The book cover features a complex, multi-colored embroidery. At the top, a large, stylized floral or fruit-like motif is rendered in shades of blue, orange, and green, set against a light blue background with a repeating geometric pattern. Below this, a central white rectangular box with a thin black border contains the title. The bottom half of the cover is dominated by a dense, repeating pattern of orange and gold leaves and stems. On the right side, a vertical black line separates the main pattern from a partial view of another embroidered element in blue and red.

Heart of a  
Buddha

Heart of a  
Buddha

The Chinese character on each page means  
“Buddha.”  
Calligraphy is by Venerable Master Chin Kung

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15 14 13 12      21 22 23 24

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佛

We are what we think.

All that we are  
arises with our thoughts.  
With our thoughts,  
we make the world.

佛

Do not dwell in the past.  
Do not dream of the future.  
Concentrate the mind on the  
present moment.

Even if everyone else  
Is not doing good,  
I alone will.

Even if everyone else  
is doing wrong,  
I alone will not.

Just as water cools both  
good and bad  
and washes away all  
impurity and dust,  
in the same way you should  
develop thoughts of love for  
friend and foe alike,  
and having reached  
perfection in love,  
you will attain enlightenment.

Everything changes,

nothing remains  
without change.

佛



There is nothing more dreadful  
than the habit of doubt.

Doubt separates people.

It is a poison that disintegrates  
friendships and breaks up  
pleasant relations.

It is a thorn that irritates  
and hurts;

It is a sword that kills.

There is nothing more worthy  
than the virtue of selflessness.

Selflessness unites people.

It is a healing herb that unifies  
strangers and brings  
families together.

It is the love for others that is  
higher than self-love;

It is our only hope.

佛  
The rule of friendship means  
there should be mutual  
sympathy between them,

each supplying what the other  
lacks and trying  
to benefit the other,

always using  
friendly and sincere words.

If we fail to look after others  
when they need help,  
who will look after us?

Indifference brings  
indifference;  
lovingkindness brings  
lovingkindness.

佛

If a man's mind  
becomes pure,  
his surroundings will also  
become pure.

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.

Rain falls,  
wind blows,  
plants bloom,  
leaves mature

and are blown away;  
these phenomena are all  
interrelated with  
causes and conditions,

are brought about by them,  
and disappear as the  
causes and conditions  
change.

Hatred never ceases

by hatred,

but by love.



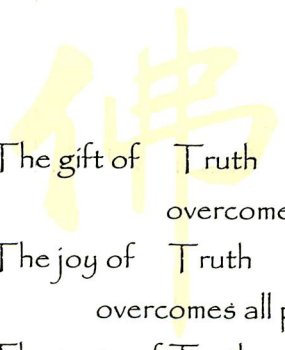


佛  
All that we are is the result of  
what we have thought;  
it is founded on our thoughts.

If a man speaks or acts  
with pure thought,  
joy will follow him,  
like a shadow  
that never leaves him.

In the light of his vision he has  
found his freedom:

his thoughts are peace,  
his words            peace,  
his work            peace.



The gift of Truth  
overcomes all gifts.

The joy of Truth  
overcomes all pleasures.

The taste of Truth  
overcomes all sweetness.

The loss of desire  
overcomes all sorrows.

Perfect wisdom,  
Perfect tranquility,  
Perfect compassion

arise from

Our love,  
Our sincerity,  
Our understanding.

佛

In separateness, lies the world's  
great suffering.

In unity, lies the world's  
true strength.

Impermanence -

No self -

Nirvana.

佛

Phenomena are preceded by  
the heart,

ruled by the heart,  
made of the heart.

If you speak or act  
with a corrupted heart,  
then suffering follows you —  
as the wheel of the cart,  
the track of the ox  
that pulls it.

Phenomena are preceded by  
the heart,

ruled by the heart,  
made of the heart.

If you speak or act  
with a calm,  
bright heart,  
then happiness follows you,  
like a shadow  
that never leaves.



We already have  
perfect compassion,  
perfect wisdom,  
perfect joy.

We only need  
to settle our minds  
so they can arise  
from deep within us.

Develop the quiet,  
even state of mind.

When praised by some  
and condemned by others,  
free the mind from  
hate and pride, and  
gently go your way in peace.

佛

He is able

who thinks

he is able.

You yourself,  
as much as anybody in the  
entire universe,  
deserve your love and affection.

佛

佛

Focus,  
not on the rudeness of others,  
not on what they've done  
or left undone,  
but on what you  
have and have not done  
yourself.

Those consummate in virtue,  
Dwelling in heedfulness  
Released by right knowing:  
Evil cannot follow their tracks.

佛

佛

As a single slab of rock  
won't budge in the wind,  
so the wise are not moved  
by praise.  
by blame.

Irrigators guide the water.

Fletchers shape the arrow  
shaft.

Carpenters shape the wood.

The wise control

themselves.



Don't be heedless of merit  
(!It won't come to *me*!).

A water jar fills,  
even with water  
falling in drops.

With merit – even if  
bit

by

bit,

habitually –


the enlightened one fills himself  
full.

Avoid all evil,

Embrace all goodness,

Purify one's own mind.

佛



When sitting quietly,  
reflect upon our own faults.

When speaking with friends  
do not discuss  
the rights and wrongs of others.

Life is an illusion,  
a dream,  
a bubble,  
a shadow.

Nothing is permanent.  
Nothing is worthy of anger.  
Nothing is worthy of dispute.  
Nothing.

Life is short.  
Time is fleeting.  
Uncover the True Nature.  
Purify the  
mind and heart  
to attain happiness.  
Be kind; be compassionate.  
Be generous; do good.  
Concentrate.  
Understand.  
Awaken.

Overcome

...greed with generosity,  
...anger with lovingkindness,  
...ignorance with understanding.


佛

When we free ourselves  
of desire,  
we will know  
serenity and freedom.

Through true honesty,  
deeply believe  
that all sentient-beings are one.

That all beings have the same  
true nature,  
wisdom,  
virtue.



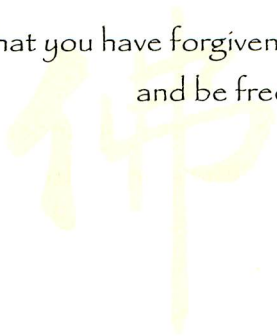


Find your faults,  
feel deep regret, and  
correct your mistakes,

reform sincerely,  
practice kindness,  
concentrate the mind,  
sever selfishness,  
awaken.

Forgive and be free.

Forget that you have forgiven  
and be freer.



Why do we persist in  
our anger,  
our hatred,  
our fighting?

Why do we have  
intolerance,  
selfishness?

We do not truly understand that  
everything arises from our minds,  
that every thought we have is  
instantly felt  
throughout the entire universe.

If we can look upon our work  
not for self-benefit,  
but as a means  
to benefit society,  
we will be practicing  
appreciation and patience  
in our daily lives.

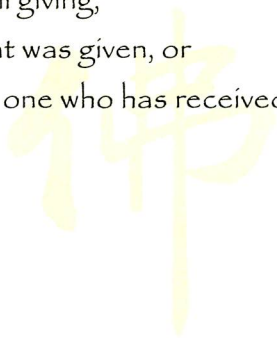
佛

Lovingkindness  
is giving others happiness.

Compassion  
is removing others' bitterness.

Joy  
is freeing others from suffering.

When giving to others  
do not linger on thoughts of  
I am giving,  
what was given, or  
the one who has received.



佛

Since everything  
is a reflection of  
our minds,

everything  
can be changed by  
our minds.

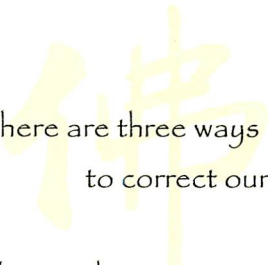
When things are going well,  
be mindful  
of adversity.

When prosperous,  
be mindful  
of poverty.

When loved,  
be mindful  
of thoughtfulness.

When respected,  
be mindful  
of humility.





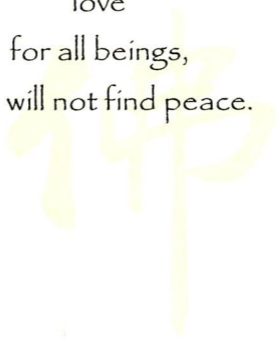
There are three ways  
to correct our faults:

We can change  
through behavior.

We can change  
through understanding.

We can change  
from the heart.

Until he has  
unconditional and unbiased  
love  
for all beings,  
man will not find peace.

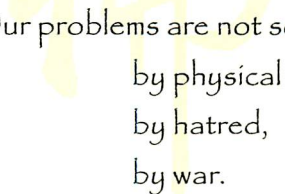


佛

He who receives kindness  
should never forget it;  
but he who performs it  
should never remember it.

Cultivate peace first  
in the garden of your heart by  
removing the weeds of  
selfishness and jealousy,  
greed and anger,  
pride and ego.

Then all will benefit from your  
peace and harmony.



Our problems are not solved  
by physical force,  
by hatred,  
by war.

Our problems are solved  
by lovingkindness,  
by gentleness,  
by joy.

Awakening is natural,

delusion is not.

佛

佛

Do not become attached to the  
things you like,  
do not cherish aversion to the  
things you dislike.

Sorrow, fear and bondage come  
from one's  
likes and dislikes.

Always be mindful of  
the kindness and not the faults  
of others.

佛



Those who are truly wise will  
remain unmoved by feelings of  
happiness and suffering,  
fame and disgrace,  
praise and blame,  
gain and loss.

They will remain calm like the  
eye of a hurricane.

Maintain a state of balance  
between  
physical acts and  
inner serenity,  
like a lute whose strings are  
finely tuned.

佛

Dignity and quiet joy in all that  
we do are the expression of  
perfect concentration  
and  
perfect wisdom.

Natural laws are impartial.

Only those who are virtuous  
are in harmony with nature.

佛

佛

To be

honorable in thoughts,  
sincere in words,  
good in deeds,

is to have

the heart of a Buddha.

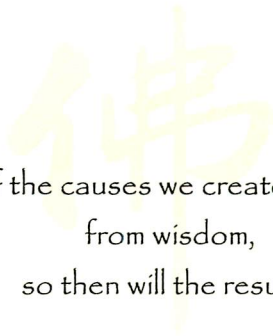
Peace comes from

within.

Do not seek it

without.

佛

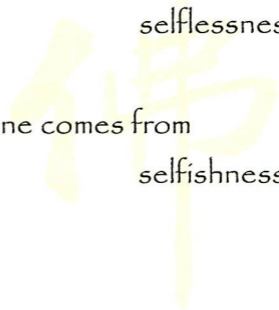


If the causes we create arise  
from wisdom,  
so then will the results.

If the causes we create arise  
from ignorance,  
so then will the results.

Good fortune comes from  
selflessness.

Misfortune comes from  
selfishness.





佛

Everything that happens to us  
is the result of what we  
ourselves have  
thought, said, or done.

We alone are responsible  
for our lives.

In our interactions with others,  
gentleness,  
kindness,  
respect  
are the source of harmony.

佛

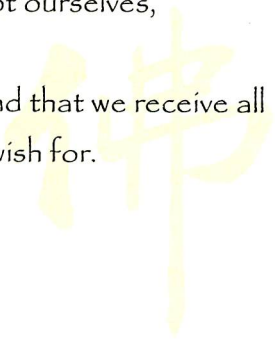
佛

This body is not “I.”

This body is just like our  
clothing. When finished with it,  
we will  
discard it and choose another,  
like putting on a new  
set of clothing.

When we think only of sincerely  
helping all others,  
not ourselves,

we will find that we receive all  
that we wish for.





Lovingkindness as Thought  
is Tranquility.

Lovingkindness as Speech  
is Softness.

Lovingkindness as Activity  
is Altruism.

Lovingkindness as Practice  
is Peace.

Everything  
arises  
from the mind.

佛

佛

As human beings we chase  
after fleeting pleasures like  
a child licking honey off a  
sharp knife or  
a person carrying a torch  
against the wind.

Whatever suffering there is in  
this world,  
all arises from  
desiring only myself  
to be happy.

And whatever joy there is  
in this world,  
all arises from  
desiring to share my happiness  
with everyone.



佛

Those accomplished in integrity,  
Dwelling in mindfulness,  
Liberated through wisdom,  
Fear cannot harm.

Think of the last time  
you were happy...

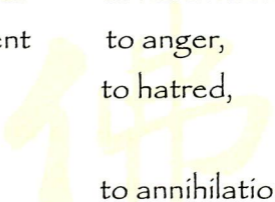
Think of the last time  
you were angry...

Which will you choose  
next time?

佛

Speaking pleasant words  
without practicing them,  
is like  
a fine flower  
without fragrance.

Ignorance leads to ego,  
ego to selfishness,  
selfishness to resentment,  
resentment to anger,  
anger to hatred,  
hatred to annihilation.



佛

Happiness and tranquility  
arise from concentration.

Frustration and worries  
arise from desire.

It is our own thoughts  
that lead us into trouble,  
not other people.

佛

佛

Our words should  
be carefully chosen  
for people will hear them and  
be influenced by them  
for good or  
for ill.

Wherever there is light,  
there is shadow.

Wherever there is length,  
there is shortness.

Wherever there is white,  
there is black.

Just like these, nothing can  
exist alone.



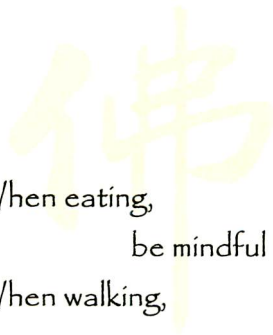


To be proud  
of what we have received  
or to envy others  
for what they have  
will rob us  
of our peace of mind.

Serenity and generosity  
are qualities  
of the heart.

Insight and concentration  
are qualities  
of the mind.

Compassion and wisdom  
are qualities  
of the true nature.



When eating,  
be mindful of eating.

When walking,  
of walking.

When smiling,  
of smiling.

I am the owner of my karma.  
I inherit my karma.  
I am born of my karma.  
I live supported by my karma.

Whatever karma I create,  
whether good or evil,  
that I shall inherit,  
and I alone.



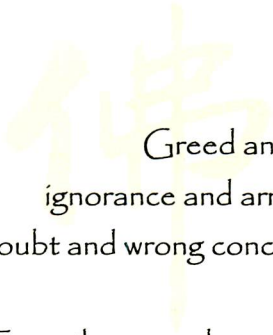
Lovingkindness can never exist  
unless it flows

from the mind and heart,  
from understanding and love.

The contented person,  
who moves amongst sense  
objects,

free from  
attachment or loathing,  
gain or loss, wins  
eternal

Peace.



Greed and anger,  
ignorance and arrogance,  
doubt and wrong conceptions.

Even these can be restrained  
by the heart that is calm  
and compassionate.

Pity arises when we are  
sorry for someone.

Compassion is when we  
understand and help wisely.



If you know anything that is  
hurtful and untrue,  
do not say it.

If you know anything that is  
helpful but untrue,  
do not say it.

If you know anything that is  
hurtful but true,  
do not say it.

If you know anything that is  
helpful and true,  
find the right time.

He who experiences  
the unity of life  
sees himself in all beings, and  
all beings in himself.

He looks on everything  
with an impartial eye.

佛

Serenity,  
respect,  
simplicity,  
self-control,  
purity of thought

are virtues

of the mind.

Generosity,  
stillness,  
gratitude,  
happiness,  
purity of feeling  
are virtues  
of the heart.

Rely on the teacher's message,  
not the personality.

Rely on the meaning,  
not just the words.

Rely on the real meaning,  
not the provisional one.

Rely on your wisdom mind,  
not your ordinary,  
judgmental mind.

Purity engenders wisdom,

Passion                      avarice,

Ignorance                    attachment,

worry,

darkness.

佛

Hear what is said,  
retain what is important,  
speak what is worthy.

Attach to nothing.

Peace is not the absence of  
war, it is

a virtue,

a state of mind,

a disposition for love,

honesty and trustworthiness.



Understand that the body is  
merely

the foam of the wave,  
the shadow of a shadow.

Snap the flower arrows of  
desire and then,  
unseen,  
escape the king of death,  
and travel on.

## In Appreciation

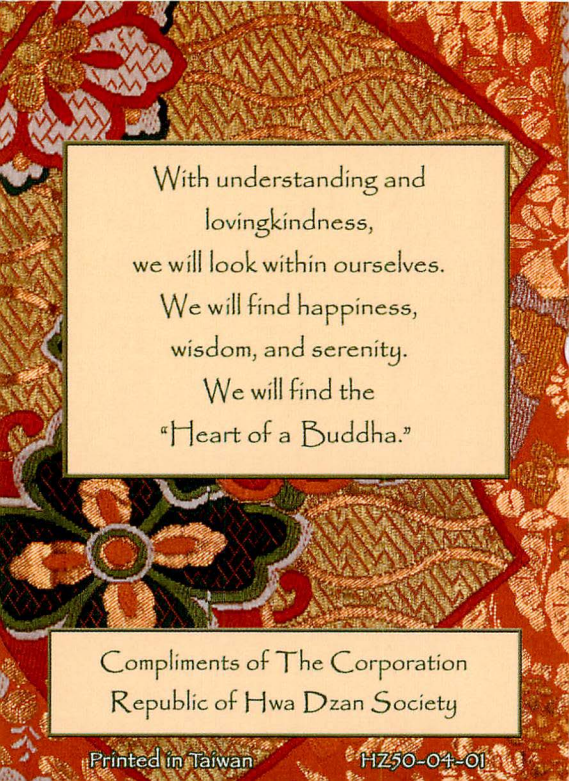
We wish to express our deepest appreciation to Venerable Master Chin Kung for providing the inspiration and conditions for writing and preparing this book.

Also to Venerable Thanissaro Bhikkhu for his beautiful translation of the Dhammapada, which we have quoted on pages 22, 23, 29, 30, 31, and 32.

## Dedication

May the goodness  
accrued from this work  
help to alleviate  
the suffering of all beings  
and enable them to find  
eternal happiness.

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With understanding and  
lovingkindness,  
we will look within ourselves.  
We will find happiness,  
wisdom, and serenity.  
We will find the  
“Heart of a Buddha.”

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