



The only place we can ever be, here
and now!

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Life,
day-by-day, is a bonus,
not a right,
and should not be taken for granted.

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When Zen is Zen
it's not Zen.

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What matters is not who that is right,
but what is right.

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There are many ways to be rich,
and many ways to be poor,
not just in terms of money.

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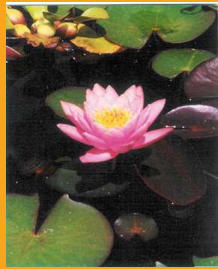
If you do not like to suffer,
you should know that much of our suffering is self-
caused,
and can be avoided if we wake up.

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The end of something is always the beginning of
something else,
though, in reality,
there is no beginning or end of anything.

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Each and every one of us has the capacity to
increase or decrease the suffering in the world.

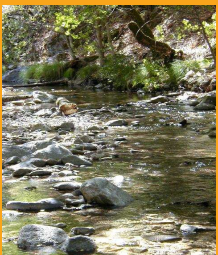
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All compounded things are impermanent.
Work out your own salvation with diligence .

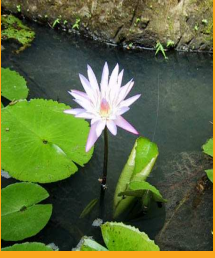
The last words of the Buddha

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*Life is like a river ~
Straight, it seldom flows,
But twists and turns and winds about,
As on and on it goes.*

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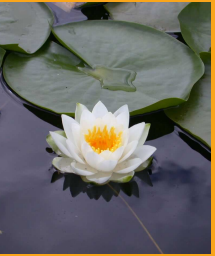
There is no way or means by which we
can get to where we already are.

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Life is suffering, it is true,
but it also provides us with
opportunities to learn.

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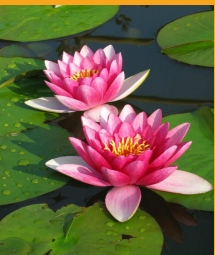
Accept misfortune as the bodily condition.
Why?
Because without a body, how could there be
misfortune?

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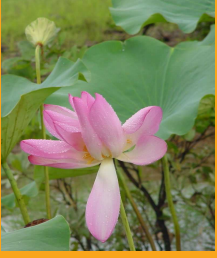
Life in this world is what we make of it;
it has no meaning other than what we give it.

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Today is like a new land where no-one's been before,
full of things to learn about, enjoy, discover,
explore.

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We look, but we do not see.
We see when we do not look.

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In the black, there is some white;
In the wrong, there is some right;
In the dark, there is some light;
In the blind, there is some sight.

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Love doesn't choose, but embraces all equally,
impartially.
It has no subject, and no object, no center, and no
circumference.

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Life is like a play in which we are all actors; but the
script is written as we act, not before, and nobody
knows what will happen next.

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*Is not this Planet Earth like a tiny boat,
adrift on the open sea of space?
Are we not all Refugees?
Where are we going?.*

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Hunting and fishing is sport to some,
but death to the animal and fish.

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All living things are united by the Lowest Common
Denominators of Birth, Aging, Sickness and Death.
Is there not, therefore, a firm foundation for cooperation
and peace?

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Life is a precious commodity that diminishes
day-by-day.
Take care to spend it wisely.

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Life is like a jig-saw puzzle,
of which no-one has all the pieces.
Slowly, and from many sources,
we manage to get an idea of the picture.

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Life is fragile and trembles in the balance,
like a dew-drop on a lotus-leaf.

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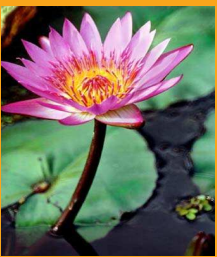
We believe when we do not know.
When we know, we do not believe.

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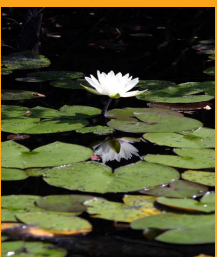
The one who knows is different from the one who knows not
because of what he knows. And what does he know?
He knows that between the one who knows
and the one who knows not, there is no difference!

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The Container is not the Contents;
Buddhism is not Buddha-Dharma,
and Buddha-Dharma is not Dharma, but only an indicator.
Look deeper!

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Instead of envying others,
try rejoicing with them for their good fortune;
it is much more constructive and productive of
happiness.

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Easy promises make for little trust. Lao Tse, "Tao Te Ching."

Make no promises, and break no promises.
Break your promises, and who will trust you?

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Do good, not for what you might get as a result,
but because you have the opportunity and capacity,
and because you love life.

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The Mind ...
has no walls, no door, no ceiling, no floor,
except those which, in our ignorance, we create.

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It is better to learn than to be
taught.

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Two things, said the Buddha have no limits:
Space and Human stupidity.

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A chain is only as strong as its
weakest link.

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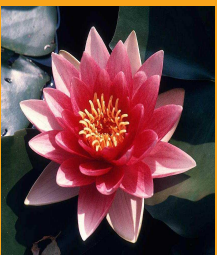
Tell yourself this:
It is better to be cheated than to cheat.

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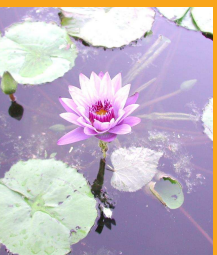
In meditation, let your thoughts come and go,
like birds that fly through the sky,
leaving no trace ...

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The mind is like a radio, with many stations;
if you do not like to listen to one station, change to
another;
it is within your capacity

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He who saves life is stronger than
the one who kills.

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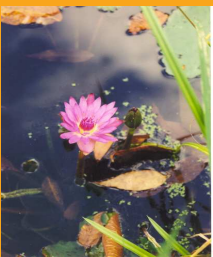
What is it but animal-sacrifice if we eat meat?
The animals are sacrificed for our desires

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If you know how to ask your question,
Perhaps you will find the answer therein.

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It doesn't have to be nice, and I don't have to like it.
If we make it a condition that everything
we experience must be nice and according to our liking,
we will suffer so much.

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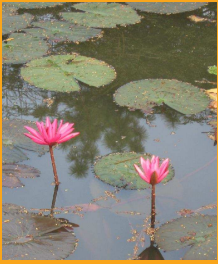
Go for the going.
Only the moment is ours, not the
destination. Enjoy the journey.

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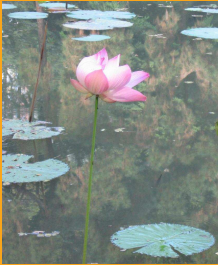
What we are looking for is not
outside of ourselves.

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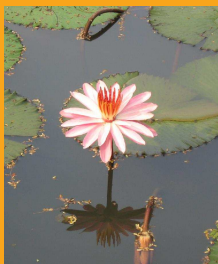
We speak of a way ~ or even *the way* ~ the following of which we hope will lead to our heart's desires. But there is no way to get to where we already are, and so we go on searching, never seeing what is Here and now.

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Go for the going, and enjoy the ride. Don't arrive before you get there. Many things may happen between now and then.

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Is there anyone so completely happy and at peace with themselves that they would like to stay that way forever? Surely, there are many things about ourselves that we would change right now, if we could.

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It makes a great deal of difference to put ego aside for a while and realize that things don't go wrong, but simply happen.

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If we can't have what we want, we should want what we have.

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