM BHOOR BHUWAH SWAHA,  
TAT SAVITUR VARENYAM  
BHARGO DEVASAYA DHEEMAHİ  
DHIYO YO NAHA PRACHODAYAT*



It is in everybody's interest to seek those [actions] that lead to happiness and avoid those which lead to suffering. And because our interests are inextricably linked, we are compelled to accept ethics as the indispensable interface between my desire to be happy and yours.

-His Holiness the Dalai Lama



Just as vessels made of clay by a potter all have breaking as their end, so is the life of mortals.

-Sutta Nipata



**DAILY BUDDHIST WISDOM**

Just as the word chariot is merely a means of expressing how axle, body, wheel, and poles are brought together in a certain relationship, but when we look at each of them one by one there is no chariot in an absolute sense; and just as the word house is a way of expressing how wood and other materials stand in relationship to each other in a certain space, but in the absolute sense there is no house; and just as the word fist is an expression for the finger and thumb in relationship, and tree for trunk, branches, leaves, and so on, but in an absolute sense there is no fist or tree--in exactly the same way the words living entity and person are but ways of expressing the relationship of body, feeling, and consciousness, but when we come to examine the elements of being, one by one, we find there is no entity there. In the absolute sense there is only name and form and the mystery which they express. Such ideas as "I" and "I am" are not absolute.

-Visuddhi Magga



**DAILY BUDDHIST WISDOM**

They're addicted to heedlessness  
—dullards, fools—  
while one who is wise  
cherishes heedfulness  
as his highest wealth.

-Dhammapada, 2, translated by Thanissaro Bhikkhu



**DAILY BUDDHIST WISDOM**

Many people are afraid to empty their minds lest they may plunge into the Void. They do not know that their own Mind is the Void. The ignorant eschew phenomena but not thought; the wise eschew thought but not phenomena.

-Huang Po, "Zen Teaching of Huang Po"



**DAILY BUDDHIST WISDOM**

Sitting peacefully on a cushion day and night seeking to attain Buddhahood, rejecting life and death in hopes of realizing enlightenment, is all like a monkey grasping at the moon reflected in the water.

-Shoitsu



**DAILY BUDDHIST WISDOM**

This mind is like a fish out of water that thrashes and throws itself about, its thoughts following each of its cravings.

Such a wandering mind is weak and unsteady, attracted here, there and everywhere. How good it is to control it and know the happiness of freedom.

-Dhammapada



Someone who is about to admonish another must realize within himself five qualities before doing so [that he may be able to say], thus:

"In due season will I speak, not out of season. In truth I will speak, not in falsehood. Gently will I speak, not harshly. To his profit will I speak, not to his loss. With kindly intent will I speak, not in anger."

-"Vinaya Pitaka," translated by F.S. Woodward



Subhuti asked: "How can the practitioner who wishes to help all beings find enlightenment awaken to the complete and perfect wisdom?"

The Buddha said: "This most subtle awakening comes about through moment-to-moment attentiveness. By way of attentiveness, there is attunement to the ways in which things manifest, such as form and consciousness. The practitioner awakens to perfect wisdom by becoming blissfully free from obsessions with habits, names, sense experiences, personal feelings, and with dread of dying and all the despair that goes with it."

-Prajnaparamita



Those who regard  
non-essence as essence  
and see essence as non-,  
don't get to the essence,  
ranging about in wrong resolves.

But those who know  
essence as essence,  
and non-essence as non-,  
get to the essence,  
ranging about in right resolves.

-Dhammapada 11-12, translated by Thanissaro Bhikkhu



Opening the door on voidness of identity,

Clear awareness floods everywhere,  
And though everywhere, nowhere is an identity found.

-Milarepa, "Drinking the Mountain Stream"



There is a difference between watching the mind and controlling the mind. Watching the mind with a gentle, open attitude allows the mind to settle down and come to rest. Trying to control the mind, or trying to control the way one's spiritual practice will unfold, just stirs up more agitation and suffering.

-Bhante Henepola Gunaratana, "Eight Mindful Steps to Happiness"



Through heedfulness, Indra won  
to lordship over the gods.  
Heedfulness is praised,  
heedlessness censured—  
always.

-Dhammapada, 30, translated by Thanissaro Bhikkhu

#### **Prayer of Confession**

All the evil karma ever committed by me since of old,  
On account of greed, anger, and folly, which have no beginning,  
Born of my body, mouth, and thought--  
I now make full open confession of it.

*Buddhist*

source: [sacred-texts.com](http://sacred-texts.com)



Subhuti asked: "How does a person practice all the perfections?"

The Buddha replied: "By not perceiving any duality. Through understanding this nonduality he teaches reality to all beings. With physical energy, he travels widely to teach. With mental energy, he guards against the arising of such ideas as "permanence or impermanence," "good or evil," and so on. With the perfection of wisdom, he does not consider anything ultimately real but serves all beings with loving attention so that energy, patience, and meditation will be aroused in them. but even though he attends to the minutest detail of whatever must be done, he never grasps it or tries to make ultimate sense of it, because he knows it has no enduring substance of its own."

-Prajnaparmita

  
**DAILY BUDDHIST WISDOM**

When you do something, you should burn yourself completely, like a good bonfire, leaving no trace of yourself.

-Shunryu Suzuki

  
**DAILY BUDDHIST WISDOM**

Through heedfulness, Indra won  
to lordship over the gods.  
Heedfulness is praised,  
heedlessness censured--  
always.

-Dhammapada 30, translated by Thanissaro Bhikkhu

  
  
**DAILY BUDDHIST WISDOM**

There are two kinds of suffering: the suffering that leads to more suffering and the suffering that leads to the end of suffering. If you are not willing to face the second kind of suffering, you will surely continue to experience the first.

-Ajahn Chah, "Still Forest Pool"

  
**DAILY BUDDHIST WISDOM**

Transient is this world; like phantoms and dreams,  
Substance it has none. Grasp not the world nor your kin;  
Cut the strings of lust and hatred; meditate in woods and mountains.  
If without effort you remain loosely in the "natural state," soon Mahamudra you will win and attain  
the Non-attainment.

-Tilopa, "The Song of Mahamudra"

  
**DAILY BUDDHIST WISDOM**

To travel with the unawakened makes the journey long and hard and is as painful as traveling with an enemy. But the company of the wise is as pleasant as meeting with friends.  
Follow the wise, the intelligent, and the awakened. Follow them as the moon follows the path of the stars.

-Dhammapada



Those who have great realization about delusion are buddhas. Those who are greatly deluded within realization are sentient beings.

-Dogen, "Flowers Fall"



What is meant by nonduality, Mahatmi? It means that light and shade, long and short, black and white, can only be experienced in relation to each other; light is not independent of shade, nor black of white. There are no opposites, only relationships. In the same way, nirvana and the ordinary world of suffering are not two things but related to each other. There is no nirvana except where the world of suffering is; there is no world of suffering apart from nirvana. For existence is not mutually exclusive.

-Lankavatara Sutra



What, monks, is totality? It is just the eye with the objects of sight, the ear with the objects of hearing, the nose with the objects of smell, the body with the objects of touch and the mind with the objects of cognition. This, monks, is called totality.

-Samyutta Nikaya



What others call happiness, that the Noble Ones declare to be suffering. What others call suffering, that the Noble Ones have found to be happiness. See how difficult it is to understand the Dhamma! Herein those without insight have completely gone astray.

-Sutta Nipata



Trust has nothing to do with moral courage. It occurs when we have nowhere else to turn, when we reach the end of our need to control.

-Rodney Smith, "Lessons from the Dying"



**DAILY BUDDHIST WISDOM**

Whoever does no wrong  
in body,  
speech,  
heart;  
is restrained in these three ways:  
he's what I call  
a brahmin.

-Dhammapada, 391, translated by Thanissaro Bhikkhu



**DAILY BUDDHIST WISDOM**

When overspread by extreme vice--  
like a sal tree by a vine--  
you do to yourself  
what an enemy would wish.

-Dhammapada, 12, translated by Thanissaro Bhikkhu.



**DAILY BUDDHIST WISDOM**

Your true nature is something never lost to you even in moments of delusion, nor is it gained at the moment of Enlightenment. It is the Nature of the Suchness. In it is neither delusion nor right understanding. It fills the Void everywhere and is intrinsically of the substance of the One Mind.

-"The Zen Teachings of Huang Po," translated by John Blofeld



**DAILY BUDDHIST WISDOM**

You could, month by month,  
at a cost of thousands,  
conduct sacrifices  
a hundred times  
or  
pay a single moment's homage  
to one person,  
self-cultivated.  
Better than a hundred years of sacrifices  
Would that act of homage be.

-Dhammapada, 8, translated by Thanissaro Bhikkhu.



**DAILY BUDDHIST WISDOM**

You could, for a hundred years,  
live in a forest  
tending a fire,  
or  
pay a single moment's homage  
to one person,  
self-cultivated.  
Better than a hundred years of sacrifices  
would that act of homage be.

-Dhammapada, 8, translated by Thanissaro Bhikkhu.



**DAILY BUDDHIST WISDOM**

You should know that so far as Buddha-nature is concerned, there is no difference between an enlightened man and an ignorant one. What makes the difference is that one realizes it, while the other is ignorant of it.

-The Sutra of Hui Neng



**DAILY BUDDHIST WISDOM**

Your search among books, word upon word, may lead you to the depths of knowledge, but it is not the way to receive the reflection of your true self.

When you have thrown off your ideas as to mind and body, the original truth will fully appear. Zen is simply the expression of truth; therefore longing and striving are not the true attitudes of Zen.

-Dogen, "The Practice of Meditation"



**DAILY BUDDHIST WISDOM**

You yourself should reprove yourself,  
should examine yourself.  
As a self-guarded monk  
with guarded self,  
mindful, you dwell at ease.

Your own self is  
your own mainstay.  
Your own self is  
your own guide.  
Therefore you should  
watch over yourself--  
as a trader, a fine steed.

-Dhammapada, 25, translated by Thanissaro Bhikkhu.



**DAILY BUDDHIST WISDOM**

As long as evil has yet to ripen,  
the fool mistakes it for honey.  
But when that evil ripens,  
the fool falls into  
pain.

Month after month  
the fool might eat  
only a tip-of-grass measure of food,  
but he wouldn't be worth  
one sixteenth  
of those who've fathomed  
the Dhamma.

-Dhammapada, 5, translated by Thanissaro Bhikkhu.



**DAILY BUDDHIST WISDOM**

"[Wisdom] is like a lamp, O king, which a man might introduce into a house in darkness. When the lamp had been brought in it would dispel the darkness, cause radiance to arise, and light to shine forth, and make the objects there plainly visible. Just so would wisdom in a man have such effects as were just now set forth."

-Milindapanha



**DAILY BUDDHIST WISDOM**

Whose minds are well-developed  
in the factors of self-awakening,  
who delight in non-clinging,  
relinquishing grasping--  
resplendent,  
their effluents ended:  
they, in the world,  
are Unbound.

-Dhammapada, 6, translated by Thanissaro Bhikkhu.



**DAILY BUDDHIST WISDOM**

A person of wisdom should be truthful, without arrogance, without deceit, not slanderous and not hateful. The wise person should go beyond the evil of greed and miserliness.

Do not get excited by what is old, do not be contented with what is new. Do not grieve for what is

lost or be controlled by desire.

-Sutta-nipata, translated by H. Saddhatissa



As rain seeps into  
an ill-thatched hut,  
so passion,  
the undeveloped mind.

As rain doesn't seep into  
a well-thatched hut,  
so passion does not,  
the well-developed mind.

-Dhammapada, 1, translated by Thanissaro Bhikkhu.



According to Buddhist psychology, most of our troubles are due to our passionate desire for, attachment to things that we misapprehend as enduring entities. The pursuit of the objects of our desire and attachment involves the use of aggression and competitiveness...These mental processes easily translate into actions, breeding belligerence. Such processes have been going on in the human mind since time immemorial, but their execution has become more effective under modern conditions. What can we do to control and regulate these "poisons"—delusion, greed and aggression? For it is these poisons that are behind almost every trouble in the world.

-His Holiness the Dalai Lama



A monk asked, 'If on the road one meets a person of the Way, how could one respond to that person with neither words nor silence?'

Daopi said, 'With kicks and punches.'

-Zen's Chinese Heritage



Zen meditation is not physical culture, nor is it a method to gain something material. It is peacefulness and blessedness itself. It is the actualization of truth and wisdom.

-"The Practice of Meditation," Zen Master Dogen



**DAILY BUDDHIST WISDOM**

You should make your observations yourself,  
You should not be the man of someone else,  
Not in the dependence on another should you live,  
Nor go about making a trade out of holiness.

-Udana Sutta



**DAILY BUDDHIST WISDOM**

Wise, profound  
in discernment, astute  
as to what is the path  
and what's not;  
his ultimate goal attained:  
he's what I call  
a brahmin.

-Dhammapada 403, translated by Thanissaro Bhikkhu



**DAILY BUDDHIST WISDOM**

You cannot find Buddha nature by vivisection. Reality cannot be caught by thinking or feeling mind.  
Moment after moment to watch your breathing, to watch your posture, is true nature. There is no  
secret beyond this point.

-Shunryu Suzuki, "Zen Mind, Beginner's Mind"



**DAILY BUDDHIST WISDOM**

Zen is not thought, the path has no achievement; yet if not thought it is not Zen, and without  
achievement, it is not the path.

At this point, where do you arrive?

When you have cut through your conceptual faculty, how do you discriminate?

When you do not fall into consciousness, how do you approach?

As soon as you get into the clusters and elements, you're already a lifetime away.

-Huai-t'ang

  
**DAILY BUDDHIST WISDOM**

All tremble at the rod,  
all are fearful of death.  
Drawing the parallel to yourself,  
neither kill nor get others to kill.

-Dhammapada, 10, translated by Thanissaro Bhikkhu.

  
**DAILY BUDDHIST WISDOM**

Whoever, abandoning sensual passions here,  
would go forth from home--  
his sensual passions, becomings,  
totally gone:  
he's what I call  
a brahmin.

Whoever, abandoning craving here,  
would go forth from home--  
his cravings, becomings,  
totally gone:  
he's what I call  
a brahmin.

-Dhammapada, 26, translated by Thanissaro Bhikkhu.

  
**DAILY BUDDHIST WISDOM**

...You can confront the prospect of your own death and try to analyze it and, in so doing, try to minimize some of the inevitable sufferings it causes. Neither way can you actually overcome it. However, as a Buddhist, I view death as a normal process of life...Knowing that I cannot escape it, I see no point in worrying about it.

-His Holiness the Dalai Lama

  
**DAILY BUDDHIST WISDOM**

`There is no spot, O king, where Nirvâna is situate, and yet Nirvâna is, and he who orders his life right will, by careful attention, realize Nirvâna. Just as fire exists, and yet there is no place where fire (by itself) is stored up. But if a man rubs two sticks together the fire comes; just so, O king, Nirvâna exists, though there is no spot where it is stored up. And he who orders his life aright will, by careful attention, realize Nirvâna.'

-Milindapanha

  
**DAILY BUDDHIST WISDOM**

A person of wisdom should be truthful, without arrogance, without deceit, not slanderous and not hateful. The wise person should go beyond the evil of greed and miserliness.

Do not get excited by what is old, do not be contented with what is new. Do not grieve for what is lost or be controlled by desire.

-Sutta-nipata, translated by H. Saddhatissa



"I am not one's servant." So said the Buddha. "With what I have gained I wander about in all the world, without being subservient to anyone: therefore, it thou like, rain, O sky!"

-adapted from the Sutta-nipata translated by V. Fausboll



"Let alone seven years, monks, whoever practices on the Four Establishments of Mindfulness for six, five, four, three, two years, one year, or one month, can also expect one of two fruits-either the highest understanding in this very life or can attain the fruit of no-return.

"Let alone a month, monks, whoever practices the Four Establishments of Mindfulness one week can also expect one of two fruits-either the highest understanding in this very life or the fruit of no-return."

-Adapted from Satipatthana-sutta, translated by Thich Nhat Hanh and Annabel Laity



But when, having gone  
to the Buddha, Dhamma,  
& Sangha for refuge,  
you see with right discernment  
the four noble truths--  
stress,  
the cause of stress,  
the transcending of stress,  
& the noble eightfold path,  
the way to the stilling of stress:  
that's the secure refuge,  
that, the supreme refuge,  
having gone to which,  
you gain release  
from all suffering & stress.

-Dhammapada, 13, translated by Thanissaro Bhikkhu



There is really nothing you must be and there is nothing you must do. There is really nothing you must have and there is nothing you must know. There is really nothing you must become.

However, it helps to understand that fire burns, and when it rains, the earth gets wet.

-Zen saying



And those who have no mental vigilance,  
Though they may hear the teachings, ponder them or meditate,  
With minds like water seeping from a leaking jug,  
Their learning will not settle in their memories.

-Sântideva, "Bodhicaryâvatâra"



A monk asked, "The mountains, the rivers, and the great earth-from where did all of these things come forth?"

Tiantai said, "From where did this question come forth?"

-Zen's Chinese Heritage



Anything that acts as an antidote to self-grasping is Dharma practice. Whereas, even though we may engage in a great variety of practices that may appear to be spiritual, if they do not act to destroy our self-grasping, they are not Dharma practice.

-Gomo Tulku, "Becoming a Child of the Buddhas"



As a single slab of rock  
Won't budge in the wind,  
So the wise are not moved  
By praise,  
By blame.

Like a deep lake,  
Clear, unruffled, & calm;  
So the wise become clear,  
Calm,  
On hearing words of the Dhamma.

-Dhammapada, 6, translated by Thanissaro Bhikkhu.



Arrived at the finished,  
unfrightened, unblemished, free  
of craving, he has cut away  
the arrows of becoming.  
This physical heap is his last.

Free from craving,  
ungrasping,  
astute in expression,  
knowing the combination of sounds---  
which comes first & which after.  
He's called a  
last-body  
greatly discerning  
great man.

-Dhammapada, 351-352, translated by Thanissaro Bhikkhu



An accomplished person does not by a philosophical view, or by thinking become arrogant, for he is not of that sort; not by holy works, nor by tradition is he to be led, he is not led into any of the resting places of the mind.

-adapted from the Sutta-nipata, translated by V. Fausboll



Like a frontier fortress,  
guarded inside & out,  
guard yourself.  
Don't let the moment pass by.  
Those for whom the moment is past  
grieve, consigned to hell.

-Dhammapada, 22, translated by Thanissaro Bhikkhu.



Afflictions have reasons based on mind; when mindless, where can afflictions abide? If you do not bother to discriminate and grasp appearances, you will attain the way naturally in an instant. While dreaming, you act in dreams; when you awaken, dreamland doesn't exist. If you think back to waking and dreaming, they are not different from deluded dualism.

-Pao-chih



Actions motivated by attachment, aversion, or ignorance, regardless of any external appearances, are simply not Buddhist practices.

-Lorne Ladner, "Wheel Of Great Compassion"



Loosened & oiled  
Are the joys of a person.  
People, bound by enticement,  
looking for ease:  
to birth & aging they go.

-Dhammapada, 341, translated by Thanissaro Bhikkhu



All...phenomena are intrinsically void and yet this Mind with which they are identical is no mere nothingness.

-Huang Po, "Zen Teaching of Huang Po"



A monk asked, "All of the buddhas and all of the buddadharmas come forth from this sutra. What is this sutra?"

Qinshan said, "Forever turning."

-"Zen's Chinese Heritage"



Not to do any evil,  
To cultivate good,  
To purify one's mind--  
This is the advice of the Buddhas.

-Dhammapada, translated by Thanissaro Bhikkhu.



A man born in the world, by proper thought comes to delight in goodness, he recognizes the impermanence of wealth and beauty; and looks upon religion as his best ornament.

-Fo-Sho-Hing-Tsan-King



**DAILY BUDDHIST WISDOM**

A layman who has chosen to practice this Dhamma should not indulge in the drinking of intoxicants. He should not drink them nor encourage others to do so, realizing that it leads to madness. Through intoxication foolish people perform evil deeds and cause other heedless people to do likewise. He should avoid intoxication, this occasion for demerit, which stupefies the mind, and is the pleasure of foolish people.

-Sutta Nipata



**DAILY BUDDHIST WISDOM**

A man approached the Blessed One and wanted to have all his philosophical questions answered before he would practice.

In response, the Buddha said, "It is as if a man had been wounded by a poisoned arrow and when attended to by a physician were to say, 'I will not allow you to remove this arrow until I have learned the caste, the age, the occupation, the birthplace, and the motivation of the person who wounded me.' That man would die before having learned all this. In exactly the same way, anyone who should say, 'I will not follow the teaching of the Blessed One until the Blessed One has explained all the multiform truths of the world'-that person would die before the Buddha had explained all this."

-from the Majjhima Nikaya

*From "Teachings of the Buddha," edited by Jack Kornfield, 1993. Reprinted by arrangement with Shambhala Publications, Boston, [www.shambhala.com](http://www.shambhala.com).*



**DAILY BUDDHIST WISDOM**

Do not choose bad friends.  
Do not choose persons of low habits.  
Select good friends. Be discriminating.  
Choose the best.

-Dhammapada 78



**DAILY BUDDHIST WISDOM**

A monk asked, 'What is Shouchu's sword?'  
Shouchu said, 'Why?'  
The monk said, 'This student wants to know.'  
Shouchu said, 'Wrong!'

-Zen's Chinese Heritage



**DAILY BUDDHIST WISDOM**

He whose 36 streams,  
flowing to what is appealing, are strong:  
the currents--resolves based on passion--  
carry him, of base views, away.

They flow every which way, the streams,  
but the sprouted creeper stays  
in place.

Now, seeing that the creeper's arisen,  
cut through its root  
with discernment.

-Dhammapada, 24, translated by Thanissaro Bhikkhu.



**DAILY BUDDHIST WISDOM**

As a Buddhist monk my concern extends to all members of the human family and, indeed, to all sentient beings who suffer. I believe all suffering is caused by ignorance. People inflict pain on others in the selfish pursuit of their own happiness or satisfaction.

-His Holiness the Dalai Lama, Nobel Peace Prize Acceptance Speech, Oslo, December 1989



**DAILY BUDDHIST WISDOM**

As a blind man feels when he finds a pearl in a dustbin, so am I amazed by the miracles of awakening rising in my consciousness. It is the nectar of immortality that delivers us from death, the treasure that lifts us from death, the treasure that lifts us above poverty into the wealth of giving to life, the tree that gives shade to us when we roam about scorched by life, the bridge that takes us across the stormy river of life, the cool moon of compassion that calms our mind when it is agitated, the fun that dispels darkness, the butter made from the milk of kindness by churning it with the dharma. It is a feast of joy to which all are invited.

-adapted from the Bodhicharyavatara by Shantideva



**DAILY BUDDHIST WISDOM**

Even royal chariots  
well-embellished  
get run down,  
and so does the body  
succumb to old age.  
But the Dhamma of the good  
doesn't succumb to old age:  
the good let the civilized know.

-Dhammapada, 11, translated by Thanissaro Bhikkhu.



Buddha's teachings are so simple and straightforward. If you find them complicated, it is only because you have made them so. You may think, "I have a Ph.D. and have amassed all this knowledge, yet I still can't figure out how to begin practicing Dharma." The remedy is to take a good look at your own mind.

-Lama Thubten Yeshe, in "Wisdom Energy"



As all things are buddha-dharma, there is delusion and realization, practice, and birth and death, and there are buddhas and sentient beings.

As the myriad things are without an abiding self, there is no delusion, no realization, no buddha, no sentient being, no birth and death.

The buddha way is, basically, leaping clear of the many and the one; thus there are birth and death, delusion and realization, sentient beings and buddhas.

Yet in attachment blossoms fall, and in aversion weeds spread.

-Dogen, "Actualizing the Fundamental Point"



Drinking the Dhamma,  
refreshed by the Dhamma,  
one sleeps at ease  
with clear awareness & calm.  
In the Dhamma revealed  
by the noble ones,  
the wise person  
always delights.

-Dhammapada, 6, translated by Thanissaro Bhikkhu



As free human beings we can use our unique intelligence to try to understand ourselves and our world. But if we are prevented from using our creative potential, we are deprived of one of the

basic characteristics of a human being.

-His Holiness the Dalai Lama



A man named Liu Shiyu asked Yangshan, 'May I hear the principle of attaining mind?'

Yangshan said, 'If you want to attain mind, then there's no mind that can be attained. It is this unattainable mind that is known as truth.'

-Zen's Chinese Heritage



As long as the followers of the way hold regular and frequent assemblies, they may be expected to prosper and not decline. As long as they meet in harmony, break up in harmony, and carry on their business in harmony, they may be expected to prosper and not decline.

-from the Mahaparinibbana Sutta, translated by Maurice Walshe



A man was rowing his boat upstream on a very misty morning. Suddenly, he saw another boat coming downstream, not trying to avoid him. It was coming straight at him. He shouted, "Be careful! Be careful!" but the boat came right into him, and his boat was almost sunk. The man became very angry, and began to shout at the other person, to give him a piece of his mind. But when he looked closely, he saw that there was no one in the other boat. It turned out that the boat just got loose and went downstream. All his anger vanished, and he laughed and he laughed.

-Thich Nhat Nanh, "Being Peace"



An evil deed, when done,  
doesn't, like ready milk  
come out right away.  
It follows the fool,  
smoldering  
like a fire  
hidden in ashes.

-Dhammapada, 5, translated by Thanissaro Bhikkhu.



As from a large heap of flowers many garlands and wreaths are made, so by a mortal in this life there is much good work to be done.

-Buddha



## DAILY BUDDHIST WISDOM

Here in the world  
he takes nothing not-given  
--long, short,  
large, small,  
attractive, not:  
he's what I call  
a brahmin.

His longing for this  
& for the next world  
can't be found;  
free from longing, unshackled:  
he's what I call a brahmin.

-Dhammapada, 26, translated by Thanissaro Bhikkhu.



## DAILY BUDDHIST WISDOM

All the faults of our mind – our selfishness, ignorance, anger, attachment, guilt, and other disturbing thoughts – are temporary, not permanent and everlasting. And since the cause of our suffering – our disturbing thoughts and obscurations – is temporary, our suffering is also temporary.

-Lama Zopa Rinpoche, "Ultimate Healing:



## DAILY BUDDHIST WISDOM

Do not follow the ideas of others, but learn to listen to the voice within yourself. Your body and mind will become clear and you will realize the unity of all things.

The Buddha meditated for six years, Bodhidharma for nine. The practice of meditation is not a method for the attainment of realization—it is enlightenment itself.

-Zen Master Dogen, "The Practice of Meditation"



## DAILY BUDDHIST WISDOM

He who knows that all things are his mind,  
That all with which he meets are friendly,  
Is ever joyful.

-Hundred Thousand Songs of Milarepa



## DAILY BUDDHIST WISDOM

Do not form views in the world through either knowledge, virtuous conduct, or religious observances; likewise, avoid thinking of oneself as being either superior, inferior, or equal to others.

The wise let go of the "self" and being free of attachments they depend not on knowledge. Nor do they dispute opinions or settle into any view.

For those who have no wishes for either extremes of becoming or non-becoming, here or in another existence, there is no settling into the views held by others.

Nor do they form the least notion in regard to views seen, heard, or thought out. How could one influence those wise ones who do not grasp at any views.

-from the Sutta-nipata



I believe in justice and truth, without which there would be no basis for human hope.

-His Holiness the Dalai Lama



In learning this path, it is only important to walk on the real ground, to act on the basis of reality. The slightest phoniness, and you fall into the realm of demons.

-Liao-an

In whom there dwells no self-deception and no pride,  
Whose lust and selfishness are gone, who is desireless,  
Whose wrath is put away, whose self hath cool become-  
He is brahmin, he [is] a recluse, he is a monk.

-Udana



If you want others to be happy, practice compassion. If you want to be happy, practice compassion.

-His Holiness the Dalai Lama



Attachment is the mind stuck to an object.

-Lama Zopa Rinpoche, The Door to Satisfaction

  
**DAILY BUDDHIST WISDOM**

Brief time have sons of men on earth to live.  
Let the good man herein much trouble take.  
Acting as were his turban all a-blaze.  
There is no man to whom death cometh not.

-Samyutta Nikâya

  
**DAILY BUDDHIST WISDOM**

Before the cosmic net is spread, how can its thousands of pearls be seen? When it is suddenly raised by its universal rope, the myriad eyes spontaneously open.

-Ts'ao-t'ang

  
**DAILY BUDDHIST WISDOM**

He's called a Brahmin  
for having banished his evil,  
a contemplative  
for living in consonance,  
one gone forth  
for having forsaken  
his own impurities.

-Dhammapada, 26, translation by Thanissaro Bhikkhu.

  
**DAILY BUDDHIST WISDOM**

Conquer your foe by force, you increase his enmity; conquer by love, and you will reap no after-sorrow.

-Fo-Sho-Hing-Tsan-King

  
**DAILY BUDDHIST WISDOM**

Everything comes to pass, nothing comes to stay.

-Matthew Flickstein, "Journey To The Center"

  
**DAILY BUDDHIST WISDOM**

If he recites many teachings, but  
--heedless man--  
doesn't do what they say,  
like a cowherd counting the cattle of

others,  
he has no share in the contemplative life.

-Dhammapada, 1, translated by Thanissaro Bhikkhu.



Arise! Sit up!  
What advantage is there in your sleeping;  
What sleep is there to those who are afflicted by disease,  
Pierced by the arrow of suffering?

-Sutta Nipata



'I have sons, I have wealth'-  
the fool torments himself.  
When even he himself  
doesn't belong to himself,  
how then sons?  
How wealth?

-Dhammapada, 62, translated by Thanissaro Bhikkhu



Because we all share this planet earth, we have to learn to live in harmony and peace with each other and with nature. This is not just a dream, but a necessity.

-His Holiness the Dalai Lama



Be loving, be kind  
And follow the ways of goodness.  
Committed, and longing for the goal,  
Always keep going with courage.  
To dally and delay will not help you.  
But to be ardent is sure and safe.  
When you see it, cultivate the path,  
So you will touch and make your own  
The Deathless Way.

-Psalms of the Early Buddhists



By realizing that all forms are self-awareness,  
I have beheld my consort's face-the true Mind Within.

-Hundred Thousand Songs of Milarepa



Bhikkus, if beings knew, as I know, the result of giving and sharing, they would not eat without having given nor would they allow the stain of meanness to obsess them and take root in their minds. Even if it were their last morsel, their last mouthful, they would not enjoy eating without having shared it, if there were someone to share it with.

-Itivuttaka



Heedfulness: the path to the Deathless.  
Heedlessness: the path to death.  
The heedful do not die.  
The heedless are as if  
already dead.  
Knowing this as a true distinction,  
those wise in heedfulness  
rejoice in heedfulness,  
enjoying the range of the noble ones.

The enlightened, constantly  
absorbed in jhana,  
persevering,  
firm in their effort:  
they touch Unbinding,  
the unexcelled safety from bondage.

-Dhammapada, 21-23, translated by Thanissaro Bhikkhu



Dharma that's done is destroyed from without.  
Dharma that happens dawns from within.

-Adept Godrakpa, in "Hermit of Go Cliffs"



Attention is living; inattention is dying.  
The attentive never stop; the inattentive are dead already.

-Dhammapada 21, translated by Thanissaro Bhikkhu.



**DAILY BUDDHIST WISDOM**

Due to having faith one relies on the practices,  
Due to having wisdom one truly knows.  
Of these two wisdom is the chief,  
Faith is the prerequisite.

-Nagarjuna, "Precious Garland 5"



**DAILY BUDDHIST WISDOM**

Don't be discriminatory, don't keep a grasping and rejecting attitude. For this reason it is said,  
"Truth has no comparison, because it is not relative to anything."

-Hui-chung



**DAILY BUDDHIST WISDOM**

Love yourself and be awake-  
Today, tomorrow, always.

First establish yourself in the way,  
Then teach others,  
And so defeat sorrow.

To straighten the crooked  
You must first do a harder thing-  
Straighten yourself.

You are your only master.  
Who else?  
Subdue yourself,  
And discover your master.

-from the Dhammapada



**DAILY BUDDHIST WISDOM**

Don't cling to your own understanding. Even if you do understand something, you should ask yourself if there might be something you have not fully resolved, or if there may be some higher meaning yet.

-Dogen



**DAILY BUDDHIST WISDOM**

Having cut every fetter,  
he doesn't get ruffled.

Beyond attachment,  
unshackled:  
he's what I call  
a brahmin.

Having cut the strap & thong,  
cord & bridle,  
having thrown off the bar,  
awakened:  
he's what I call  
a brahmin.

-Dhammapada, 26, translated by Thanissaro Bhikkhu.



A monk asked Shigui, "What is the first principle?"  
Shigui said, "What you just asked is the second principle."

- "Zen's Chinese Heritage"



By giving, merit grows, by restraint, hatred's checked. He who's skilled abandons evil things. As  
greed, hate and folly wane, Nibbana's gained.

-Digha Nikaya



Buddha is no longer Buddha when you enclose him in your mind—Buddha becomes only your  
mind's discriminative notion.

-Jae Woong Kim, "Polishing the Diamond"



Chih-men was asked, "What is my self?"  
He replied, "Who is asking?"  
The questioner said, "Please help me more."  
Chih-men said, "The robber is a coward at heart."

-The Self



As a bee--without harming  
the blossom,  
its color

its fragrance--  
takes its nectar & flies away:  
so should the sage  
go through a village.

-Dhammapada, 4, translated by Thanissaro Bhikkhu.



Devoid of form and color,  
Excelling the sense of realms,  
Is this wondrous mind  
Out-reaching words and phrases.

-Hundred Thousand Songs of Milarepa



From what's loved is born grief,  
from what's loved is born fear.  
For one freed from what's loved  
there's no grief  
—so how fear?

-Dhammapada, 213, translated by Thanissaro Bhikkhu



Not by matted hair,  
by clan, or by birth,  
is one a brahmin.  
Whoever has truth  
& rectitude:  
he is a pure one,  
he, a brahmin.

What's the use of your matted hair,  
you dullard?  
What's the use of your deerskin cloak?  
The tangle's inside you.  
You comb the outside.

-Dhammapada, 26, translated by Thanissaro Bhikkhu.



It is crucial to know when it is appropriate to withdraw our attention from things that disturb our mind. However, if the only way we know how to deal with certain objects is to avoid them, there will be a severe limit as to how far our spiritual practice can take us.

-Lama Thubten Yeshe, "Introduction to Tantra"



It is not sufficient for religious people to be involved with prayer. Rather, they are morally obliged to contribute all they can to solving the world's problems.

-His Holiness the Dalai Lama



In order to train in the path that would allow us to transform death, the intermediate state, and rebirth, we have to practice on three occasions: during the waking state, during the sleeping state, and during the process of death.

-His Holiness The Dalai Lama, "Sleeping, Dreaming and Dying"



As in a pile of rubbish  
cast by the side of a highway  
a lotus might grow  
clean-smelling  
pleasing the heart,  
so in the midst of the rubbish-like,  
people run-of-the-mill & blind,  
there dazzles with discernment  
the disciple of the Rightly  
Self Awakened One.

-Dhammapada, 4, translated by Thanissaro Bhikkhu



Not by harming life  
Does one become noble.  
One is termed noble  
For being gentle  
To all living things.

-Dhammapada, 19, translated by Thanissaro Bhikkhu.



It is easy for the good person to do good deeds, but for the evil one it is difficult to do good deeds.  
It is easy for the evil person to do bad deeds, but it is difficult for the good one to do bad deeds.

-Udana



A buddha is one who does not seek. In seeking this, you turn away from it. The principle is the principle of nonseeking; when you seek it, you lose it.

-Pai-chang



As rain penetrates an improperly shingled roof, so passion overwhelms a confused mind.

-Buddha



What, now is the Noble Truth of the Origin of Suffering?

It is craving, which gives rise to fresh rebirth, and, bound up with pleasure and lust, now here, now there, finds ever-fresh delight. But where does this craving arise and take root? Wherever in the world there are delightful and pleasurable things, there this craving rises and takes root. Eye, ear, nose, tongue, body and mind are delightful and pleasurable: there this craving arises and takes root.

-The Four Noble Truths (from the Samyutta Nikaya, translated by Nyanatiloka)



Like a merchant with a small  
But well-laden caravan  
--a dangerous road,  
like a person who loves life  
--a poison,  
one should avoid  
--evil deeds.

-Dhammapada, 9, translated by Thanissaro Bhikkhu.



When a person has lived properly and acted generously, he grasps the way things are. He is not dependent on attachments; he is free from anger and aversions; what he does becomes perfect action.

The pureness of perfectly balanced action based on seeing the way things are--this is freedom and the ending of ignorance.

-Sutta Nipata



**DAILY BUDDHIST WISDOM**

When everything is clean-clear in your own mind,  
nobody can create obstacles for you.

-Lama Thubten Yeshe, "The Bliss of Inner Fire"



**DAILY BUDDHIST WISDOM**

Make an island for yourself!  
Work quickly! Be wise!  
With impurities all blown away,  
unblemished,  
you won't again undergo birth  
& aging.

-Dhammapada, 18, translated by Thanissaro Bhikkhu.



**DAILY BUDDHIST WISDOM**

Whether you believe in God or not does not matter so much, whether you believe in Buddha or not  
does not matter so much. You must lead a good life.

-His Holiness the Dalai Lama



**DAILY BUDDHIST WISDOM**

Whenever you hear that someone else has been successful, rejoice. Always practice rejoicing for  
others--whether your friend or your enemy. If you cannot practice rejoicing, no matter how long  
you live, you will not be happy.

-Lama Zopa Rinpoche, "Transforming Problems Into Happiness"



**DAILY BUDDHIST WISDOM**

You should do the work yourself, for buddhas only teach the way.

-Dhammapada



**DAILY BUDDHIST WISDOM**

When you are deluded, you are used by your body. When you are enlightened, you use your body.

-Bunan



**DAILY BUDDHIST WISDOM**

When you turn upward, Buddhas and devils appear without a trace; mountains and seas vanish.

When you turn downward, clerics are clerics, lay folk are lay folk.

You transcend seeing and hearing, get rid of all independence, and ride at leisure on top of sound and form, mastering that which startles the crowd.

-Huai-t'ang



Your own self is  
your own mainstay,  
for who else could your mainstay be?  
With you yourself well-trained  
you obtain the mainstay  
hard to obtain.

-Dhammapada 12, translated by Thanissaro Bhikkhu



Who wrote this play in which we have to laugh, cry, and exit according to the script? No god can write it, nor can Buddha. Only your own mind can write it.

-Jae Woong, "Polishing the Diamond"



The impulse "I want" and the impulse "I'll have"--lose them! That is where most people get stuck--without those, you can use your eyes to guide you through this suffering state.

-Sutta Nipata



Whoever, with a rod,  
harasses an innocent man, unarmed,  
quickly falls into any of ten things:  
harsh pains, devastation, a broken body, grave illness, mental derangement, trouble with the  
government, violent slander, relatives lost, property dissolved, houses burned down.  
At the break-up of the body  
this one with no disconcertment,  
reappears in  
hell.

-Dhammapada, 137-140, translated by Thanissaro Bhikkhu

  
**DAILY BUDDHIST WISDOM**

The bliss of a truth-seeking life is attainable for anyone who follows the path of unselfishness. If you cling to your wealth, it is better to throw it away than let it poison your heart. But if you don't cling to it but use it wisely, then you will be a blessing to people. It's not wealth and power that enslave men but the clinging to wealth and power.

-Majjhima Nikaya

  
**DAILY BUDDHIST WISDOM**

The king said: 'Venerable Nagasena, where does wisdom dwell?'  
'Nowhere, O king.'  
'Then, Sir, there is no such thing as wisdom.'  
'Where does the wind dwell, O king?'  
'Not anywhere, Sir.'  
'So there is no such thing as wind.'  
'Well answered, Nagasena!'

-Milindapanha 77

  
**DAILY BUDDHIST WISDOM**

Whoever takes a rod  
to harm living beings desiring ease,  
when he himself is looking for ease,  
will meet with no ease after death.

Whoever doesn't take a rod  
to harm living beings desiring ease,  
when he himself is looking for ease,  
will meet with ease after death.

-Dhammapada, 10, translated by Thanissaro Bhikkhu.

  
**DAILY BUDDHIST WISDOM**

Each form, each particle, is a Buddha. One form is all Buddhas. All forms, all particles, are all Buddhas. All forms, sounds, scents, feelings, and phenomena are also like this, each filling all fields.

-Pai-chang

  
**DAILY BUDDHIST WISDOM**

I prostrate to the Perfect Buddha,  
The best of teachers, who taught that  
Whatever is dependently arisen is

Unceasing, unborn,  
Unannihilated, not permanent,  
Not coming, not going,  
Without distinction, without identity,  
And free from conceptual construction.

-Nâgârjuna



The fire which fiercely burns the desert grass (dies out), and then the grass will grow again;  
But when the fire of lust burns up the heart, then how hard for true religion there to dwell!

-Fo-Sho-Hing-Tsan-King



If you would be freed of greed, first you have to leave egotism behind. The best mental exercise for relinquishing egotism is contemplating impermanence.

-Dogen



O you who wish to guard your minds,  
I beseech you with folded hands;  
Always exert yourselves to guard  
Mindfulness and alertness!

-Santideva, "Bodhicaryavatara"



The supreme Understanding transcends all this and that. The supreme Action embraces great resourcefulness without attachment. The supreme Accomplishment is to realize immanence without hope.

-Translation by Garma C.C. Chang



The very purpose of our life is happiness, the very motion of our lives is toward happiness.

-His Holiness the Dalai Lama



**DAILY BUDDHIST WISDOM**

Ordinary life and Buddhahood have no distinction. Great knowledge is not different from ignorance. Why should one seek outwardly for a treasure, when the field of the body has its own bright jewel?

-Pao-chih, "The Nonduality of Buddhahood and Ordinary Life"



**DAILY BUDDHIST WISDOM**

The world is apprehended by way of the mind  
The world is acted upon by way of the mind  
And all good things and bad  
Exist in the world by way of the mind.

-Samyutta Nikaya



**DAILY BUDDHIST WISDOM**

The fool who thinks he is a fool is for that very reason a wise man;  
But the fool who thinks he is a wise man is rightly called a fool.

-Dhammapada 63



**DAILY BUDDHIST WISDOM**

Pride and indifference shroud this heart, too, as the sun is obscured by the piled-up clouds;  
supercilious thoughts root out all modesty of mind, and sorrow saps the strongest will.

-Fo-Sho-Hing-Tsan-King



**DAILY BUDDHIST WISDOM**

Pulling up  
My robes, I draw magic water  
From the spring and let it surge,  
To scrub clogs and headcloth. Smokey.  
Haze breaking over fir and bamboo,  
Clears and concentrates  
The mind and spirit.

-Chien Chang, "The Clouds Should Know Me By Now"



**DAILY BUDDHIST WISDOM**

The man immersed in  
gathering blossoms,  
his heart distracted:  
death sweeps him away--  
as a great flood,  
a village asleep.

The man immersed in  
gathering blossoms,  
his heart distracted,  
insatiable in sensual pleasures:  
the End-Maker holds him  
under his sway.

-Dhammapada, 4, translated by Thanissaro Bhikkhu



Should we free our mind from attachment to all 'things,' the Path becomes clear; otherwise, we put ourselves under restraint.

-The Sutra of Hui Neng



All beings are by nature Buddha,  
as ice by nature is water.  
Apart from water there is no ice;  
apart from beings, no Buddha.

-Hakuin Zenji, "Song of Zazen"



The good shine from afar  
Like the snowy Himalayas.  
The bad don't appear  
Even when near,  
Like arrows shot into the night.

-Dhammapada, 21, translated by Thanissaro Bhikkhu.



For the one who has no inner, angry thoughts,  
Who has gone past being a someone, a this or a that,  
That one is free from fear and is blissful.  
Even the gods cannot win such serenity.

-Udana Sutta



**DAILY BUDDHIST WISDOM**

Adopting an attitude of universal responsibility is essentially a personal matter. The real test of compassion is not what we say in abstract discussions but how we conduct ourselves in daily life.

-His Holiness the Dalai Lama, "Imagine All the People"



**DAILY BUDDHIST WISDOM**

There's no fire like passion,  
no seizure like anger,  
no snare like delusion,  
no river like craving.

-Dhammapada, 18, translated by Thanissaro Bhikkhu



**DAILY BUDDHIST WISDOM**

Everywhere clinging to pleasure is destroyed, the great dark is torn apart, and Death, you too are destroyed.

-Therigatha, translated by Susan Murcott



**DAILY BUDDHIST WISDOM**

By day shines the sun;  
by night, the moon;  
in armor, the warrior;  
in jhana, the Brahmin.  
But all day & all night,  
every day & every night,  
the Awakened One shines  
in splendor.

-Dhammapada, 26, translation by Thanissaro Bhikkhu.



**DAILY BUDDHIST WISDOM**

On the basis of the belief that all human beings share the same divine nature, we have a very strong ground, a very powerful reason, to believe that it is possible for each of us to develop a genuine sense of equanimity toward all beings.

-His Holiness the Dalai Lama, "The Good Heart"



**DAILY BUDDHIST WISDOM**

To cling to oneself as Buddha, oneself as Zen or the way, making that an understanding, is called clinging to the inward view.

Attainment by causes and conditions, practice and realization, is called the outward view.

Master Pao-chih said, "The inward view and the outward view are both mistaken."

-Pai-chang



Greater in battle  
than the man who would conquer  
a thousand-thousand men,  
is he who would conquer  
just one--  
himself.

-Dhammapada, 8, translated by Thanissaro Bhikkhu.



On a certain day, month and year one should observe the ceremony of tree-planting. Thus, one fulfils one's responsibilities, serves one's fellow-beings which not only brings happiness but benefits all.

-His Holiness the Dalai Lama, October 1993



To be attached to one's own happiness  
is a barrier to the true and perfect path.  
To cherish others is the source  
of every admirable quality.

-Tsongkhapa, "The Splendor of an Autumn Moon"



[A]ll manifestations (consist in) Mind, and Mind is the Illuminating-Voidness without any shadow or impediment.

-Hundred Thousand Songs of Milarepa



"I am breathing in and liberating my mind. I am breathing out and liberating my mind." One practices like this.

-The Sutra on Full Awareness of Breathing, translated by Thich Nhat Hanh



**DAILY BUDDHIST WISDOM**

"Here I'll stay for the rains.  
Here, for the summer and winter."  
So imagines the fool,  
unaware of obstructions.

That drunk-on-his-sons-and-cattle man,  
all tangled up in the mind:  
death sweeps him away —  
as a great flood,  
a village asleep.

-Dhammapada, 286-287, translated by Thanissaro Bhikkhu



**DAILY BUDDHIST WISDOM**

A gold Buddha can't get through a furnace, a wood Buddha can't get through a fire, and a clay Buddha can't get through water. The real Buddha sits within: enlightenment, nirvana, suchness, and Buddha-nature are all clothes sticking to the body.

-Chao-chou



**DAILY BUDDHIST WISDOM**

A hundred thousand worlds are flowers in the sky,  
a single mind and body is moonlight in the water;  
once the cunning ends and information stops,  
at that moment there is no place for thought.

-Han-Shan Te-Ch'ing in *The Clouds Should Know Me By Now*



**DAILY BUDDHIST WISDOM**

Abandon anger,  
Be done with conceit,  
Get beyond every fetter.  
When for name & form  
You have no attachment  
--have nothing at all--  
no sufferings, no stresses, invade.

-Dhammapada 17, translated by Thanissaro Bhikkhu.



**DAILY BUDDHIST WISDOM**

A mantra is not like a prayer to a divine being. Rather, the mantra is the deity, is enlightenment, immediately manifest.

-Lorne Ladner, "Wheel of Great Compassion"



"I am not, I will not be.  
I have not, I will not have."  
That frightens all the childish  
And extinguishes fear in the wise.

-Nagarjuna, "Precious Garland"



[The] defilements are like a cat. If you feed it, it will keep coming around. Stop feeding it, and eventually it will not bother to come around anymore.

-Ajahn Chah, "Still Forest Pool"



Calmed in body,  
calmed in speech,  
well-centered & calm,  
having disgorged the baits of the world,  
a monk is called  
thoroughly  
calmed.

-Dhammapada, 25, translated by Thanissaro Bhikkhu.



Actually, emptiness of mind is not even a state of mind, but the original essence of mind which Buddha and the Sixth Patriarch experienced. "Essence of mind," "original mind," "original face," "Buddha nature," "emptiness"--all these words mean the absolute calmness of our mind.

-Shunryu Suzuki, "Zen Mind, Beginner's Mind"



Ashamed of what's not shameful,  
not ashamed of what is,  
beings adopting wrong views  
go to a bad destination.

Seeing danger where there is none,  
and no danger where there is,  
beings adopting wrong views,  
go to a bad destination.

-Dhammapada, 22, translated by Thanissaro Bhikkhu



Abandoning harsh speech, he abstains from harsh speech, he speaks such words as are gentle, pleasing to the ear, and lovable, as go to the heart, are courteous, desired by many and agreeable to many.

-Majjhima-Nikaya



All the wealth you've acquired  
from beginningless time until now  
has failed to fulfill all your desires.  
Cultivate therefore this wish-granting gem  
of moderation, O fortunate ones.

-Milarepa, "Drinking the Mountain Stream"



All tremble when there is a weapon,  
Everyone fears death;  
Feeling for others as for oneself,  
One should neither kill nor cause to kill.

-Dhammapada



At a time when people are so conscious of maintaining their physical health by controlling their diets, exercising and so forth, it makes sense to try to cultivate the corresponding positive mental attitudes too.

-His Holiness the Dalai Lama, 1963



Attentiveness is the path to true life;  
Indifference is the path to death.  
The attentive do not die;  
The indifferent are as if they are dead already.

-Dhammapada



**DAILY BUDDHIST WISDOM**

Clinging to sense pleasures, to sensual ties,  
Seeing in fetters nothing to be blamed,  
Never will those tied down by fetters  
Cross the flood so wide and great.

-Udana



**DAILY BUDDHIST WISDOM**

Although a suspicious mind is bad, still it is wrong to cling to what you shouldn't believe in, or to fail to ask about a truth you should seek.

-Dogen



**DAILY BUDDHIST WISDOM**

As a tree with strong uninjured roots, though cut down, grows up again, so, when deep craving is not rooted out, suffering arises again and again.

-Dhammapada



**DAILY BUDDHIST WISDOM**

As stars, a lamp, a fault of vision,  
As dewdrops or a bubble,  
A dream, a lightning flash, a cloud,  
So one should see conditioned things.

-Diamond Sutra



**DAILY BUDDHIST WISDOM**

"I, without grasping, will pass beyond sorrow,  
And I will attain nirvana," one says.  
Whoever grasps like this  
Has great grasping.

-Nagarjuna; *Mulamadhyamaka-Karika*



**DAILY BUDDHIST WISDOM**

At the heart of Buddhist meditation are concentration and inquiry. When you cultivate these two qualities in meditation, you develop your ability to be quiet and clear, to offer understanding and love.

-Martine Bachelor, "Meditation for Life"



“Live in joy,  
In love,  
Even among those who hate.

Live in joy,  
In health,  
Even among the afflicted.

Live in joy,  
In peace,  
Even among the troubled.

Look within.  
Be still.  
Free from fear and attachment,  
Know the sweet joy of the way.”

-from the Dhammapada



Brute force, no matter how strongly applied, can never subdue the basic human desire for freedom and dignity. It is not enough, as communist systems have assumed, merely to provide people with food, shelter and clothing. Human nature needs to breathe the precious air of liberty.

-His Holiness the Dalai Lama



At the time for initiative  
he takes no initiative.  
Young, strong, but lethargic,  
the resolves of his heart  
exhausted,  
the lazy, lethargic one  
loses the path  
to discernment.

-Dhammapada 280, translated by Thanissaro Bhikkhu  
[A Declaration of Interdependence](#)



Don't say mindlessness is itself Zen; there is an even more recondite road herein. After you have overturned the donkey-tethering stake, as you hit the south you move the north.

-Huai-shan



Focus,  
not on the rudenesses of others,  
not on what they've done  
or left undone,  
but on what you  
have & haven't done  
yourself.

-Dhammapada, 4, translation by Thanissaro Bhikkhu.



A sage does not speak in terms of being equal, lower or higher. Calmed and without selfishness he neither grasps nor rejects.

-Sutta Nipata



And better than a hundred years  
lived apathetic & unenergetic, is  
one day  
lived energetic & firm.

-Dhammapada, 8, translated by Thanissaro Bhikkhu.



Another shortcoming of desire is that it leads to so much that is undesirable.

-Lama Zopa Rinpoche, "The Door to Satisfaction"



As *kusa* grass, wrongly grasped,  
Only cuts one's hand,  
So the ascetic life, wrongly taken up,  
Drags one down to hell.

-"Connected Discourses of the Buddha"

  
**DAILY BUDDHIST WISDOM**

Anger or hatred is like a fisherman's hook. It is very important for us to ensure that we are not caught by it.

-His Holiness the Dalai Lama

  
**DAILY BUDDHIST WISDOM**

Delightful wilds  
where crowds don't delight,  
those free from passion delight,  
for they're not searching  
for sensual pleasures.

-Dhammapada 7, translated by Thanissaro Bhikkhu

  
**DAILY BUDDHIST WISDOM**

Compassion is the best healer.

-Lama Zopa Rinpoche, *Ultimate Healing*

  
**DAILY BUDDHIST WISDOM**

Abandoning gossip, he abstains from gossip; he speaks at the right time, speaks what is fact, speaks on what is good, speaks on the Dhamma and the Discipline; at the right time he speaks such words as are worth recording, reasonable, moderate, and beneficial.

-Majjhima-Nikaya

  
**DAILY BUDDHIST WISDOM**

"He insulted me, he hurt me, he defeated me, he robbed me."  
Those who think such things will not be free from hate.

-Buddha

  
**DAILY BUDDHIST WISDOM**

Delightful wilds  
where crowds don't delight,  
those free from passion delight,  
for they're not searching  
for sensual pleasures.

-Dhammapada 7, translated by Thanissaro Bhikkhu



**DAILY BUDDHIST WISDOM**

As a cowherd with a rod  
drives cows to the field,  
so aging and death  
drive the life  
of living beings.

-Dhammapada, 135, translated by Thanissaro Bhikkhu



**DAILY BUDDHIST WISDOM**

By him who speaks only to help beings,  
It was said that all beings  
Have arisen from the conception of I  
And are enveloped with the conception of mine.

-Nagarjuna, "Precious Garland"



**DAILY BUDDHIST WISDOM**

As in the ocean's midmost depth no wave is born, but all is still, so let the practitioner be still, be motionless, and nowhere should one swell.

-Sutta-nipata, translated by Dines Anderson and Helmer Smith



**DAILY BUDDHIST WISDOM**

A monk with his mind at peace,  
going into an empty dwelling,  
clearly seeing the Dhamma aright:  
his delight is more  
than human.

-Dhammapada, 373, translated by Thanissaro Bhikkhu



**DAILY BUDDHIST WISDOM**

Body impermanent like spring mist;  
mind insubstantial like empty sky;  
thoughts unestablished like breezes in space.  
Think about these three points over and over.

-Adept Godrakpa, "Hermit of Go Cliffs"



**DAILY BUDDHIST WISDOM**

And from all other cares released, the mind set on collecting my own spirit, to unify and discipline my spirit will I strive.

-Buddha



We should not seek revenge on those who have committed crimes against us, or reply to their crimes with other crimes. We should reflect that by the law of karma, they are in danger of lowly and miserable lives to come, and that our duty to them, as to every being, is to help them to rise towards Nirvana, rather than let them sink to lower levels of rebirth.

-His Holiness the Dalai Lama



A monk with his mind at peace,  
going into an empty dwelling,  
clearly seeing the Dhamma aright:  
his delight is more  
than human.

-Dhammapada, 373, translated by Thanissaro Bhikkhu



If we do not try, we will not know.

-Ayya Khema, *Be An Island*



All things are free-flowing, untrammelled—what bondage is there, what entanglement? You create your own difficulty and ease therein. The mind source pervades the ten directions with one continuity; those of the most excellent faculties understand naturally.

-Tzu-hu



As in a pile of rubbish  
cast by the side of a highway  
a lotus might grow  
clean-smelling  
pleasing the heart,  
so in the midst of the rubbish-like,  
people run-of-the-mill & blind,  
there dazzles with discernment

the disciple of the Rightly  
Self Awakened One.

-Dhammapada, 4, translated by Thanissaro Bhikkhu



A shortcut into the path is to be inwardly empty and outwardly quiet, like water that is clear and still, myriad images reflecting in it, neither sinking nor floating, all things spontaneously so.

-Fu-jung



The ultimate source of peace in the family, the country, and the world is altruism.

-His Holiness the Dalai Lama, *The Meaning of Life*



"It seems as though the rivers of craving are running in every direction," said Ajita, "How can we dam them and hold them back? What can we use to close the floodgates?"

The Buddha said: "Any river can be stopped with the dam of mindfulness. Caring and thoughtfulness are the flood stoppers. With wisdom you can close the floodgate."

-Sutta Nipata



Better  
than if there were thousands  
of meaningless verses is  
one  
meaningful  
verse  
that on hearing  
brings peace.

And better than chanting hundreds  
of meaningless verses is  
one Dhamma-saying  
that on hearing  
brings peace.

-Dhammapada, 8, translated by Thanissaro Bhikkhu.



Due to having many parts there is no unity,  
There is not anything without parts.  
Further, without one, there is not many.  
Also, without existence there is no non-existence.

-Nagarjuna, "Precious Garland 71"



Even as a great rock is not shaken by the wind, the wise man is not shaken by praise or blame.  
-Buddha



Abandoning false speech, he abstains from false speech; he speaks truth, adheres to truth, is trustworthy and reliable, one who is no deceiver of the world.

-Majjhima Nikaya



O let us live in joy, although having nothing! In joy let us live like spirits of light!

-Buddha



I believe that to meet the challenges of our times, human beings will have to develop a greater sense of universal responsibility. Each of us must learn to work not just for oneself, one's own family or nation, but for the benefit of all humankind. Universal responsibility is the key to human survival. It is the best foundation for world peace.

-His Holiness the Dalai Lama



Don't strain. Don't force anything or make grand, exaggerated efforts. Meditation is not aggressive. There is no place or need for violent striving. Just let your effort be relaxed and steady.

-Bhante Henepola Gunaratana, "Mindfulness in Plain English"



There are those with *enlightened knowledge*: this is not knowledge by birth, or knowledge by learning: it is beginningless in *here*, having transcended the bounds of self and other, it is *being unbound by knowledge of self and other*.

-Dogen; *Rational Zen*



Seeing ourselves plainly, we can change, and as we do so, it brings a feeling of great relief, as if we had dropped a heavy load.

-Ayya Khema, "Who is My Self?"



Arouse your will, supreme and great,  
Practice love, give joy and protection;  
Let your giving be like space,  
Without discrimination or limitation.

Do good things, not for your own sake  
But for all the beings in the universe;  
Save and make free everyone you encounter,  
Help them attain the wisdom of the way.

-Prajnaparamita



Those who wish to guard their practice  
Should very attentively guard their minds  
For those who do not guard their minds  
Will be unable to guard their practice.

-Santideva, "Bodhicaryavatara"



See everyone as Buddha. This purifies the mind of ignorance and arrogance.

-Master Baek, "Polishing The Diamond"



Spirituality I take to be concerned with those qualities of the human spirit—such as love and compassion, patience, a sense of responsibility, a sense of harmony, which bring happiness to both self and others.

-His Holiness the Dalai Lama



**DAILY BUDDHIST WISDOM**

I like to walk alone on country paths, rice plants and wild grasses on both sides, putting each foot down on the earth in mindfulness, knowing that I walk on the wondrous earth. In such moments, existence is a miraculous and mysterious reality.

People usually consider walking on water or in thin air a miracle. But I think the real miracle is not to walk either on water or in thin air, but to walk on earth. Every day we are engaged in a miracle which we don't even recognize: a blue sky, white clouds, green leaves, the black, curious eyes of a child--our own two eyes. All is a miracle.

-Thich Nhat Hanh, "Miracle of Mindfulness"



**DAILY BUDDHIST WISDOM**

Resistance does not mean walls and fences, nonresistance does not mean open space. If you can understand in this way, mind and matter are fundamentally the same.

-Tsu-hsin



**DAILY BUDDHIST WISDOM**

You can't negate negation so how can being be?

-Shih-Shu, "The Clouds Should Know Me By Now"



**DAILY BUDDHIST WISDOM**

Some people live closely guarded lives, fearful of encountering someone or something that might shatter their insecure spiritual foundation. This attitude, however, is not the fault of religion but of their own limited understanding. True Dharma leads in exactly the opposite direction. It enables one to integrate all the many diverse experiences of life into a meaningful and coherent whole, thereby banishing fear and insecurity completely.

-Lama Thubten Yeshe, "Wisdom Energy"



**DAILY BUDDHIST WISDOM**

Right meditation is not escapism; it is not meant to provide hiding-places for temporary oblivion. Realistic meditation has the purpose of training the mind to face, to understand and to conquer this very world in which we live.

-Nyanaponika Thera, "Power of Mindfulness"



**DAILY BUDDHIST WISDOM**

Without good motivation, science and technology, instead of helping, bring more fear and threaten

global destruction. Compassionate thought is very important for humankind.

-His Holiness the Dalai Lama



Whatever attitudes we habitually use toward ourselves, we will use on others, and whatever attitudes we habitually use toward others, we will use on ourselves. The situation is comparable to our serving food to ourselves and to other people from the same bowl. Everyone ends up eating the same thing--we must examine carefully what we are dishing out.

-Bhante Henepola Gunaratana, "Eight Mindful Steps to Happiness"



Better to conquer yourself  
than others.  
When you've trained yourself,  
living in constant self-control,  
neither a deva nor gandhabba,  
nor a Mara banded with Brahmas,  
could turn that triumph  
back into defeat.

-Dhammapada, 8, translated by Thanissaro Bhikkhu.



"I am breathing in and making my whole body calm and at peace. I am breathing out and making my whole body calm and at peace.' This is how one practices."

-The Sutra on Full Awareness of Breathing



The path to material gain  
goes one way,  
the way to Unbinding,  
another.  
Realizing this, the monk,  
a disciple to the Awakened One,  
should not relish offerings,  
should cultivate seclusion  
instead.

-Dhammapada, 5, translated by Thanissaro Bhikkhu.



Birth is an expression complete this moment. Death is an expression complete this moment. They are like winter and spring. You do not call winter the beginning of spring, nor summer the end of spring.

-Genjo Koan



The most valuable learning is not about memorizing facts and figures. It is not about higher grade point averages and accumulating degrees. It is about life itself, and its impact is on the heart.

-Rodney Smith, "Lessons From the Dying"



Neither from itself nor from another,  
Nor from both,  
Nor without a cause,  
Does anything whatever, anywhere arise.

-Nagarjuna, Mulamadhyamaka-Karika



The problem isn't materialism as such. Rather it is the underlying assumption that full satisfaction can arise from gratifying the senses alone. Unlike animals whose quest for happiness is restricted to survival and to the immediate gratification of sensory desires, we human beings have the capacity to experience happiness at a deeper level which, when achieved, can overwhelm unhappy experiences.

-His Holiness the Dalai Lama



Winning gives birth to hostility.  
Losing, one lies down in pain.  
The calmed lie down with ease,  
having set  
winning & losing  
aside.

-Dhammapada, 15, translated by Thanissaro Bhikkhu.



Enlightenment--that magnificent escape from anguish and ignorance--never happens by accident. It results from the brave and sometimes lonely battle of one person against his own weaknesses.

-Bhikkhu Nyanasobhano, "Landscapes of Wonder"



**DAILY BUDDHIST WISDOM**

Winning gives birth to hostility.  
Losing, one lies down in pain.  
The calmed lie down with ease,  
having set  
winning & losing  
aside.

-Dhammapada, 15, translated by Thanissaro Bhikkhu.



**DAILY BUDDHIST WISDOM**

Experiencing emptiness is also experiencing peace, and the potential of peace is its unfolding as harmony among all people, animals, plants, and things. The precepts formulate this harmony, showing how the absence of killing and stealing is the very condition of mercy and charity.

-Robert Aiken, "Mind Of Clover"



**DAILY BUDDHIST WISDOM**

He who for himself or others craves not for sons or power or wealth, who puts not his own success before the success of righteousness, he is virtuous, and righteous and wise.

-Buddha



**DAILY BUDDHIST WISDOM**

Form is suffering. The cause and condition for the arising of form is also suffering. As form has originated from what is suffering, how could it be happiness?

-"The Connected Discourses of the Buddha"



**DAILY BUDDHIST WISDOM**

Happiness and suffering come from your own mind, not from outside. Your own mind is the cause of happiness; your own mind is the cause of suffering. To obtain happiness and pacify suffering, you have to work within your own mind.

-Lama Zopa Rinpoche, "The Door To Satisfaction"



**DAILY BUDDHIST WISDOM**

In this world, in order to enable society to develop, all its members have to assume responsibilities and make their contribution. If we do not make collective contributions then there will be no development.

-His Holiness the Dalai Lama



In this world, in order to enable society to develop, all its members have to assume responsibilities and make their contribution. If we do not make collective contributions then there will be no development.

-His Holiness the Dalai Lama



Our mind is like an onion, and each day and month of practice progressively peels away the layers of delusion.

-Geshe Ngawang Dhargyey, "Advice From a Spiritual Friend"



If a person does evil,  
he shouldn't do it again & again,  
shouldn't develop a penchant for it.  
To accumulate evil  
brings pain.

If a person makes merit,  
he should do it again & again,  
should develop a penchant for it.  
To accumulate merit  
brings ease.

-Dhammapada, 9, translated by Thanissaro Bhikkhu.



Every time a problem arises, the essential thing is to immediately become aware that the problem comes from our selfish mind, that it is created by self-cherishing thoughts. As long as you put the blame outside yourself, there can be no happiness.

-Lama Zopa Rinpoche, "Transforming Problems into Happiness"



How to cope with wavering thoughts?  
Versatile are flying clouds,  
Yet from the sky they're not apart.  
Mighty are the ocean's waves,  
Yet they are not separate from the sea.

Heavy and thick are banks of fog,  
Yet from the air they're not apart.  
Frantic runs the mind in voidness,  
Yet from the Void it never separates.

-Hundred Thousand Songs of Milarepa



How boundless and free is the sky of Awareness!  
How bright the full moon of wisdom!  
Truly, is anything missing now?  
Nirvana is right here, before our eyes; this very place is the Lotus Land; this very body, the Buddha.

-Hakuin Zenji, "Song of Zazen"



I prostrate to Gautama  
Who through compassion  
Taught the true doctrine,  
Which leads to the relinquishing of all views.  
-Nagarjuna, "Mulamadhyamaka-Karika"



I see all the different religious traditions as paths for the development of inner peace, which is the true foundation of world peace. These ancient traditions come to us as a gift from our common past. Will we continue to cherish it as a gift and hand it over to the future generations as a legacy of our shared desire for peace?

-His Holiness the Dalai Lama



Although there are countless teachings that instruct how to obtain enlightenment in a future life, almost all of them are nothing more than expedients. As the ultimate instruction there is simply no teaching that is superior to the true practice of the awakening to one's own nature.

-Hakuin, "Zen Master Hakuin"



Due to having many parts there is no unity,  
There is not anything without parts.  
Further, without one, there is not many.  
Also, without existence there is no non-existence.

-Nagarjuna, "Precious Garland"



Fools are happy when acquiring wealth; noble people find happiness in giving it all away. Lepers feel better when they scratch their sores, but note how the wise dread leprosy.

-Sakya Pandita, In Ordinary Wisdom



Wars arise from a failure to understand one another's humanness. Instead of summit meetings, why not have families meet for a picnic and get to know each other while the children play together?

-His Holiness the Dalai Lama



As a tree with strong uninjured roots, though cut down, grows up again, so, when deep craving is not rooted out, suffering arises again and again.

-Dhammapada



Empty and calm and devoid of self  
Is the nature of all things.  
No individual being  
In reality exists.

There is no end or beginning,  
Nor any middle course.  
All is an illusion,  
As in a vision or a dream.

All beings in the world  
Are beyond the realm of words.  
Their ultimate nature, pure and true,  
Is like the infinity of space.

-Prajnaparamita



Those who have spent ten or twenty years brushing aside the weeds looking for the way and yet have not see the buddha nature often say they are trapped by oblivion and excitement. What they don't realize is that the substance of this very oblivion and excitement is itself buddha nature.

-Kao-feng



Those who try Zen meditation even once wipe away beginningless crimes. Where are all the dark paths then? The Pure Land itself is near.

Those who hear this truth even once and listen with a grateful heart, treasuring it, revering it, gain blessings without end.

-Hakuin Zenji, "Song of Zazen"



We believe we own our thoughts and have to do something about them, especially if they are negative. This is bound to create suffering.

-Ayya Khema, "Be an Island"



Posing like a follower of the Buddha but acting totally against what he has advised is like insulting the Buddha himself.

-The Dalai Lama



Phenomena are preceded by the heart  
ruled by the heart,  
made of the heart.  
If you speak or act  
with a calm, bright heart,  
then happiness follows you,  
like a shadow  
that never leaves.

-Dhammapada, 1, translated by Thanissaro Bhikku.



Even in the case of individuals, there is no possibility to feel happiness through anger. If in a difficult situation one becomes disturbed internally, overwhelmed by mental discomfort, then external things will not help at all. However, if despite external difficulties or problems, internally one's attitude is of love, warmth, and kindheartedness, then problems can be faced and accepted.

-His Holiness the Dalai Lama



**DAILY BUDDHIST WISDOM**

Buddha isn't found by searching.  
Look at the characteristic of your mind.

-Adept Godrakpa, in *Hermit of Go Cliffs*



**DAILY BUDDHIST WISDOM**

Do not just memorize sayings, recite words, and discuss Zen and the way based on books. The Zen way is not in books.

Even if you can recite the teachings of the whole canon and all the masters and philosophers, they are just useless words of no avail when you are facing death.

-Chien-ju



**DAILY BUDDHIST WISDOM**

When you die you go alone, and the only light to accompany you derives from the spiritual practice or positive acts you have done.

-The Dalai Lama



**DAILY BUDDHIST WISDOM**

Let go of body and mind, until you reach a state of great rest, like letting go over a cliff ten miles high, being like open space. And don't produce representations of discriminations of random thoughts arising and passing away; the moment a view sticks in your mind, use the sword of wisdom to cut it right off, not letting it continue.

-Huai-t'ang



**DAILY BUDDHIST WISDOM**

Do you want to know what my body is? My body is the same as the whole earth.

Do you want to know what my mind is? My mind is the same as space itself.

Do you want to know what my vision is? I see there is nothing to see.

Do you want to know what I hear? I hear the unheard.

Since I have been seeing and hearing, why then do I speak of the unheard? "If you listen with your ears, after all you cannot understand; when you hear through your eyes, only then will you know."

-Ssu-hsin



**DAILY BUDDHIST WISDOM**

Abandon wrongdoing. It can be done. If there were no likelihood, I would not ask you to do it. But since it is possible and since it brings blessing and happiness, I do ask of you: abandon wrongdoing.

Cultivate doing good. It can be done. If it brought deprivation and sorrow, I would not ask you to do it. But since it brings blessing and happiness, I do ask of you: cultivate doing good.

-Anguttara Nikaya



**DAILY BUDDHIST WISDOM**

By charity, goodness, restraint, and self-control men and woman alike can store up a well-hidden treasure -- a treasure which cannot be given to others and which robbers cannot steal. A wise person should do good -- that is the treasure which will not leave one.

-"Khuddhaka Patha"



**DAILY BUDDHIST WISDOM**

A shaven head  
Doesn't mean a contemplative.  
The liar observing no duties,  
Filled with greed & desire:  
What kind of contemplative's he?

But whoever tunes out  
The dissonance  
Of his evil qualities  
--large or small--  
in every way  
by bringing evil to consonance;  
he's called a contemplative.

-Dhammapada, 19, translated by Thanissaro Bhikkhu.



**DAILY BUDDHIST WISDOM**

All the delightful things of the world--sweet sounds, lovely forms, all the pleasant tastes and touches and thoughts--these are all agreed to bring happiness if they are not grasped and possessed.

But if you regard them merely as pleasures for your own use and satisfaction and do not see them as passing wonders, they will bring suffering.

-Sutta Nipata



**DAILY BUDDHIST WISDOM**

If a man string putrid fish  
On a blade of kusa grass,  
That same grass will putrid smell.  
So with him who follows fools.

If a man wrap frankincense  
In a leaf, that leaf smells sweet.  
So with those who follow sages.

-Itivuttaka



A blessing in the world:  
reverence to your mother.  
A blessing: reverence to your father as well.  
A blessing in the world:  
reverence to a contemplative.  
A blessing: reverence for a brahmin, too.

A blessing into old age is virtue.  
A blessing: conviction established.  
A blessing: discernment attained.  
The non-doing of evil things is  
a blessing.

-Dhammapada, 23, translated by Thanissaro Bhikkhu.



As a mother watches over her child, willing to risk her own life to protect her only child, so with a boundless heart should one cherish all living beings, suffusing the whole world with unobstructed loving kindness.

-Metta Sutta



Even if you seek tranquility, delight in goodness, and search for the source, if you don't meet someone with genuine true knowledge and understanding, it will turn instead into major error. The fault lies in false teachers.

-P'u-an



A name is imposed on what is thought to be a thing or a state and this divides it from other things and other states. But when you pursue what lies behind the name, you find a greater and greater subtlety that has no divisions. Atoms of dust are not really atoms of dust but are merely called that. In the same way, a world is not a world but is merely called that.

-Visuddhi Magga



Explaining many profound dharmas is easy; living them yourself is hard.

-Adept Godrakpa, "Hermit of Go Cliffs"



Forming a new world religion is difficult and not particularly desirable. However, in that love is essential to all religions, one could speak of the universal religion of love.

-His Holiness the Dalai Lama



Regard him as one who  
points out  
treasure,  
the wise one who  
seeing your faults  
rebukes you.

Stay with this sort of sage.  
For the one who stays  
with a sage of this sort,  
things get better,  
not worse.

-Dhammapada, 6, translated by Thanissaro Bhikkhu.



[I]ndulge in lust a little, and like the child it grows apace.

The wise man hates it therefore; who would take poison for food? Every sorrow is increased and cherished by the offices of lust.

If there is no lustful desire, the risings of sorrow are not produced, the wise man seeing the bitterness of sorrow, stamps out and destroys the risings of desire;...

-Fo-Sho-Hing-Tsan-King



Fleeting is this world

Growth and decay its very nature  
Things spring to being and again they cease  
Happy the marvel of them and the peace.

-Nidana Vagga



Flow with whatever may happen  
and let your mind be free;  
Stay centered by accepting whatever you are doing.  
This is the ultimate.

-Chuang Tsu



Friends, I know nothing which is as tractable as a tamed heart. The tamed heart is indeed tractable.

Friends I know nothing which tends toward loss as does an untamed heart. Indeed, the untamed heart tends toward loss.

-from the Anguttara Nikaya, translated by Gil Fronsdal



For one who is in the habit of constantly honoring and respecting the elders, four blessings increase—age, beauty, bliss, and strength.

-Dhammapada 109



Our first priority should be to prepare a long-term strategy for improving the state of the world that focuses on the coming generations.

-His Holiness the Dalai Lama



Everywhere, truly,  
those of integrity  
stand apart.  
They, the good,  
don't chatter in hopes  
of favor or gains.  
When touched  
now by pleasure,

now pain,  
the wise give no sign  
of high  
or low.

-Dhammapada, 6, translated by Thanissaro Bhikkhu.



Every reality is eternal, every essence is as is: just don't seek outwardly. If you have a great root of faith, the buddhas are just states of your own experience; whether you are walking, standing, sitting, or lying down, never is it not this.

-Hsuan-sha



An act of meditation is actually an act of faith--of faith in your spirit, in your own potential. Faith is the basis of meditation. Not of faith in something outside you--a metaphysical buddha, an unattainable ideal, or someone else's words. The faith is in yourself, in your own "buddha-nature." You too can be a buddha, an awakened being that lives and responds in a wise, creative, and compassionate way.

-Martine Batchelor, "Meditation for Life"



Develop a meditation that is like water. Doing this, you will find that the thoughts and impressions that possess you will flow away. Just as people wash away their body liquids, their sweat and spittle, pus and blood, and yet the water is not troubled or disgusted--so this water meditation will bring you peace.

-Majjhima Nikaya



Do not underestimate your ability.

-Geshe Chekawa, in *Advice From a Spiritual Friend*



For there is suffering, but none who suffers;  
Doing exists although there is no doer;  
Extinction is but no extinguished person;  
Although there is a path, there is no goer.

-Buddhaghosa; *Visuddhimagga* 513



**DAILY BUDDHIST WISDOM**

It is critical to serve others, to contribute actively to others' well-being. I often tell practitioners that they should adopt the following principle: regarding one's own personal needs, there should be as little involvement or obligation as possible. But regarding service to others, there should be as many possible involvements and obligations as possible. This should be the ideal of a spiritual person.

-His Holiness the Dalai Lama



**DAILY BUDDHIST WISDOM**

If we can reach the understanding of what we actually are, there is no better remedy for eliminating all suffering. This is the heart of all spiritual practices.

-Kalu Rinpoche, "Luminous Mind"



**DAILY BUDDHIST WISDOM**

Desires achieved increase thirst like salt water.

-Milarepa, "Drinking the Mountain Stream"



**DAILY BUDDHIST WISDOM**

Don't forget to bring the good experiences of meditation into your daily activities. Instead of acting and reacting impulsively and following your thoughts and feelings here and there, watch your mind carefully, be aware, and try to deal skillfully with problems as they arise. If you can do this each day, your meditation will have been successful.

-Kathleen McDonald, "How to Meditate"



**DAILY BUDDHIST WISDOM**

For those who are ready, the door  
To the deathless state is open.  
You that have ears, give up  
The conditions that bind you, and enter in.

-Majjhima Nikaya



**DAILY BUDDHIST WISDOM**

How, monks, does the practitioner remain established in the observation of the Four Noble Truths?

A practitioner is aware, "This is suffering," as it arises. One is aware, "This is the cause of suffering," as it arises. One is aware, "This is the end of suffering," as it arises. One is aware, "This

is the path which leads to the end of suffering," as it arises.

-Satipatthana-sutta, translated by Thich Nhat Hanh and Annabel Laity



Meditation is like a single log of wood. Insight and investigation are one end of the log; calm and concentration are the other end. If you lift up the whole log, both sides come up at once. Which is concentration and which is insight? Just this mind.

-Ajahn Chah, "Still Forest Pool"



I come from the East, most of you [here] are Westerners. If I look at you superficially, we are different, and if I put my emphasis on that level, we grow more distant. If I look on you as my own kind, as human beings like myself, with one nose, two eyes, and so forth, then automatically that distance is gone. We are the same human flesh. I want happiness; you also want happiness. From that mutual recognition, we can build respect and real trust of each other. From that can come cooperation and harmony.

-His Holiness the Dalai Lama



A head of gray hairs  
Doesn't mean one's an elder.  
Advanced in years,  
One's called an old fool.

But one in whom there is  
Truth, restraint,  
Rectitude, gentleness,  
Self-control--  
He's called an elder,  
His impurities disgorged,  
Enlightened.

-Dhammpada, 19, translated by Thanissaro Bhikkhu.



Because it lacks consciousness, I must admit that a word cannot praise me. Undoubtedly, the cause of my delight is that another is delighted with me.

But what does it matter to me whether another's delight is in me or someone else? His alone is the pleasure of that delight. Not even a trifling part of it is mine.

-Santideva, "Bodhicaryavatara"



If we single-pointedly practice great compassion, then, with little effort, we will be able to gain all other virtues.

-Geshe Namgyal Wangchen, "Awakening the Mind"



Honesty can be cultivated by transforming your inner language. For example, you might think: "I am no good" or "They are not good." Is this true? For some strange reason, people want to wallow in the idea of being either the best or the worst. What is true in this moment? How close can we get to the reality of our experiences?

-Martine Batchelor, "Meditation For Life"



Conquer anger  
with lack of anger;  
bad, with good;  
stinginess, with generosity;  
a liar, with truth.

-Dhammapada, 17, translated by Thanissaro Bhikkhu.



I believe there is an important distinction to be made between religion and spirituality. Religion I take to be concerned with belief in the claims to salvation of one faith tradition or another--an aspect of which is acceptance of some form of meta-physical or philosophical reality, including perhaps an idea of heaven or hell. Connected with this are religious teachings or dogma, ritual, prayers and so on. Spirituality I take to be concerned with those qualities of the human spirit--such as love and compassion, patience, tolerance, forgiveness, contentment, a sense of responsibility, a sense of harmony, which bring happiness to both self and others.

-His Holiness the Dalai Lama



Hidden in the mystery of consciousness, the mind, incorporeal, flies alone far away. Those who set their mind on harmony become free from the bonds of death.

-Buddha



Cut through five,  
let go of five,  
& develop five about all.  
A monk gone past five attachments  
is said to have crossed the flood.

Practice jhana, monk,  
and don't be heedless.  
Don't take your mind roaming  
in sensual strands.  
Don't swallow--heedless--  
the ball of iron aflame.  
Don't burn & complain: 'This is pain.'

-Dhammpada, 25, translated by Thanissaro Bhikkhu.



Although you may understand the explanations, if you are still suffering because of problems, you clearly do not understand the true nature of your mind, your body, and your senses.

-Lama Zopa Rinpoche, "Transforming Problems Into Happiness"



"You tell me to stand still, but I am not walking," he shouted, "whereas you who are walking say you are still. How is it that *you* are standing still but *I* am not?"

The Buddha turned round. "My legs move but my mind is still," he said. "Your legs are still but your mind moves all the time in a fire of anger, hatred, and feverish desire. Therefore, I am still but you are not."

-Majjhima Nikaya



[P]assion is the cause of blindness, of not seeing, of not knowing, of loss of insight: it is joined with vexation, it does not conduce to Nibbāna.

-Anguttara-Nikāya



Cut through five,  
let go of five,  
& develop five about all.  
A monk gone past five attachments  
is said to have crossed the flood.

Practice jhana, monk,  
and don't be heedless.

Don't take your mind roaming  
in sensual strands.  
Don't swallow--heedless--  
the ball of iron aflame.  
Don't burn & complain: 'This is pain.'

-Dhammpada, 25, translated by Thanissaro Bhikkhu.



Don't cling to anything and don't reject anything. Let come what comes, and accommodate yourself to that, whatever it is. If good mental images arise, that is fine. If bad mental images arise, that is fine, too. Look on all of it as equal, and make yourself comfortable with whatever happens. Don't fight with what you experience, just observe it all mindfully.

-Bhante Henepola Gunaratana, "Mindfulness in Plain English"



As long as there is a lack of the inner discipline that brings calmness of mind, no matter what external facilities or conditions you have, they will never give you the feeling of joy and happiness that you are seeking. On the other hand, if you possess this inner quality of calmness of mind, a degree of stability within, then even if you lack various external facilities that you would normally consider necessary for happiness, it is still possible to live a happy and joyful life.

-His Holiness the Dalai Lama



Before enlightenment,  
I chopped wood and carried water.  
After enlightenment,  
I chopped wood and carried water.

-Zen saying



Clearly, buddha-dharma is not practiced for one's own sake, and even less for the sake of fame and profit. Just for the sake of buddha-dharma you should practice it.

All buddhas' compassion and sympathy for sentient beings are neither for their own sake nor for the sake of others. It is just the nature of buddha-dharma.

-Dogen, "Moon in a Dewdrop"



Free from anger,

duties observed,  
principled, with no overbearing pride,  
trained, a 'last-body':  
he's what I call  
a brahmin.

Like water on a lotus leaf,  
a mustard seed on the tip of an awl,  
he doesn't adhere to sensual pleasures:  
he's what I call  
a brahmin.

-Dhammapada, 26, translated by Thanissaro Bhikkhu.



Everything is as it is. It has no name other than the name we give it. It is we who call it something; we give it a value. We say this thing is good or it's bad, but in itself, the thing is only as it is. It's not absolute; it's just as it is. People are just as they are.

-Ajahn Sumedho, "The Mind and the Way"



Get rid of the tendency  
to judge yourself  
above, below, or  
equal to others.  
A nun who has self-possession  
and integrity  
will find the peace that nourishes  
and never causes surfeit.

-Therigatha, translated by Susan Murcott



Hey you, expecting results without effort! So sensitive! So long-suffering! You, in the clutches of death, acting like an immortal! Hey sufferer, you are destroying yourself!

-Santideva, Bodhicaryavatara



I pray for all of us, oppressor and friend, that together we may succeed in building a better world through human understanding and love, and that in doing so we may reduce the pain and suffering of all sentient beings.

-His Holiness the Dalai Lama



**DAILY BUDDHIST WISDOM**

Although wishing to be rid of misery,  
They run toward misery itself.  
Although wishing to have happiness,  
Like an enemy they ignorantly destroy it.

-Santideva, "Bodhicaryavatara"



**DAILY BUDDHIST WISDOM**

As soon as you get some sense of contact, you want to be teachers of others. This is a big mistake.

-Ta-sui



**DAILY BUDDHIST WISDOM**

Before you begin meditation take several slow, deep breaths. Hold your body erect, allowing your breathing to become normal again. Many thoughts will crowd into your mind, ignore them, letting them go. If they persist be aware of them with the awareness, which does not think. In other words, think non-thinking.

-Zen Master Dogen, "Fukanzazengi"



**DAILY BUDDHIST WISDOM**

I observe the Buddha's treasury of light producing all oceans of lights: Whether sage or ordinary mortal, animate or inanimate being, none are not endowed with this body of light and openly demonstrating the function of this light. Root and branches are completely included, withdrawal and expansiveness are uninhibited, self-help and helping others are inexhaustible.

-Liao-an



**DAILY BUDDHIST WISDOM**

I declare that the overcoming of clinging to the impurities of the world is possible for a person who knows and sees but not for a person who does not know or see. In the person who knows and sees, the dustless and stainless Eye of Truth arises. Seeing the truth, he sees things as they are. Seeing the truth, the eye is born, knowledge is born, wisdom is born, science is born, and light is born.

-Samyutta Nikaya



**DAILY BUDDHIST WISDOM**

However innumerable beings are, I vow to save them.

-One of the Four Vows of the Bodhisattva



Internal peace is an essential first step to achieving peace in the world. How do you cultivate it? It's very simple. In the first place by realizing clearly that all mankind is one, that human beings in every country are members of one and the same family.

-His Holiness the Dalai Lama



I often see students who are narrow-minded, who gain a little bit in a limited context, with a limited perspective, and consider this enough, immediately insisting on stopping and resting. Eating their fill and sleeping, not taking care of anything at all, they consider themselves lively, but they are destitute ghosts.

-Hui-k'ung



Do not underestimate your ability.

-Geshe Chekawa, "In Advice From a Spiritual Friend"



Seeing matter itself as emptiness produces great wisdom so one does not dwell in birth and death; seeing emptiness as equivalent to matter produces great compassion so one does not dwell in nirvana.

-Yun-feng



From pure behavior comes self-power, which frees a man from (many) dangers; pure conduct, like a ladder, enables us to climb to heaven.

-Fo-Sho-Hing-Tsan-King



For some years now, students have not been getting to the root of the aim of Zen, instead taking the verbal teachings of Buddhas and Zen masters to be the ultimate rule. That is like ignoring a hundred thousand pure clear oceans and only focusing attention on a single bubble.

-Ying-an



**DAILY BUDDHIST WISDOM**

That very seeing does not see  
Itself at all.  
How can something that cannot see itself  
See another?

-Nagarjuna



**DAILY BUDDHIST WISDOM**

Look at children. Of course they may quarrel, but generally speaking they do not harbor ill feelings as much or as long as adults do. Most adults have the advantage of education over children, but what is the use of an education if they show a big smile while hiding negative feelings deep inside? Children don't usually act in such a manner. If they feel angry with someone, they express it, and then it is finished. They can still play with that person the following day.

-His Holiness the Dalai Lama, "Imagine All The People"



**DAILY BUDDHIST WISDOM**

Greed, I say, is a great flood; it is a whirlpool sucking one down, a constant yearning, seeking a hold, continually in movement; difficult to cross is the morass of sensual desire. A sage does not deviate from truth, a brahmana stands on firm ground; renouncing all, he is truly called 'calmed.'

-Sutta Nipata



**DAILY BUDDHIST WISDOM**

Compassion is the willingness to play in the field of dreams even though you are awake.

-Matthew Flickstein, "Swallowing the River Ganges"



**DAILY BUDDHIST WISDOM**

Here, from within my heart, I make the vow to shun all evil – to achieve the good. From deep within my heart I seek my refuge.

-Buddha



**DAILY BUDDHIST WISDOM**

If we train our breathing, we can control our emotions--that is, we can cope with the happiness and pain in our lives. We should practice until we feel this; our practice is not complete until we can see this clearly.

-Buddhadasa Bhikkhu, "Mindfulness with Breathing"



If you remove (from conduct) the purpose of the mind, the bodily act is but as rotten wood;  
wherefore, regulate the mind, and then the body will spontaneously go right.

-Fo-Sho-Hing-Tsan-King



Not by silence  
does someone confused  
& unknowing  
turn into a sage.  
but whoever--wise,  
as if holding the scales,  
taking the excellent--  
rejects evil deeds;  
he is a sage,  
that's how he's a sage.  
Whoever can weigh  
both sides of the world:  
that's how he's called a sage.

-Dhammapada, 19, translated by Thanissaro Bhikkhu.



Look at children. Of course they may quarrel, but generally speaking they do not harbor ill feelings as much or as long as adults do. Most adults have the advantage of education over children, but what is the use of an education if they show a big smile while hiding negative feelings deep inside? Children don't usually act in such a manner. If they feel angry with someone, they express it, and then it is finished. They can still play with that person the following day.

-His Holiness the Dalai Lama, "Imagine All The People"



Better indeed is knowledge than mechanical practice (of religious ritual). Better than knowledge is meditation. But better still is surrender of attachment to results (of one's actions), because there follows immediate peace.

-Bhagavad Gita 12:12



If you want to avoid experiencing reversal, just cut off dualism; then measurements cannot govern you. You are neither Buddha nor sentient being; you are not near or far, not high or low, not equal

or even, not going or coming.

-Pai-chang



Monks, there are these three roots of evil. What three?

Lust is a root of evil, hate is a root of evil, delusion is a root of evil. These are the three roots of evil.

-Itivuttaka



People who do not know how to practice the way therefore want to get rid of afflictions. Afflictions are originally void and null; you are trying to use the way to seek the way beyond.

-Pao-chih



Detach from all mental objects, stop all thoughts: do not let either good or bad thoughts enter your thinking, do not keep either Buddhist teachings or worldly phenomena in mind.

-Huai-t'ang



Like a mirage in the springtime, the mind is found bewildered; animals imagine water but there is no reality to it.

There is here nothing but thought construction, it is like an image in the air; when they thus understand all, there is nothing to know.

-adapted from the Lankavatara Sutra, translated by D.T. Suzuki



If you can cultivate the right attitude, your enemies are your best spiritual teachers because their presence provides you with the opportunity to enhance and develop tolerance, patience and understanding.

-His Holiness the Dalai Lama



Half the spiritual life consists in remembering what we are up against and where we are going.

-Ayya Khema, "When the Iron Eagle Flies"



"In your seeing," he said, "there should be only the seeing. In your hearing, nothing but the hearing; in your smelling, tasting, and touching, nothing but smelling, tasting, and touching; in your thinking, nothing but the thought."

-Khuddaka Nikaya



First of all, do not predefine understanding, and do not make a principle of non-understanding.

-Ying-an



Ch'eng-t'ien was asked, "How should I apply my mind twenty-four hours a day?" He replied, "When chickens are cold, they roost in trees; when ducks are cold, they plunge into water." The questioner said, "Then I don't need cultivated realization, and won't pursue Buddhahood or Zen mastery." Ch'eng-t'ien responded, "You've saved half my effort."



Even a strong wind is empty by nature.  
Even a great wave is just ocean itself.  
Even thick southern clouds are insubstantial as sky.  
Even the dense mind is naturally birthless.

-Milarepa, "Drinking The Fountain Stream"



Crush your sense of self-allure  
like an autumn lily in the hand.  
Nurture only the path to peace  
--Unbinding--  
as taught by the One Well Gone.

-Dhammapada, 20, translated by Thanissaro Bhikkhu.



General standards of human rights apply to the people of all countries because, regardless of their cultural background, all humans share an inherent yearning for freedom, equality and dignity.

Democracy and respect for fundamental human rights are as important to Africans and Asians as they are to Europeans and Americans.

-His Holiness the Dalai Lama, "Harvard International Review," 1995



Develop the mind of equilibrium. You will always be getting praise and blame, but do not let either affect the poise of the mind: follow the calmness, the absence of pride.

-Sutta Nipata



Consider movement stationary  
and the stationary in motion,  
both movement and rest disappear.  
When such dualities cease to exist  
Oneness itself cannot exist.  
To this ultimate finality  
no law or description applies.

-Seng-tsan, "Verses on the Faith Mind"



Enlightenment is a way of saying that all things are seen in their intrinsic empty nature, their Suchness, their ungraspable wonder. Names or words are merely incidental, but that state which sees no division, no duality, is enlightenment.

-Prajnaparamita



Enlightened by right views, we call forth the buddha within us.  
When our nature is dominated by the poisonous elements  
We are said to be possessed by Mara;  
But when right views eliminate from our mind these poisonous elements  
Mara will be transformed into a real buddha.

-The Sutra of Hui-Neng



Describing his awakening, the Buddha said: "Coming to be, coming to be! Ceasing to be, ceasing to be! At that thought, monks, there arose in me a vision of things not before called to mind. Knowledge arose--such is form, such is the coming to be of form, such is its passing away. Recognition arose--such is its coming to be, such is its passing away. And the state of abiding in the understanding of arising and passing away--that too arose."

-Samyutta Nikaya



Adverse circumstances test our courage, our strength of mind, and the depth of our conviction in the Dharma. There is nothing exceptional about practicing Dharma in a good environment and atmosphere. The true test is if we can maintain our practice in adverse conditions.

-Geshe Ngawang Dhargyey, "Advice From a Spiritual Friend"



Because we all share this planet earth, we have to learn to live in harmony and peace with each other and with nature. That is not just a dream, but a necessity. We are dependent on each other in so many ways that we can no longer live in isolated communities and ignore what is happening outside those communities.

-His Holiness the Dalai Lama



Going along in company together, a wise man  
Must mix with other foolish persons.  
But on seeing what is wrongful he abandons them.  
As a full-fledged heron leaves the marshy ground.

-Udana 8.7



Friends, I know nothing which brings suffering as does an untamed, uncontrolled, unattended and unrestrained heart. Such a heart brings suffering.

-Anguttara Nikaya



Considering the harm others do to you  
As created by your former deeds, do not anger.  
Act such that further suffering will not be created  
And your own faults will disappear.

-Nagarjuna, "Precious Garland"



Do you want to understand? The whole world is one of your eyes, the body produced by your parents is a cataract. All ordinary people ignore the indestructible, marvelously clear, unfailingly mirroring eye, and cling fast to the dust cataract produced by the relationship of their father and mother. Therefore they take illusions for realities, and grasp at reflections as the physical forms themselves.

-P'u-an



From passion arises sorrow and from passion arises fear. If a man is free from passion, he is free from fear and sorrow.

-The Buddha



From contact comes feeling. From feeling comes reaction. This is what keeps us in the cycle of birth and death. Our reactions to our feelings are our passport to rebirth.

-Ayya Khema, "Being Nobody, Going Nowhere"



The creatures that inhabit this earth--be they human beings or animals--are here to contribute, each in its own particular way, to the beauty and prosperity of the world.

-His Holiness the Dalai Lama



Faith is the basis of the path, the mother of virtue; it nourishes all roots of goodness.

-Wu-chien



Fulfillment of desire is an illusion; desire leads to more desire, not satisfaction.

-Kathleen McDonald, "How to Meditate"



Defiled by passion, the mind is not released. Defiled by ignorance, discernment does not develop. Thus from the fading of passion is there release of awareness. From the fading of ignorance is there release of discernment.

-Anguttara Nikaya



**DAILY BUDDHIST WISDOM**

Don't give way to heedlessness  
or to intimacy  
with sensual delight--  
for a heedful person,  
absorbed in jhana,  
attains an abundance of ease.

-Dhammapada, 2, translated by Thanissaro Bhikkhu.



**DAILY BUDDHIST WISDOM**

Abandoning malicious speech, he abstains from malicious speech; he does not repeat elsewhere what he has heard here in order to divide (those people) from these, nor does he repeat to these people what he has heard elsewhere in order to divide (these people) from those; thus he is one who reunites those who are divided, a promoter of friendships, who enjoys concord, rejoices in concord, delights in concord, a speaker of words that promote concord.

-Majjhima Nikaya



**DAILY BUDDHIST WISDOM**

"The results of karma cannot be known by thought, and so should not be speculated about. Thus, thinking, one would come to distraction and distress.

"Therefore, Ananda, do not be the judge of people; do not make assumptions about others. A person is destroyed by holding judgments about others."

-Anguttara Nikaya



**DAILY BUDDHIST WISDOM**

Dangerous consequences will follow when politicians and rulers forget moral principles. Whether we believe in God or karma, ethics is the foundation of every religion.

-His Holiness the Dalai Lama



**DAILY BUDDHIST WISDOM**

Cut down  
The forest of desire,  
Not the forest of trees.  
From the forest of desire  
Come danger & fear.  
Having cut down this forest

& its underbrush, monks,  
be deforested.

-Dhammapada, 20, translated by Thanissaro Bhikkhu.



All beings tremble before violence.  
All fear death.  
All love life.

See yourself in others.  
Then whom can you hurt?  
What harm can you do?

-Dhammapada 129-130



A petty officer often thinks of the rules; a seasoned general doesn't talk of soldiering.

-Zen proverb



Erroneous views keep us in defilement  
While right views remove us from it,  
But when we are in a position to discard both of them  
We are then absolutely pure.

-The Sutra of Hui Neng



Desires achieved increase thirst like salt water.

-Milarepa, "Drinking the Mountain Stream"



Everything comes to pass, nothing comes to stay.

-Matthew Flickstein, "Journey To The Center"



Forming a new world religion is difficult and not particularly desirable. However, in that love is essential to all religions, one could speak of the universal religion of love.

-His Holiness the Dalai Lama



Greed, I say, is a great flood; it is a whirlpool sucking one down, a constant yearning, seeking a hold, continually in movement; difficult to cross is the morass of sensual desire. A sage does not deviate from truth, a brahmana stands on firm ground; renouncing all, he is truly called 'calmed.'

-Sutta Nipata



Dwelling in kindness, a monk  
with faith in the Awakened One's teaching,  
would attain the good state,  
the peaceful state:  
stilling-of-fabrications ease.

Monk, bail out this boat.  
It will take you lightly when bailed.  
Having cut through passion, aversion,  
you go from there to Unbinding.

-Dhammapada, 25, translated by Thanissaro Bhikkhu



Half the spiritual life consists in remembering what we are up against and where we are going.

-Ayya Khema, "When the Iron Eagle Flies"



From this point on you really know. This is called the pinnacle of Zen, the sovereignty of Zen. It is also called knowledge of what is knowable; it produces all the various states of meditation, and anoints the heads of all spiritual princes. In all fields of form, sound, fragrance, flavor, feeling, and phenomena, you realize complete perfect enlightenment. Inside and outside are in complete communion, without any obstruction at all.

-Pai-chang, "The Sphere of the Enlightened"



Going along in company together, a wise man  
Must mix with other foolish persons.  
But on seeing what is wrongful he abandons them.  
As a full-fledged heron leaves the marshy ground.

-Udana 8.7



Compassion is characterized as promoting the aspect of allaying suffering. Its function resides in not [enduring] others' suffering. It is manifested as non-cruelty. Its proximate cause is to see helplessness in those overwhelmed by suffering. It succeeds when it makes cruelty subside, and it fails when it produces sorrow.

-Buddhaghosa, "Visuddhimagga"



It is the enemy who can truly teach us to practice the virtues of compassion and tolerance.

-The Dalai Lama



Contrary to what some people might believe, there is nothing wrong with having pleasures and enjoyments. What is wrong is the confused way we grasp onto these pleasures, turning them from a source of happiness into a source of pain and dissatisfaction.

-Lama Thubten Yeshe, "Introduction to Tantra"



How much of your life do you spend looking forward to being somewhere else?

-Matthew Flickstein, "Journey to the Center"



Everywhere is the treasury of endless capacities of followers of the way. Everywhere is not everywhere; it is called everywhere.

-Hui-k'ung



How could it be permissible to form a cult, gather followers and cronies, dash off writings, and toil in pursuit of objects for love of honor and advantage?

-Tung-shan



It is said that there are only two tragedies in life: not getting what one wants, and getting it.

-Bhanta Henepola Gunaratana, "Eight Mindful Steps to Happiness"



Sakka asked: "What is the cause of self-interest?"

The Buddha answered: "It is perception of the world as one's object."

"How does one overcome this perception of the world as apart from oneself?"

"By acting for the increase of goodness and happiness. It is in this way that the world ceases to be one's object."

-Digha Nikaya



If we unbalance Nature, human kind will suffer. Furthermore, we must consider future generations: a clean environment is a human right like any other. It is therefore part of our responsibility towards others to ensure that the world we pass on is as healthy as, if not healthier than we found it.

-His Holiness the Dalai Lama



If you don't understand the Way as it meets your eyes, how can you know the Path as you walk?

-Shih-t'ou



It is precisely because our present life is so inseparably linked with desire that we must make use of desire's tremendous energy if we wish to transform our life into something transcendental.

-Lama Thubten Yeshe, Introduction to Tantra



In the beginning mindfulness takes away worries and fears about past and future and keeps us anchored in the present. In the end it points to the right view of the self.

-Ayya Khema, "Be an Island"



**DAILY BUDDHIST WISDOM**

Before, this mind went wandering  
however it pleased,  
wherever it wanted,  
by whatever way that it liked.  
Today I will hold it aptly in check--  
as one wielding a goad, an elephant in rut.

-Dhammapada, 23, translated by Thanissaro Bhikkhu.



**DAILY BUDDHIST WISDOM**

Crookedness and truth (straightness) are in their nature opposite and cannot dwell together more than frost and fire; for one who has become religious, and practices the way of straight behavior, a false and crooked way of speech is not becoming.

-Fo-Sho-Hing-Tsan-King



**DAILY BUDDHIST WISDOM**

Nothing is born, nothing is destroyed. Away with your dualism, your likes and dislikes. Every single thing is just the One Mind. When you have perceived this, you will have mounted the Chariot of the Buddhas.

-Huang Po, "Zen Teaching of Huang Po"



**DAILY BUDDHIST WISDOM**

Standing or walking, sitting or lying down, during all these waking hours, let him establish mindfulness of good will, which men call the highest state!

-Buddha



**DAILY BUDDHIST WISDOM**

Delight in heedfulness.  
Watch over your own mind.  
Lift yourself up  
from the hard-going way,  
like a tusker sunk in the mud.

-Dhammapada, 327, translated by Thanissaro Bhikkhu



**DAILY BUDDHIST WISDOM**

Every single thing arises from the evil mind, sang the Sage. So there is nothing dangerous in the three worlds other than the mind.

-Santideva, "Bodhicaryavatara"



A gift of Dhamma conquers all gifts;  
the taste of Dhamma, all tastes;  
a delight in Dhamma, all delights;  
the ending of craving, all suffering  
and stress.

-Dhammapada, 24, translated by Thanissaro Bhikkhu.



Anger is the real destroyer of our good human qualities; an enemy with a weapon cannot destroy these qualities, but anger can. Anger is our real enemy.

-His Holiness the Dalai Lama



If a man should conquer in battle a thousand and a thousand more, and another should conquer himself, his would be the greater victory, because the greatest of victories is the victory over oneself.

-Buddha



Hence, the purpose of the Holy Life does not consist in acquiring alms, honor, or fame, nor in gaining morality, concentration, or the eye of knowledge. That unshakable deliverance of the heart: that, indeed, is the object of Holy Life, that is its essence, that is its goal.

-Samyutta Nikaya, translated by Nyanatiloka



Don't cling to your own understanding. Even if you do understand something, you should ask yourself if there might be something you have not fully resolved, or if there may be some higher meaning yet.

-Dogen



If you misunderstand your mind, you are an ordinary mortal; if you understand your mind, you are a sage.

In this it makes no difference whether you are a male or female, old or young, smart or simple.

-Jakushitsu



If the element of the truth seeker did not exist in everyone,  
There would be no turning away from craving,  
Nor could there be a longing for nirvana,  
Nor a seeking for it, nor a resolve to find it.

-Visuddhi Magga



From the time there appears in this world one who has seen the truth, a fully awakened one, blessed by the truth, abounding in happiness, a teacher of wisdom and goodness, a buddha. He, by himself, thoroughly knows and sees this universe, and knowing it, makes his knowledge known to others. The truth, lovely in its origin, lovely in its progress, lovely in its consummation, he proclaims. A new life he makes known, in all its fullness.

-Tevigga Sutta



Blinded this world—  
how few see clearly!  
Just as birds who've escaped  
from a net are  
few, few  
are the people  
who make it to heaven.

-Dhammapada 13, translated by Thanissaro Bhikkhu



It is extremely important to investigate the causes or origins of suffering. One must begin that process by appreciating the impermanent, transient nature of our existence. All things, events and phenomena are dynamic, changing every moment, nothing remains static. Meditating on one's blood circulation could serve to reinforce this idea: the blood is constantly flowing, it never stands still....

-His Holiness the Dalai Lama



If you concentrate, enter trance, and sit in meditation, focusing on an objective, setting your mind on awareness and contemplation, practicing the way like a mechanical mannequin, when will you ever arrive at the goal?

-Pao-chih



Even though the training in ethics takes many forms, the ethics of abandoning the ten non-virtues is their basis. Of the ten non-virtues, three pertain to bodily actions, four to verbal actions, and three to mental actions.

The three mental non-virtues are:

1. Covetousness: thinking, "May this become mine," desiring something that belongs to another.
2. Harmful intent: wishing to injure others, be it great or small injury.
3. Wrong view: viewing some existent thing, such as rebirth, cause and effect, or the Three Jewels\*, as non-existent.

The opposite of these ten non-virtues are the ten virtues, and engaging in them is called the practice of ethics.

*\*The core of Buddhism: Buddha, his doctrine (Dharma), and the Spiritual Community.*

-His Holiness the Dalai Lama



Conquer your foe by force, you increase his enmity; conquer by love, and you will reap no after-sorrow.

-Fo-Sho-Hing-Tsan-King



Every minute you perform hundreds of karmic actions, yet you are hardly conscious of any of them. In the stillness of meditation, however, you can listen to your mind, the source of all this activity. You learn to be aware of your actions to a far greater extent than ever before. This self-awareness leads to self-control, enabling you to master your karma rather than be mastered by it.

-Lama Thubten Yeshe, "In Wisdom Energy"



**DAILY BUDDHIST WISDOM**

Due to having many parts there is no unity,  
There is not anything without parts.  
Further, without one, there is not many.  
Also, without existence there is no non-existence.

-Nagarjuna, "Precious Garland 71"



**DAILY BUDDHIST WISDOM**

Responsibility does not only lie with the leaders of our countries or with those who have been appointed or elected to do a particular job. It lies with each of us individually. Peace, for example, starts within each one of us.

-His Holiness the Dalai Lama



**DAILY BUDDHIST WISDOM**

If your mind becomes firm like a rock  
And no longer shakes  
In a world where everything is shaking,  
Your mind will be your greatest friend  
And suffering will not come your way.

-Theragatha



**DAILY BUDDHIST WISDOM**

Even as a great rock is not shaken by the wind, the wise man is not shaken by praise or blame.

-Buddha



**DAILY BUDDHIST WISDOM**

Enlightenment--that magnificent escape from anguish and ignorance--never happens by accident. It results from the brave and sometimes lonely battle of one person against his own weaknesses.

-Bhikkhu Nyanasobhano, "Landscapes of Wonder"



**DAILY BUDDHIST WISDOM**

Don't strain. Don't force anything or make grand, exaggerated efforts. Meditation is not aggressive. There is no place or need for violent striving. Just let your effort be relaxed and steady.

-Bhante Henepola Gunaratana, "Mindfulness in Plain English"



Even as a great rock is not shaken by the wind, the wise man is not shaken by praise or blame.

-Buddha



If there were any object, any doctrine, that could be given to you to hold on to or understand, it would reduce you to bewilderment and externalism. It's just a spiritual openness, with nothing that can be grasped; it is pure everywhere, its light clearly penetrating, outwardly and inwardly luminous through and through.

-Te-shan



Genuine compassion is unbiased.

-His Holiness the Dalai Lama



Mind cannot see itself-  
Subject and object cannot be dual;  
Therefore, to see the mind  
You must look and probe with the eye of wisdom.

When probed and examined analytically  
With such analytic investigation  
The mind is like the wick of a lamp  
Illumined only through its own radiance.

-Milarepa, "Drinking the Mountain Stream: Songs of Tibet's Beloved Saint"



The transcendental path is not masculine or feminine.

-Ying-an



Inner refuge is refuge in ourselves, in our ultimate potential. When we recognize and nourish this potential, we have found the real meaning of refuge.

-Kathleen McDonald, "How to Meditate"



Good friends, recite in unison what I say: 'I vow to save all sentient beings everywhere. I vow to cut off all the passions everywhere. I vow to study all the Buddhist teachings everywhere. I vow to achieve the unsurpassed Buddha Way.

-The Sutra of Hui-Neng, adapted from the translations by Philip Yampolsky and A.F. Price



He who seeks happiness should withdraw the arrow; his own lamentations, longings and grief. With the arrow withdrawn, unattached, he would attain to peace of mind; and when all sorrow has been transcended he is sorrow-free and has realized Nibbana.

-Sutta Nipata



In meditation, don't expect anything. Just sit back and see what happens. Treat the whole thing as an experiment. Take an active interest in the test itself, but don't get distracted by your expectations about the results. For that matter, don't be anxious for any result whatsoever.

-Bhante Henepola Gunaratana, "Mindfulness in Plain English"



It does not matter whether you are a theist or atheist, what matters is sincerity, forgiveness, and compassion.

-His Holiness the Dalai Lama



If happiness hasn't been recognized when alone, a group of people will be a cause of distraction.

-Adept Godrakpa, "Hermit of Go Cliffs"



Not recognizing that there's no connection between term and meaning, those who wander in endless jargon get so exhausted.

-Adept Godrakpa, "Hermit of Go Cliffs"



**DAILY BUDDHIST WISDOM**

A mind unshaken when touched  
by the worldly states,  
sorrowless, stainless, and secure,  
this is the blessing supreme.

Those who have fulfilled all these  
are everywhere invincible;  
they find well-being everywhere,  
theirs is the blessing supreme.

-(adapted from) Mangala Sutta



**DAILY BUDDHIST WISDOM**

One moon appears everywhere in all bodies of water; the moons in all bodies of water are contained in one moon. This is a metaphor for one mind producing myriad things and myriad things producing one mind. This refers to dream illusions, flowers in the sky, half-seeming, half empty.

-Hsueh-yen



**DAILY BUDDHIST WISDOM**

Neither from itself nor from another,  
Nor from both,  
Nor without a cause,  
Does anything whatever, anywhere arise.

-Nagarjuna, Mulamadhyamaka-Karika



**DAILY BUDDHIST WISDOM**

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

-His Holiness the Dalai Lama



**DAILY BUDDHIST WISDOM**

So much fear and desire come from that commitment to 'I am'--to being somebody. Eventually they take us to anxiety and despair; life seems much more difficult and painful than it really is.

But when we just observe life for what it is, then it's all right: the delights, the beauty, the pleasures are *just that*.

-Ajahn Sumedho, "Seeing the Way"



The pleasure and joy that arise in dependence on the eye: this is the gratification in the eye. That the eye is impermanent, suffering, and subject to change: this is the danger in the eye. The removal and abandonment of desire and lust from the eye: this is the escape from the eye.

-Buddha, "The Connected Discourses of the Buddha"



It is better to spend one day contemplating the birth and death of all things than a hundred years never contemplating beginnings and endings.

-Buddha



Pain is inevitable, suffering is not.

-Bhante Henepola Gunaratana, Mindfulness in Plain English



Another shortcoming of desire is that it leads to so much that is undesirable.

-Lama Zopa Rinpoche, "The Door to Satisfaction"



Sitting peacefully on a cushion day and night seeking to attain Buddhahood, rejecting life and death in hopes of realizing enlightenment, is all like a monkey grasping at the moon reflected in the water.

-Shoitsu



Adopting an attitude of universal responsibility is essentially a personal matter. The real test of compassion is not what we say in abstract discussions but how we conduct ourselves in daily life.

-His Holiness the Dalai Lama, "Imagine All the People"



There is no specifiable difference whatever between nirvana and the everyday world; there is no specifiable difference whatever between the everyday world and nirvana.

-Nagarjuna, "Mulamadhyamaka-Karika"



Enlightenment is a way of saying that all things are seen in their intrinsic empty nature, their Suchness, their ungraspable wonder. Names or words are merely incidental, but that state which sees no division, no duality, is enlightenment.

-Prajnaparamita



And what, monks, is Right View? It is, monks, the knowledge of suffering, the knowledge of the origin of suffering, the knowledge of the cessation of suffering, and the knowledge of the way of practice leading to the cessation of suffering. This is called Right View.

-Digha Nikaya



If you turn your light inwardly, you will find what is esoteric within you.

-The Sutra of Hui Neng



In the same way that someone in the midst of a rough crowd guards a wound with great care, so in the midst of bad company should one always guard the wound that is the mind.

-Santideva, "Bodhicaryavatara"



In religion there are no national boundaries. A religion can and should be used by any people or person who finds it beneficial.

-His Holiness the Dalai Lama



Let your actions be like clouds going by; the clouds going by are mindless. Let your stillness be as the valley spirit; the valley spirit is undying. When action accompanies stillness and stillness combines with action, then the duality of action and stillness no longer arises.

-Pei-chien



Just as a cow with a young calf keeps an eye on it even when it is eating the grass, so it's proper for a person to keep an eye on all that can be done for others who are following the path.

-Majjhima Nikaya



Like a deep lake,  
clear, unruffled, & calm:  
so the wise become clear,  
calm,  
On hearing words of the Dhamma.

-Dhammapada, 6, translated by Thanissaro Bhikkhu.



One who seeks delight in form seeks delight in suffering. One who seeks delight in suffering, I say, is not freed from suffering.

-Buddha, "The Connected Discourses of the Buddha"



The happiness we seek, a genuine lasting peace and happiness, can be attained only through the purification of our minds. This is possible if we cut the root cause of all suffering and misery—our fundamental ignorance.

-His Holiness the Dalai Lama, *The World of Tibetan Buddhism*



The value of Dhamma isn't to be found in books. Those are just the external appearances of Dhamma, they're not the realization of Dhamma as a personal experience. If you realize the Dhamma you realize your own mind, you see the truth there. When the truth becomes apparent it cuts off the stream of delusion.

-Ajahn Chah, "Living Dhamma"



Take heed that when effort is too strenuous it leads to strain and when too slack to laziness. So make a firm determination that you will adopt the middle way, not allowing yourself to struggle or

to slacken, but recognizing that faith, energy, mindfulness, concentration, and wisdom are the fruits of a calm and equable way.

-Theragatha



One act of pure love in saving life is greater than spending the whole of one's time in religious offerings to the gods.

-Dhammapada



A person getting enlightened is like the moon reflecting in the water. The moon does not get wet, the water is not disturbed. Though it is a great expanse of light, it reflects in a little bit of water; the whole moon and the whole sky reflect even in the dew on the grass; they reflect even in a single drop of water. Enlightenment not disturbing the person is like the moon not piercing the water. A person not obstructing enlightenment is like the dewdrop not obstructing the heavens.

-Dogen, "Flowers Fall"



Just as a monkey roaming through the forest grabs hold of one branch, lets that go and grabs another, then lets go and grabs still another, so too that which is called "mind" and "mentality" and "consciousness" arises as one thing and ceases as another by day and by night.

-Buddha, "The Connected Discourses of the Buddha"



Plunge boldly into the Beyond, then be free wherever you are.

-Shoitsu



Overcoming attachment does not mean becoming cold and indifferent. On the contrary, it means learning to have relaxed control over our mind through understanding the real causes of happiness and fulfillment, and this enables us to enjoy life more and suffer less.

-Kathleen McDonald, "How to Meditate"



When we demand the rights and freedoms we so cherish, we should also be aware of our

responsibilities. If we accept that the others have an equal right to peace and happiness as ourselves, do we not have a responsibility to help those in need?

-His Holiness the Dalai Lama



The pain, the discomfort, the sickness are what they are. We can always cope with the way life moves and changes. The mind of an enlightened human being is flexible and adaptable. The mind of the ignorant person is conditioned and fixed.

-Ajahn Sumedho, "Seeing the Way"



The Buddha said: "When a person has thoroughly understood the world, from top to bottom, when there is nothing in the world that agitates him anymore, then he has become somebody who is free from confusion and fears and tremblings and the longings of desire. He has gone beyond getting old and beyond birth and death."

-Sutta Nipata



The mind is often compared to a horseman and the breath to the horse. A wild and untamed horse is difficult for the rider; a very good and well-trained horse is quite useful. If both rider and horse are extremely well trained and skilled, an excellent combination has been made.

-Chokyi Nyima Rinpoche, "Union of Mahamudra and Dzogchen"



There is an extremely easy way to become Buddha. Refraining from all evil, not clinging to birth and death, working in deep compassion for all sentient beings, respecting those over you and pitying those below you, without any detesting or desiring, worrying or lamentation—this is what is called Buddha. Do not search beyond it.

-"Birth and Death," by Zen Master Dogen



What does the spring wind have in mind,  
Coming day and night to these groves and gardens?  
It never asks who owns the peach and damson trees  
But blows away their crimson without a word.

-Ch'i-chi, "Clouds Should Know Me By Now"



Tibetan lamas often say: "Not seeing is the perfect seeing." Strange words, perhaps, but they have a profound meaning. They describe the advanced meditator's experience of spacious, universal reality, the experience beyond dualism.

-Lama Thubten Yeshe, "Introduction to Tantra"



When we fall on the ground it hurts us, but we also need to rely on the ground to get back up.

-Kathleen McDonald, How to Meditate



When other beings, especially those who hold a grudge against you, abuse and harm you out of envy, you should not abandon them, but hold them as objects of your greatest compassion and take care of them.

-His Holiness the Dalai Lama



When the ear hears, observe the mind. Does it get caught up and make a story out of the sound? Is it disturbed? You can know this, stay with it, be aware. At times you may want to escape from the sounds, but that is not the way out. You must escape through awareness.

-Ajahn Chah, "Still Forest Pool"



When facing the end, generally beautiful scenes appear. According to your mental inclinations, the most impressive are experienced first. If you do not do bad things right now, then there will be no unpleasant scenes when you face death. Even if there are some unpleasant scenes, they too will change into pleasant scenes.

-Pai-chang



It is good to control your words and thoughts. The seeker who is in control feels free and joyful. Listen to that seeker who guards his tongue and speaks wisely. Such a one is humble and does not exalt himself.

-Dhammapada



Better than a thousand useless words is one word that gives peace.

-Buddha



In order to learn the nature of the myriad things, you must know that although they may look round or square, the other features of oceans and mountains are infinite in variety; whole worlds are there. It is so not only around you, but also directly beneath your feet, or in a drop of water.

-Genjo Koan



General standards of human rights apply to the people of all countries because, regardless of their cultural background, all humans share an inherent yearning for freedom, equality and dignity. Democracy and respect for fundamental human rights are as important to Africans and Asians as they are to Europeans and Americans.

-His Holiness the Dalai Lama, "Harvard International Review," 1995



Generosity begins with our recognition of our debt to others.

-Master Hsing Yun, "Describing the Indescribable"