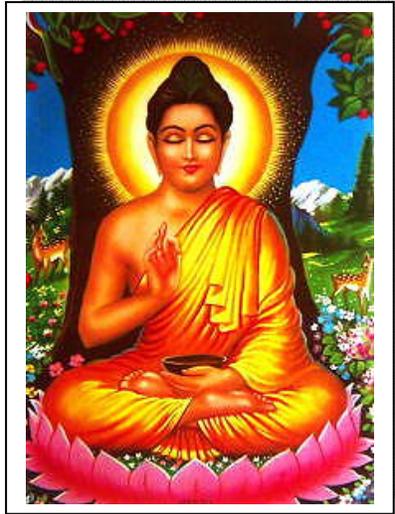


Seeings of the Ages



Buddha 563 BC - 483 BC

- We are what we think. With our thoughts, we make the world
- What we think, we become
- All that we are is the result of what we have thought. If a man speaks or acts with an evil thought, pain follows him. If a man speaks or acts with a pure thought, happiness follows him, like a shadow that never leaves him
- We are formed and molded by our thoughts. Those whose minds are shaped by selfless thoughts give joy when they speak or act. Joy follows them like a shadow that never leaves them
- All things appear and disappear because of the concurrence of causes and conditions. Nothing ever exists entirely alone; everything is in relation to everything else.
- An idea that is developed and put into action is more important than an idea that exists only as an idea.
- An insincere and evil friend is more to be feared than a wild beast; a wild beast may wound your body, but an evil friend will wound your mind
- Chaos is inherent in all compounded things. Strive on with diligence
- Do not dwell in the past, do not dream of the future, concentrate the mind on the present moment
- Every human being is the author of his own health or disease
- Hatred does not cease by hatred, but only by love; this is the eternal rule
- He who experiences the unity of life sees his own Self in all beings, and all beings in his own Self, and looks on everything with an impartial eye
- Holding on to anger is like grasping a hot coal with the intent of throwing it at someone else; you are the one who gets burned
- It is better to conquer yourself than to win a thousand battles

- Just as treasures are uncovered from the earth, so virtue appears from good deeds, and wisdom appears from a pure and peaceful mind. To walk safely through the maze of human life, one needs the light of wisdom and the guidance of virtue
- Peace comes from within. Do not seek it without
- The secret of health for both mind and body is not to mourn for the past, nor to worry about the future, but to live the present moment wisely and earnestly
- The tongue like a sharp knife... kills without drawing blood
- To be idle is a short road to death and to be diligent is a way of life; foolish people are idle, wise people are diligent
- Whatever words we utter should be chosen with care for people will hear them and be influenced by them for good or ill
- Your work is to discover your world and then with all your heart give yourself to it
- Better than a thousand hollow words, is one word that brings peace
- All wrong-doing arises because of mind. If mind is transformed can wrong-doing remain?
- Be vigilant; guard your mind against negative thoughts
- A good friend who points out mistakes and imperfections and rebukes evil is to be respected as if he reveals a secret of hidden treasure
- Do not believe in anything simply because you have heard it. Do not believe in anything simply because it is spoken and rumored by many. Do not believe in anything simply because it is found written in your religious books. Do not believe in anything merely on the authority of your teachers and elders. Do not believe in traditions because they have been handed down for many generations. But after observation and analysis, when you find that anything agrees with reason and is conducive to the good and benefit of one and all, then accept it and live up to it
- Let yourself be open and life will be easier. A spoon of salt in a glass of water makes the water undrinkable. A spoon of salt in a lake is almost unnoticed
- Nothing is permanent
- You cannot travel the path until you have become the path itself
- You yourself, as much as anybody in the entire universe, deserve your love and affection
- Your body is precious. It is our vehicle for awakening. Treat it with care

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