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## BUDDHA GAUTAMA

A selection of the best suggestions, exhortations, and counsels.

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### ... to spiritual seekers

O you who have decided to seek the Truth! Understand the suffering of worldly existence, abandon its causes of ignorance and selfishness, put into practice the way of Love and compassion. Awaken from suffering into the Great Peace.

By your own efforts wake up, be the witness of your thoughts, observe yourself. You are the one who observes, not what you observe.

Be a lamp unto yourself. Be your own confidence, as a refuge unto yourself. Hold fast to the Truth within yourself as the only Truth. Seek no refuge outside yourself. All things must pass away. Strive diligently. Do not give up.

Release old concepts and energies that hold you in patterns of self-punishment. Release old stories and create from a place of Love and self-validation. You are worth it!

For the good of many, for the happiness of many, out of compassion for the world, don't be thoughtless, always be aware, watch your thoughts, let them go!

Learn this from the sea: the waves splash noisily, but the ocean depths are calm. If you let the turbid, choppy water settle, it will clear. If you let your troubled and restless mind settle, your course will also clear.

How deeply did you learn to let go? Trust nothing until you want nothing. Look within, you are the Buddha. You must act yourself, because Buddhas only teach the way.

Trust the teaching, not the person. Trust the meaning, not the words. Trust the ultimate meaning, not the provisional. Trust your wisdom mind, not your ordinary mind. Know well what holds you back, and what moves you forward.

You who are on the Quest, empty the boat, reduce the burden, free yourself from greed, judgment, and hatred, and feel the joy of the Way. As a mother loves her child, regard each Being as your own beloved child.

Beware of the body's anger. Master your body. Let it serve the Truth. Beware the wrath of the tongue. Master your words. Let them serve Truth. Beware the wrath of the mind. Master your thoughts. Let them serve Truth.

Let go of anger. Let go of pride. Holding on to a grudge is like grabbing a burning coal with the intention of throwing it at someone else; you're the one who gets burned.

To straighten the crooked, you must first do something more difficult: straighten yourself. You are your only master. Who else could it be? Submit and discover your master.

When you shift your focus from purely competing to contributing, life becomes a celebration. Never try to defeat people, only win their hearts. Defeat the angry with Love; defeat the wicked with Good; defeat the greedy with Generosity; defeat the liar with Truth.

In our interactions with others, gentleness, kindness, and respect are the source of harmony. Live each act in full harmony, as if it were your last.

Speak harshly to no one. Angry speech is painful: blow for blow will touch you.

Don't learn how to react. Learn how to respond. Do not harm other beings. They are only your brothers and sisters.

Treat life with equality. Complete life with Love. When you take care of yourself, you take care of others. When you take care of others, you take care of yourself.

Observe life for cause and consequence. Explore life for wisdom. Discover for yourself what is True, what is Real. Discover that there are virtuous things and non-virtuous things. Once you have discovered for yourself, abandon the harmful and embrace the wholesome.

Live and feel the Quest. Delight in meditation and solitude. Peace comes from within; do not try to seek it outside.

Develop the virtue of balance. You will always receive praise and reproaches but let neither affect the balance of the mind: this is followed by calmness, absence of pride. Happiness or sadness, whatever happens to you, walk untouched, unbound.

Let your diet be meager, your desires moderate, your needs few. Then, living modestly, without distracting desires, you will find contentment. Those who act with few desires are calm, without worry or fear.

Speak the truth, do not be angry and give when asked or needed. By these three conditions one goes to the presence of the gods.

The right time to show your good character is when you are disturbed by someone weaker than you. If you are not disturbed, like a broken gong does not vibrate, then you have reached Nirvana. Irritability no longer exists for you.

There are two obstacles to enlightenment: 1. Thinking you know. 2. Thinking you don't know.

Before lighting, cut firewood, carry water. After enlightenment, chop wood, carry water. Before you have seen it, and even when you see it for the first time, it is the greatest thing; after, it is normal.

Our worst enemy cannot harm us as much as our own unwise thoughts. No one can help us as much as our own compassionate thoughts.

Do not rely solely on logic or speculation. Do not judge or be fooled by appearances. Even loss and betrayal can bring us awakening.

Your enemy can be your greatest teacher. You have reason for nothing but gratitude and joy.

Your daily actions are your only true belongings. Live in joy and Love even among those who hate; live in joy and peace even among the troubled. Share in the sorrows of others, but do not do so in sorrow.

When an evildoer, seeing you practicing good, comes and maliciously insults you, you should bear it with patience and not be angry with him, because such a person insults himself by trying to insult you.

Delusions, errors and lies are like huge, showy ships, whose beams are rotten and decayed, and those who embark on them are destined to be shipwrecked.

The fool thinks he has won a battle when he intimidates with harsh words, but knowing how to be tolerant is only what makes one victorious.

Forgive and be free. Forget that you have forgiven and be freer.

Serenity comes when you exchange expectations for acceptance. There is no bondage for one who has neither likes nor dislikes. Fear and pain arise from expectations, but he who is free from them has no pain and certainly no fear.

If you determine your course with virulence or speed, you lose the path of Dharma. Silently consider what is right and what is wrong. Receiving all opinions equally, unhurriedly, wisely; observe the Dharma.

When someone who acts honestly is warned of his mistakes, he will reflect and improve his behavior. When someone who is thoughtless and reckless is pointed out for his misconduct, he will not only ignore the advice but will repeat the same mistake.

He who never thinks of anything as 'mine' does not feel the lack of anything; he is never troubled by a sense of loss.

If we destroy something around us, we destroy ourselves. If we deceive another, we deceive ourselves.

You create that against which you defend yourself. All that is born must die. Obtain your liberation with diligence. Fill your mind with compassion!

To stop suffering, give up greed. Greed is a source of suffering. If a snake lives in your room and you wish to have a peaceful sleep, you must first chase it away. Work hard for your own freedom from pain.

One should strive to understand what underlies suffering and illness and aspire to health and well-being while advancing on the Great Path.

Do not interrogate silence because silence is mute; do not expect anything from the gods, nor try to bribe them with gifts, because it is in ourselves that we must seek liberation.

I preach the Truth to you, O monks, for liberation and not to remain inactive.

Look to the Truth, and you will see me. If you don't see God in the next person you meet, look no further.

You must respect one another and refrain from quarreling; you must not, like water and oil, repel one another, but, like milk and water, you must mingle.

There are friendships for those who live in society; but from it also comes pain; observing the evils resulting from such friendship, that one walks alone like a rhinoceros.

How can a disturbed mind understand the Way? In this temporary condition it cannot acquire the knowledge of the Way. But if you have a calm mind, no longer seeking to consider what is right and what is wrong, a mind beyond all judgments, then you observe and understand. You know that your body is a fragile jar, so you decide to make your mind a strong castle. In every trial that life presents you, you let understanding fight for you, you let it defend what you have already won.

Instead of continuing to search for Truth, simply let go of your views. Make of yourself a light. Follow the path of virtue. Follow the path with joy through this world and beyond.

The Way is not in the sky. The Way is in the heart. Watch how you love. If you know something useful and true, find the right time to say it.

Do not despise the accumulation of goodness, saying: 'This will become nothing' By the gradual fall of raindrops, a pitcher is filled.

Whoever knows that life flows, does not feel wear and tear, does not need to be fixed or repaired.

Follow, then, the shining ones, the wise, the awakened, the loving ones, because they know how to work against the current and to tolerate.

Goodwill toward all beings is true religion; treasure in your hearts unlimited goodwill toward all that lives.

Do not live in the past, do not dream of the future, concentrate your mind on the present moment. There is only one moment in which it is essential to wake up. That moment is NOW.

The seeker is what is sought. All people are Buddhas. There is nothing that needs to be achieved. Just open your eyes.