**20 Buddhist Expressions**

1.) On life's journey   
Faith is nourishment,   
Virtuous deeds are a shelter,   
Wisdom is the light by day and   
Right mindfulness is the protection by night.   
If a man lives a pure life nothing can destroy him;   
if he has conquered greed nothing can limit his freedom. -Siddhartha Gautama

2.) Believe nothing on the faith of traditions,   
even though they have been held in honor   
for many generations and in diverse places.   
Do not believe a thing because many people speak of it.   
Do not believe on the faith of the sages of the past.   
Do not believe what you yourself have imagined,   
persuading yourself that a God inspires you.  
Believe nothing on the sole authority of your masters and priests.   
After examination, believe what you yourself have tested   
and found to be reasonable, and conform your conduct thereto. -Siddhartha Gautama  
  
3.) One of his students asked Buddha, "Are you the messiah?"  
"No", answered Buddha.  
"Then are you a healer?"  
"No", Buddha replied.  
"Then are you a teacher?" the student persisted.  
"No, I am not a teacher."  
"Then what are you?" asked the student, exasperated.  
"I am awake", Buddha replied.  
  
4.) 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 living in the way.   
There is no fire like greed,   
No crime like hatred,   
No sorrow like separation,   
No sickness like hunger of heart,

And no joy like the joy of freedom.   
  
Health, contentment and trust   
Are your greatest possessions,   
and freedom your greatest joy.   
  
Look within. Be still.   
Free from fear and attachment,   
know the sweet joy of living in the way. -*From the Dhammapada, Words of the Buddha*  
5.) If you want others to be happy, practice compassion.  
If you want to be happy, practice compassion *-The Dalai Lama*  
  
6.) As the Buddha was dying,   
Ananda asked   
who would be their teacher after death.   
He replied to his disciple -   
  
"Be lamps unto yourselves.   
Be refuges unto yourselves.   
Take yourself no external refuge.   
Hold fast to the truth as a lamp.   
Hold fast to the truth as a refuge.   
Look not for a refuge in anyone besides yourselves.   
And those, Ananda, who either now or after I am dead,   
Shall be a lamp unto themselves,   
Shall betake themselves as no external refuge,   
But holding fast to the truth as their lamp,   
Holding fast to the truth as their refuge,   
Shall not look for refuge to anyone else besides themselves,   
It is they who shall reach to the very topmost height;   
But they must be anxious to learn."-*Quoted in Joseph Goldstein, The Experience of Insight*   
  
7.) As human beings we all want to be happy and free from misery.  
We have learned that the key to happiness is inner peace.  
The greatest obstacles to inner peace are disturbing emotions such as  
anger and attachment, fear and suspicion,   
while love and compassion, a sense of universal responsibility  
are the sources of peace and happiness. -*Dalai Lama*

8.) “Fill your mind with compassion.” --Siddhartha Gautama  
  
9.) 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 the only master. Who else?   
Subdue yourself,   
and discover your master.   
  
10.) The whole purpose of religion  
is to facilitate love and compassion, patience,   
tolerance, humility, forgiveness. -*Dalai Lama*11.) We are what we think.  
All that we are arises with our thoughts.  
With our thoughts, we make our world. -Siddhartha Gautama  
  
12.) First, rely on the spirit and meaning of the teachings,   
not on the words;   
second, rely on the teachings,   
not on the personality of the teacher;   
third, rely on real wisdom,   
not superficial interpretation;   
and fourth, rely on the essence of your pure Wisdom Mind,   
not on judgmental perceptions.- *Traditional Buddhist teaching*  
13.) The disciples were absorbed in a discussion of Lao-tzu's dictum:   
*"Those who know, do not say;   
those who say, do not know."*  
When the master entered,   
they asked him what the words meant.   
Said the master, "Which of you knows the fragrance of a rose?"   
All of them indicated that they knew.   
Then he said, "Put it into words."   
All of them were silent. -*From One Minute Wisdom by Anthony DeMello*

*14.) Buddhist* **Daily Necessities** - *from Awakening The Buddha Within by Lama Surya Das* **Tips & pointers for building a spiritual life from scratch**  
Pray Meditate   
Be aware/Stay awake Bow   
Practice yoga Feel   
Chant and sing Breathe and smile   
Relax/Enjoy/Laugh/Play Create/Envision   
Let Go/Forgive/Accept Walk/Exercise/Move   
Work/Serve/Contribute Listen/Learn/Enquire   
Consider/Reflect Cultivate oneself/Enhance competencies   
Cultivate contentment Cultivate flexibility   
Cultivate friendship and collaboration Lighten up   
Celebrate and appreciate Dream   
Love Share/Give/Receive Walk softly/Live gently   
Expand/Radiate/Dissolve Give Thanks  
Simplify Surrender/Trust

Evolve Be born anew

15.) Whether one believes in a religion or not,  
and whether one believes in rebirth or not,  
there isn't anyone who doesn't appreciate kindness and compassion. -*Dalai Lama*  
  
16.) Pay no attention to the faults of others,  
things done or left undone by others.  
Consider only what by oneself is done or left undone.  
  
17.) The secret of happiness lies  
in the mind's release from worldly ties. -Siddhartha Gautama  
  
18.) Thousands of candles can be lighted from a single candle,   
and the life of the candle will not be shortened.   
Happiness never decreases by being shared. -Siddhartha Gautama  
  
19.) Believe nothing merely because you have been told it.  
Do not believe what your teacher tells you merely out of respect for the teacher.  
But whatever, after due examination and analysis,  
you find to be kind, conducive to the good, the benefit, the welfare of all beings -  
that doctrine believe and cling to, and take it as your guide.-Siddhartha Gautama  
20.) **Practice for the New Millennium by the Dalai Lama  
*the Practice:***  
1. Spend 5 minutes at the beginning of each day remembering  
we all want the same things (to be happy and be loved)  
and we are all connected to one another.  
  
2. Spend 5 minutes breathing in, cherishing yourself; and, breathing out  
cherishing others. If you think about people you have difficulty cherishing,  
extend your cherishing to them anyway.  
  
3. During the day extend that attitude to everyone you meet.   
Practice cherishing the "simplest" person (clerks, attendants, etc)  
or people you dislike.  
  
4. Continue this practice no matter what happens or what anyone does to you.   
  
These thoughts are very simple, inspiring and helpful.   
The practice of cherishing can be taken very deeply if done wordlessly,   
allowing yourself to feel the love and appreciation that  
already exists in your heart. art.