



"The root of suffering is attachment."

- Buddha

"Nothing is forever except change."

- Buddha

"Do not look for a sanctuary in anyone except yourself."

- Buddha

"If you find no one to support you on the spiritual path, walk alone."

- Buddha

"All that we are is the result of what we have thought."

- Buddha

"Radiate boundless love towards the entire world."

- Buddha

"May all beings have happy minds."

- Buddha

"True love is born from understanding."

- Buddha

"Be where you are; otherwise you will miss your life."

- Buddha

"Being deeply learned and skilled, being well trained and using well-spoken words: this is good luck."

- Buddha

"Ardently do today what must be done. Who knows? Tomorrow, death comes."

- Buddha

"As a water bead on a lotus leaf, as water on a red lily, does not adhere, so the sage does not adhere to the seen, the heard, or the sensed."

- Buddha



"Ceasing to do evil, Cultivating the good, Purifying the heart:
This is the teaching of the Buddhas."

- Buddha

"A disciplined mind brings happiness."

- Buddha

"All experiences are preceded by mind, having mind as their master, created by mind."

- Buddha

"Even death is not to be feared by one who has lived wisely."

- Buddha



""Nothing can harm you as much as your own thoughts unguarded."

- Buddha

"Three things cannot be long hidden: the sun, the moon, and the truth."

- Buddha

"It is a man's own mind, not his enemy or foe, that lures him to evil ways."

- Buddha

"Everything in moderation, including moderation."

- Buddha



"There is no fear for one whose mind is not filled with desires."

- Buddha

"Work out your own salvation.

Do not depend on others."

- Buddha

""Pain is certain; suffering is optional."

- Buddha

"The way is not in the sky. The way is in the heart."

- Buddha