



path  
to  
peace

Shi Wuling

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to  
peace

Shi Wuling

Venerable Wuling is an American Buddhist nun of the Pure Land school of Mahayana Buddhism.  
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In Appreciation

With love and gratitude,

I thank my parents

Milton and Evelyn Bolender.

nurture love,  
give joy,  
be compassionate,  
create peace.

january 1

before we can help,  
we need to understand.

before we can understand,  
we need to listen.

before we can listen,  
we need to be quiet.

january 2

one does not  
arrive at happiness,  
one travels its path.

january 3

world peace will begin  
when we end the wars  
within each of us.

january 4



we can influence others

for the good

by the good

that we are thinking.

january 5

compassion  
ushers sadness out  
guides happiness in.

january 6

why seek outside?  
everything we need  
is already  
within us.

january 7

in developing compassion, we care for  
those we love  
those we know.

eventually we will even care for  
those we do not like  
those we do not know.

january 8

peace within  
creates beauty without.

january 9

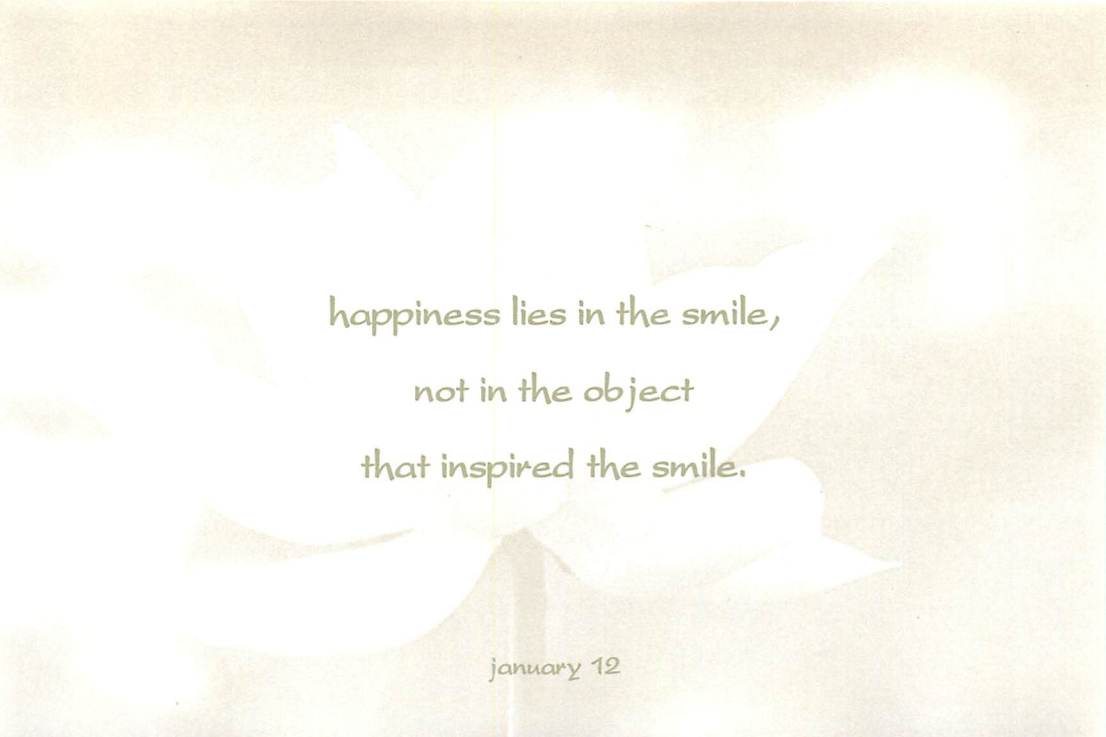
may all beings  
become messengers of peace  
in times of chaos and conflict.

may they  
become the calm voice of reason  
in times of anguish and anger.

january 10

gentleness is the companion of joy  
tenderness of compassion  
serenity of wisdom.

january 11



happiness lies in the smile,  
not in the object  
that inspired the smile.

january 12



to listen  
and to be listened to  
is the way to  
understanding and peace.

january 13

understand things as they really are.

do not mistake

the reflection of the moon in the water  
for the moon.

january 14

the generous person gives  
not just what they have  
but of who they are.

january 15

when we are

kind and generous to others,

we will receive

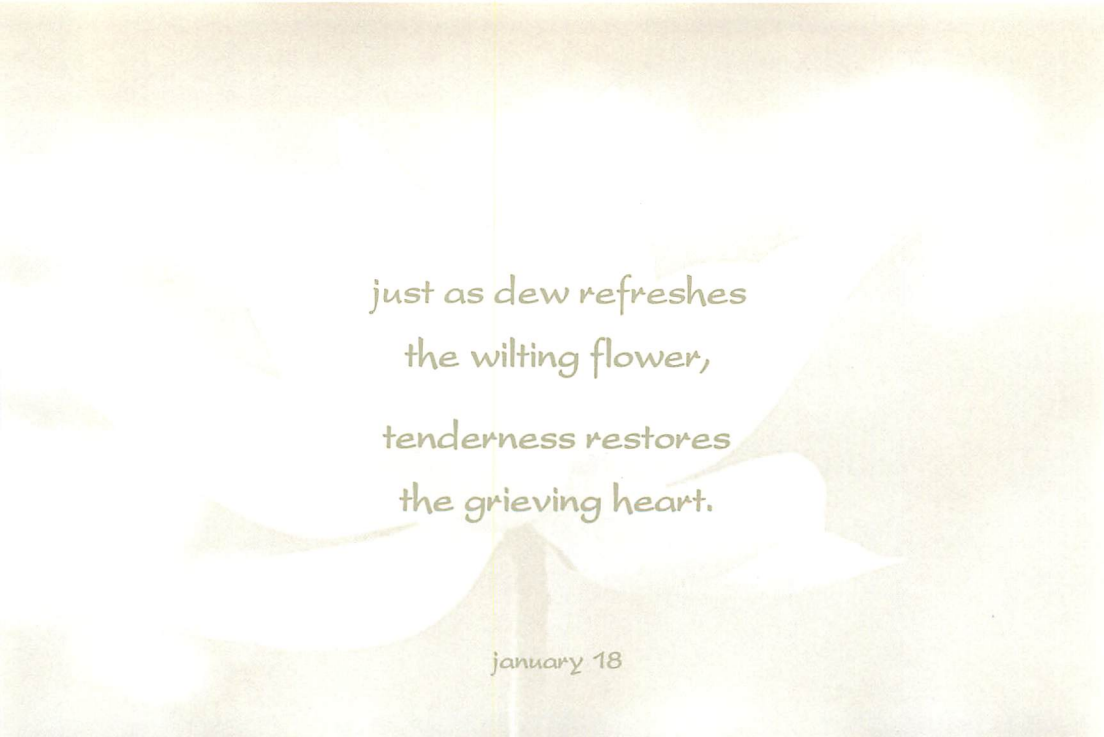
thoughtfulness and love.

january 16

contentment

is not the fulfillment of what we want  
rather the appreciation of what we have.

january 17



just as dew refreshes  
the wilting flower,  
tenderness restores  
the grieving heart.

january 18

better  
than trying to control others  
is trying to control oneself.

january 19

yesterday is a memory ~  
~ tomorrow but a dream

our reality  
is the present moment.

january 20



transform

anger with patience,  
doubt with understanding,  
selfishness with generosity.

january 21

sincerity in words  
engenders trust.  
sincerity in thought  
engenders pure living.  
sincerity in generosity  
engenders loving-kindness.

january 22

may ignorance give way to understanding.  
may hatred yield to compassion.  
may war surrender to peace.

january 23

the absence  
of expectations

results in  
the reduction  
of disappointments.

january 24

contentment is born of the capacity  
to love impartially  
to listen uncritically  
to give unconditionally  
to forgive unreservedly  
to laugh at oneself unaffectedly.

january 25

gently and impartially  
comfort the uneasy  
give selflessly to those who are in need  
teach without reserve those who wish to learn.

january 26

excessive desires lead us to put our  
own interests before those of others.  
they drain our goodness,  
pollute our hearts,  
immerse us in animosity.

january 27

dreams fade  
bubbles pop  
dew evaporates  
lightning ceases.  
nothing is permanent.

january 28



in the wise and gentle heart  
lies the strength  
to change the world.

january 29

only when we have compassion  
for all beings  
will we have true peace.

january 30

smile

be at peace

let go of sadness

forget thoughts of anger

release all regret

realize joy

smile

january 31

the cloud transforms into rain.

the flower transforms into earth.

the earth transforms and becomes a flower  
watered by the rain  
that was the cloud.

nothing exists on its own.

february 1

with greed comes  
animosity, ignorance, pride,  
thoughts of self-benefit and discontent.

with generosity comes  
loving-kindness, wisdom, humility,  
thoughts of all others and great joy.

february 2

austerity can make us hard  
and withdrawn...

...indulgence can make us soft  
and indifferent.

the middle path  
is the balanced way of  
compassion,  
wisdom,  
and insight.

february 3

as we think

so we become.

february 4

awakened ones

are able to properly help others  
because their actions  
are born of wisdom.

february 5



do not resent the heavens for one's fate.  
do not blame our problems on others.

realize the negative cause  
lies within us,  
was created by us,  
can only be changed by us,  
resolved by us with  
understanding,  
diligence,  
love.

february 6

lying is a hindrance to faith,  
laziness, to progress  
animosity, to mindfulness  
hatred, to deep concentration  
and resentment, to wisdom.

february 7

if in our anger, we realize  
the other person is suffering,  
we can free ourselves  
from anger  
and from suffering,  
which also helps free the other.

february 8

desires that are excessive  
preoccupy and distract us.

needs that are reasonable  
nurture and sustain us.

february 9

when others hurt us,  
we usually react with

anger,

resentment,

and may even wish for retaliation.

but these actions will only prolong our pain,  
for to hold resentment in our hearts  
only serves to make us feel worse.

february 10

those who give in to desire  
are often intoxicated  
by sensory indulgence,  
not yet realizing  
that what pleases today  
all too often disappoints tomorrow.

february 11

to truly help others,  
do what is

*beneficial*  
*correct,*  
*honest.*

february 12

reasonable needs are to have  
enough food to eat,  
adequate clothes to keep warm,  
a safe place to live,  
good companions  
on the path to awakening.

february 13



worry ties us up in knots and  
binds us to lifetimes of pain.

who told us to worry?

who said we could not stop?

february 14

anger

the rise of anger  
the initial cause of anger  
is selfishness.

peace

the rise of peace  
the initial cause of peace  
is selflessness.

february 15

most of the things  
we worry about  
never happen.

february 16

listen, carefully  
study, diligently  
chant, sincerely  
think, deeply  
love, wisely.

february 17

practicing diligence is like lighting a fire.  
if we persist, we will succeed,  
if we give up, we will fail.

so often in a new endeavor  
there is an initial burst of enthusiasm,  
then routine activity...  
boredom...  
cessation.

with  
determination,  
the fire will burn strong.

february 18

unkind speech can destroy.

that which is kind  
can bring peace  
and change the world.

february 19

our thoughts are the precursors  
of everything  
we do.

what we constantly  
tell ourselves  
will happen.

february 20

the victor  
becomes arrogant,  
while the defeated  
dwells in pain.

one who is wise,  
turns away from both  
winning and losing  
to live in peace and happiness.

february 21



when we are  
forgiving of others  
considerate of all beings  
contented with what we have  
happy in whatever circumstances  
we find ourselves  
sadness and worry will fade.

february 22

in losing ourselves in  
thoughts of ourselves

we lose.

in losing ourselves in  
thoughts of others

we truly benefit.

february 23

our animosity and fury

will return to us

like fine dust

thrown into the wind,

like flotsam

cast upstream.

february 24

if we remain open  
to the experience of meditation  
as we let go  
of preconceived ideas and  
expectations  
we will gradually feel the benefits  
as we become more calm  
and relaxed.

february 25

*peace - the foremost joy.*  
*oneness - the foremost reality.*  
*enlightenment - the foremost freedom.*

february 26

heal others' unhappiness with loving-kindness,  
their bitterness with compassion.

heal our selfishness with joy at others' success,  
our frustration with equanimity.

february 27

in war,  
both the winners and losers  
lose.

february 28

thoughts give rise to speech;  
speech generates deed;  
deeds become habit;  
and habits form character.

realizing this, one will strive to ensure  
that all thoughts

spring from sincerity and love  
spring forth with compassion.

february 29



without thoughts of  
*this is mine and*  
*that is yours*  
there will be no thoughts of  
*i do not have.*

march 1

have not remorseful thoughts  
of *yesterday*  
or wishful thoughts  
of *tomorrow*.

dwell instead in the present moment.

march 2

the joy of others does not detract  
from our own.

rather, it enhances ours  
for we are all one.

march 3

everything changes, from  
second to second  
minute to minute  
day to day  
lifetime to lifetime.

march 4

we are

not alone

not separate.

we are

one with all beings

one with all existence

one with all the universe.

march 5

in true giving  
we will know loving-kindness  
when we wish others  
to be happy.  
we will know compassion  
when we wish them  
to be free from suffering.  
we will know sympathetic joy  
when we wish their happiness  
to increase.  
we will know equanimity  
when we let go of what we desire.

march 6

one who is wise  
accepts  
what enters his life  
and lets go  
of what leaves.

march 7

it is right for us to respect and safeguard  
every living creature, for they are one with us.  
we are just different aspects of a single being.  
we may feel we are dissimilar,  
but in essence we are the same  
with universal beliefs and values.

*may the perfection of our true selves  
blossom within us as we  
let go of hypocrisy and jealousy,  
bring forth equanimity and wisdom  
to know patience and unity.*

march 8



it is time to heal the wounds  
born of bitterness and violence,  
for if left untended, they will only wreak  
irreparable damage.

we reap what we sow.

only sincere thoughts and deeds  
will create the joyful world we seek.

*may all our hearts and minds bond together  
to forge the unshakeable promise  
to bring our world everlasting peace.*

march 9

cherish and protect this world,

for it is our home  
and the home of those  
not yet born.

so immense, yet so fragile.

so secure, yet so easily destroyed  
by selfishness and hatred.

march 10

it is wise not to judge others,  
lest we ourselves  
be judged  
and found wanting.

march 11

the mind of compassion  
knows no bitterness  
no judgment  
no good no bad  
no right no wrong  
no you no me.

only the wish for all beings  
to be happy.

march 12

in meditation

the goal is to strike a balance between

not indulging the mind as it wanders

and not becoming upset when it does so.

gently but firmly

bring it back to the subject

when it wanders.

march 13

when we learn that  
we cannot truly control others,  
circumstances,  
or things,  
we will begin to let go.  
we will begin to find freedom.

march 14

when in pain and fear,  
remember that all others  
suffer as well.

march 15

it is our duty  
in everything we do  
to do our best with what we have.

no excuses,  
no complaints.

march 16



no inferno burns like hatred.  
no sea engulfs like desire.  
no snare entraps like delusion.  
no seizure imprisons like anger.

march 17

with

goodness,  
concentration,  
and wisdom,  
one will understand,  
craving will cease  
and the other shore will be closer.

march 18

so often, we forget to be thankful.  
but while we all have problems,  
experience difficult relationships,  
fail in our undertakings,  
there are many things in our lives  
to be thankful for.  
all we have to do is  
to slow down, take note, value them  
and be thankful.

march 19

a blessing is  
honest and kind friends  
loving and prudent parents  
respectful and thoughtful children  
wise and compassionate teachers.

march 20

just as the tree whose root  
remains intact  
will grow again,  
anger that is not rooted out  
will re-emerge.

march 21

sever delusion  
eliminate hatred  
touch the clear, bright mind of wisdom within.  
awaken.

march 22

suffering arises from  
our own untamed minds.  
to find genuine happiness,  
discipline the mind and  
eliminate its negative states.

march 23

unangered among those who argue  
unattached among those who cling  
unarmed among those who fight  
is one who is wise.

march 24



violence only breeds  
further violence  
never peace.

march 25

why worry about the problem  
that cannot be solved?

why worry about that  
which can be resolved?

why worry at all?

march 26

as long as a man

bears resentment in his heart,

peace will never be his.

march 27

being benevolent and ethical  
creating good fortune:  
those who are wise  
find happiness  
here and beyond.

march 28

do not strive  
to overcome others  
but our own shortcomings.

march 29

anger, worry, and bitterness  
are not innate in our true nature:  
discard them.

compassion, patience, and joy  
are the heart of our true nature:  
cherish them.

march 30

whether good or bad  
our actions will bring results,  
good or bad.

march 31

four noble truths:

life is suffering  
suffering is caused  
suffering can end  
the way to its end  
is the practice of  
morality,  
concentration  
and wisdom.

april 1



## the noble eightfold path

the practice of *wisdom* is accomplished by  
right view and right thought;  
the practice of *morality* by  
right speech , right action,  
and right livelihood;  
the practice of *concentration* by  
right effort, right mindfulness,  
and right concentration.

april 2

*right view*  
is understanding  
the four noble truths  
of  
the nature of suffering,  
and understanding  
the law of causality:  
we reap what we sow.

april 3

*right thought*  
is the accordance of our thoughts  
with the right view.  
it is the letting go of  
desires and attachments,  
offering happiness to others,  
and taking away their bitterness.

april 4

*right speech*  
is the abstention from words  
that are false, divisive,  
abusive, or frivolous.  
it is using words to benefit,  
not to harm.

april 5

*right action*  
is the reverence for all life,  
and the respect  
for the property of others.  
it is the practice of  
love and non-violence.

april 6

*right livelihood*  
is reflecting  
our loving-kindness and  
compassion  
in the way we earn our living.  
it is nurturing and  
caring for others  
with our work.

april 7

*right effort*  
is enthusiastically approaching  
everything we do  
in our work, at home,  
and in our practice.  
it is replacing  
unwholesome thoughts  
with those that are wholesome.

april 8

*right mindfulness*  
is the state  
in which we are aware  
of everything that arises in our mind,  
but we do so  
nonjudgmentally  
and without interpretation.

april 9



*right concentration*  
is focusing our attention  
on what we choose  
without being distracted.  
it is the absence of worries,  
doubts, and drowsiness.  
it is a state of joy and ease.

april 10

do not ask  
who has caused me to suffer  
*but*  
who i can help  
to be free from suffering.

april 11

equanimity is viewing  
those we love  
and those we hate  
and wanting both to be happy.

april 12

each of us has  
the *mind of a buddha*  
within us,  
the *essence of a buddha*  
in our true nature.

april 13

listen to others

nonjudgmentally and impartially,  
without thoughts of condemnation,

self interest,  
evaluation.

april 14

he is able

who thinks

he is able.

april 15

do not be swayed by  
external circumstances,  
maintain the mind  
of quiet joy and serenity within.

april 16

neither fire nor wind,  
birth nor death  
can erase our good deeds.

april 17



to live a pure, unselfish life,  
one must count nothing  
as one's own  
in the midst of abundance.

april 18

the individual self is not the true self  
but a concept  
that arises from ignorance.  
thoughts and feelings,  
which are regarded as real  
and, thus, important,  
are in reality  
illusory and  
inconsequential.

april 19

there is no fire like passion,  
no shark like hatred,  
there is no snare like folly,  
no torrent like greed.

april 20

focus on what we are doing  
right now.

concentrate.

pay attention.

april 21

may all beings

savor the nectar of loving-kindness

to overcome thoughts of controlling others,

bring forth serenity and the insight

to find happiness and harmony.

april 22

peace is not achieved  
through violence,

but through understanding  
and compassion.

april 23

with giving,  
we can let go of greed.

with patience,  
we can dissolve hatred.

with wisdom,  
we can sweep away ignorance.

april 24

what we find irksome in another  
is a reflection  
of what lies within ourselves.

april 25



patience

conquers opposition,  
annihilates obstacles,  
gives confidence.

april 26

hatred and prejudice  
are the enemies of  
correct understanding.

april 27

to be happy ourselves,

first we help  
somebody else  
to be happy.

april 28

anger is like an addiction.  
not only did we get upset  
the first time,  
but we go over and over it,  
like watching reruns of a favorite movie.

april 29

to use speech wisely  
is to speak truthfully  
and in a way  
that the listener can accept.

april 30

equanimity is to have  
impartial affection for all.

may 1

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

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

may 2

all compound things  
are impermanent  
and subject to birth and death.  
when birth and death no longer exist,  
all is silence,  
all is joy.

may 3



when looking after ourselves

use compassion;

when looking after others

use compassion.

may 4

neither indulge oneself  
nor ignore the one in need  
for to do so is self-centered and  
heartless.

seek the middle way to  
contentment,  
humanity,  
peace.

may 5

when changes occur  
we can choose to adapt  
or cling to our ideas.  
we can choose to understand  
or cling to our pain.

may 6

cultivation is not simply sitting  
on a meditation cushion.

cultivation is  
correcting our faults,  
acting from wisdom and compassion,  
having a peaceful and tranquil nature.

may 7

do not be angry with yourself  
because of your failure.

do not be envious of others  
because of their success.

by not losing oneself  
in frustration over what happens  
one will live fully every moment.

may 8

in everything you do,  
be fully  
present in the  
m

o

m

e

n

t.

may 9

even a buddha  
cannot change that which  
we ourselves have destined.

may 10

a drop of rain  
falls gently on a leaf and slowly rolls off.  
it does not have thoughts of like or dislike.  
it does not attach.

likewise,  
our minds should see everything clearly,  
without differentiation  
without attaching.

may 11



the just person is one  
who does not arbitrarily  
pass judgment,

but thinks deeply and  
judges impartially.

may 12

one

who is calm in the face of chaos,  
content among the desirous,  
peaceful among the violent,  
is awakening.

may 13

to be happy  
let go  
of unhappiness.

may 14

we do not achieve things  
by way of proclamations and slogans  
but through  
persistence,  
effort, and  
enthusiasm.

may 15

there are four things conducive  
to the uncovering of wisdom:  
association with those who are virtuous  
hearing wise and true teachings  
listening well and deeply  
practicing sincerely.

may 16

one who speaks  
of the teachings  
may be knowledgeable,  
but he who incorporates  
the teachings  
into what he does  
is the true practitioner.

may 17

understand  
the true nature of form.

understand  
the true nature of formlessness.

attach to neither.

may 18

understanding  
the reality of impermanence  
does away with desire  
for material possessions,  
for sensual pleasure,  
for existence,  
and eliminates attachment.

may 19



it is not the other who is our enemy

it is our own lack of understanding.

may 20

the end of the path is

no birth

no aging

no sickness

no death

it is sublime

liberation.

may 21

calm the mind ...

let go of pain

let go of sorrow

let go of bitterness.

heal the heart ...

find joy

find serenity

find equanimity.

may 22

the mind  
swayed by external conditions  
is swept this way and that  
by emotions  
and loses self-control.

may 23

even the smallest gift,  
given from the  
unselfish and caring heart,  
is a gift of great love.

may 24

one who is liberated  
thinks what he wishes  
and does not think  
any thought he does not wish to.

may 25

the mind of a buddha is  
clear and unencumbered  
and brings perfect joy.

that of unawakened beings is  
clouded and obstructed  
and immersed in suffering.

may 26

*moral discipline*  
provides the stability for us to develop  
*meditative concentration*  
which enables our  
*innate wisdom*  
to arise.

may 27



the awakened person  
still showers all with loving-kindness  
and understanding  
even when  
cast out by relatives  
scorned by friends  
rejected by colleagues  
ignored by strangers.

may 28

transform anger with patience.  
transform evil with good.  
transform the miserly with generosity.  
transform the liar with truth.

may 29

subject to

birth

aging

sickness

death

sorrow

and loss

why seek the same again?

may 30

as a mother  
protects her only child  
with her life,

we too can cultivate  
a boundless love  
for all beings.

eventually our love  
will pervade the whole world.

may 31

to reach others

use soft but honest words

and have a kind

and sincere

expression on your face.

june 1

a line drawn on water  
vanishes in an instant.

our lives are like that line on the water.

life is short.  
do not waste it.

june 2

want to change the world?

first,

change yourself.

june 3

when there are no thoughts  
of giving to others,  
of having offered,  
of sacrifices made,  
we are advancing  
towards awakening.

june 4



life is impermanent.  
when others need help

do not hesitate  
do not waste time  
just help.

june 5

ego

self-importance

keep us

from forgiving others

from forgiving ourselves;

pride

arrogance

keep us

from making peace with others

from making peace with ourselves.

june 6

just as a rock  
remains unmoved by the storm,  
those who are wise  
are unmoved by jealousy and pride.

june 7

everything that comes into existence,  
living and non-living,  
is connected to everything else.  
nothing exists solely on its own.

june 8

all beings fear death.  
all beings tremble at violence.  
all beings yearn for safety and comfort.

put yourself in the place of another

can you then

threaten any being or  
harm any being?

june 9

only when we are at peace  
with ourselves,  
will we be able to live  
peacefully  
with others.

june 10

all is impermanent:

whatever arises will cease,  
all possessions will be lost,  
all meetings will end in separation,  
all life will end in death.

june 11

problems  
do not cause suffering.

the cause  
is how we choose to react  
to the problems.

june 12



what matters is that we act with  
sincerity,  
respect,  
honesty.

doing so, others will treat us  
likewise.

june 13

in the service of others,  
one places another's wishes and welfare  
before one's own comfort  
and personal preferences.

ideally, there is  
no thought of like or dislike,  
no feelings of superiority or pride,  
no thought of self-benefit.  
only the wish to help others.

june 14

into each life  
we bring nothing  
from each life  
we take nothing

life after life  
we come  
we go

letting go will end the bringing and taking.  
letting go will end the coming and going.

june 15

one who is free  
from desire and sorrow  
leaves all fetters behind  
to pass beyond birth and death.  
like a swan rising from a lake,  
he moves on in peace  
never looking back.

june 16

four things are constant:  
no world lasts forever  
    but will be swept away;  
it is no shelter  
    and protects not;  
one will leave everything behind  
    in passing to the next life;  
life is incomplete  
    and unsatisfying.

june 17

without barriers between people  
our hearts can be filled with love.  
such love can pervade  
all of space  
all of time.

june 18

anger

our own most terrible enemy  
our greatest threat to peace.

june 19

all people wish to end pain  
and find happiness.  
the rest is secondary.

june 20



counteract greed with contentment.

if something new

comes our way

be content

if it passes us by

be content.

june 21

ideally we help others.

if we cannot help

at least

we should not harm.

june 22

with giving, we eliminate greed  
with morality, we let go of afflictions  
with patience, we dissolve hatred  
with enthusiastic effort, we overcome laziness  
with concentration, we calm pointless thoughts  
with wisdom, we leave delusion behind.

june 23

wishing to hurt another,  
we experience anger  
wishing to harm another,  
we experience animosity  
when animosity festers,  
we experience hostility  
when hostility is vented,  
it becomes cruelty.

june 24

to offer happiness,  
we need to set aside  
what we wish for  
and provide others with  
what they wish for.

june 25

with absolute sincerity  
a few choice words  
a simple act  
a gentle smile  
will ease apprehension  
will dissolve sadness  
and alleviate suffering.

june 26

in the midst of pain and sadness,  
find love for all who suffer  
the will to seek the truth  
the heart to let go of the pain  
the strength to find the way out.

june 27

the time may be short  
but if we care enough  
the time is enough.

june 28



we are not waves  
crashing onto the shore

we are the ocean.

we are not individuals  
alone and lost

we are the universe.

june 29

one who is  
unaffected by things  
that elicit attachment,  
unangered by things  
that produce irritation,  
unworried by things  
that cause distress,  
will leave unhappiness behind  
and dwell in peace.

june 30

loving others  
is caring as much about  
their happiness  
as our own.

july 1

once the thought arises  
the word is spoken,  
and the deed is done.

the thought  
the word  
the deed

will live on and impact others long after  
we have ceased

thinking

speaking

doing.

july 2

every thought we conceive  
each act we commit  
in the present,  
creates the conditions  
we will encounter  
in our future.

july 3

in our last moments, we will ask:

what have i accomplished?

did i make a difference?

do not wait till then

ask now.

july 4

when about to speak  
of one to another,  
consider first if you would say it directly  
to that person —  
    same intention  
    same words  
    same tone,  
        if not, it is best to remain silent.

july 5

sincerity in helping someone  
is not accompanied  
by the thought  
"i am sincere "  
nor followed by the thought  
"i have done. "

july 6



why become angry  
when we fail to control others,  
when we cannot control ourselves?

july 7

in the name of honor,  
men have acted ignobly.  
in the name of peace,  
men have declared war.

july 8

most of the time,  
we do not get what we desire.

some of the time,  
this can be very fortunate.

july 9

awakening is the blossoming  
of the mind and  
of the spirit.

july 10

clinging narrows the heart;

giving broadens it.

clinging paralyzes the heart;

giving liberates it.

clinging darkens the heart;

giving brightens it.

july 11

it is far wiser to remain  
honorable in silence  
than to be  
dishonorable in speech.

july 12

live contentedly with modest means  
be worthy instead of being praised  
think quietly  
talk gently  
act wisely  
understand the past  
care about the future.

july 13

the acorn and oak tree are separate

or are they?

the wood and flame are separate

or are they?

the act and actor are separate

or are they?

we are alone and separate from all else

or are we?

july 14



anger is a poison,  
patience its antidote.

july 15

be wary of actions —  
for the occasional reaction  
can become an addictive habit.

july 16

the self is not an independent entity  
with an individual existence,  
but a convenient point of reference  
which enables us to relate  
to the world around us and  
to circumstances we encounter.

july 17

why take pride in this body  
and in possessions,  
they do not last.

they are like castles in the sand  
swept away by the tide,  
like the scent of a flower  
carried off by the wind.

july 18

a deeply rooted tree  
which is cut down  
will grow again.

like that tree  
intolerance that is not uprooted  
will rise again.

july 19

think first.  
once a word is spoken  
or an act committed,  
we cannot undo the deed.  
apologies  
retractions  
explanations  
may lessen, but cannot undo  
the harm done,  
the pain that will remain.  
think first.

july 20

with hearts pure and clean  
like newly fallen snow,  
with patience impartial and accepting  
like the earth,  
with compassion broad and all-encompassing  
like the universe,  
awakened ones help others.

july 21

when tempers are rising  
and we do not know how to speak wisely,  
it is best to remain quiet.

july 22



accord friends and  
family  
the same courtesy  
we use for strangers.

july 23

when our caring for others  
becomes immeasurable,  
the mind embraces  
the complete expanse of space,  
and its capacity  
encompasses the vastness  
of the universe.

july 24

both body and mind  
need to be healthy  
to seek the way to enlightenment.  
one's body needs to be  
strong and healthy.

one's mind needs to be  
peaceful and focused.

july 25

a lute's strings tightly strung will break  
strings loosely strung will not play  
with balance, comes a pleasing sound.  
just as with a lute  
serenity is found when one's life is  
properly balanced.

july 26

greed  
is wanting things  
to occur as we wish.

anger  
arises when we fail  
to obtain what we want.

july 27

the love of those who are unawakened  
arises from emotions.

the love of those who are awakened  
is born of wisdom.

this love is  
impartial,  
unconditional,  
all-encompassing.

july 28

our actions affect others,  
just like a single drop of water  
splashing on the ocean:  
the resulting ripple  
sets all the other  
drops of water in the ocean  
moving.

july 29

rivers join with the sea  
which rises to merge with the clouds  
falls to become one with the stream  
and then rushes to return as rivers.

the cycle of life continues  
interconnected  
timelessly.

july 30



find some time  
every day  
to spend some time alone.

july 31

inflamed by greed,  
incensed by anger,  
confused by delusion,

obsessed by these,  
overcome by these,  
man causes his own suffering.

august 1

touch everything as if  
you are touching a buddha.

for you are.

august 2

the wise have something to say.  
but those who usually speak  
are not necessarily wise.

august 3

there are three questions  
we can ask ourselves every day:

have i been resolute  
in helping others?

have i been trustworthy  
when speaking with others?

have i been zealous  
in practicing what i teach?

august 4

before starting a new undertaking,  
look through the old

to see what can be used and  
what needs to be discarded.

august 5

each new encounter is due  
to a karmic link from a past life:  
an affinity or an enmity  
that can improve or worsen.  
so, in each new encounter,  
treat the other  
with respect and consideration.

august 6

let go of expectations.

having done so  
whenever something good happens  
we will be content.

if things do not work out  
we will not be disappointed.

either way  
we will remain calm and balanced.

august 7



learn from the past but  
do not attach to it  
do not cling to it.  
do not allow thoughts of it to overwhelm,  
like pains of old  
and sorrows past.

august 8

when looking, see clearly  
when listening, hear keenly  
when doubtful, pose questions  
when working, be responsible  
when speaking, be truthful.

august 9

one who is  
sensitive to the needs of others  
and  
who perseveres in meeting those needs  
will never be alone.

august 10

seek to benefit all beings  
not just  
those like ourselves.

august 11

if we taint pure water  
with just a drop of poison,  
all of the water will be tainted.

*likewise*

if we taint ourselves with thoughts  
of duality—of *you*—of *me*  
we will become tainted.

august 12

we are one

all part of one another.

if one part suffers and feels pain then

we also suffer and feel pain.

we are one.

august 13

kindness without wisdom is folly.

valor without wisdom is chaos.

august 14

since refusing to accept things as they are  
does not make them go away,  
would it not be wiser to learn  
how to work with them?

august 15



when we make a mistake  
and do not correct it,  
we have truly made a mistake.

august 16

often we will have an impulse to give.  
but then we start thinking  
of all the reasons not to.

do not be deterred.  
return to the initial thought and give.  
each time we will return more quickly.  
one day there will only be the first thought:

" give."

august 17

in gain, be honest  
in giving, be thoughtful  
in appearance, be warm  
in demeanor, be respectful.

august 18

what i learned yesterday

was wonderful,

but what i learned today

was even more wonderful.

i had to release yesterday,

to learn today.

august 19

only question  
how we treat others,  
not how others treat us.

august 20

most of the time  
we cannot control our circumstances,  
but  
every moment of time  
we can control how we react  
to these circumstances.

august 21

be like a buddha.  
think like a buddha.  
feel like a buddha.  
pay attention  
understand  
work, walk  
sit, smile.  
be  
like a buddha.

august 22

in teaching others  
personify the teaching,  
then others will wish to learn.

august 23



look within

...look deeper

...deeper still

everything we need is already here

within us.

august 24

existence is like a cloud.  
from a distance it appears real.  
but when we pass through it,  
it is nothing.

august 25

if we cannot think solely of others for one day,  
do it for half a day.

if we cannot think solely of others for half a day,  
do it for two hours.

if not for two hours  
then one hour.

if not for one hour  
then one minute.

august 26

when there is resentment  
anger will fester.

when resentment is no longer,  
anger will likewise disappear.

august 27

just as the ice melts  
under the springtime sun  
disagreements and mistrust evaporate  
amidst the warmth of kindness.

august 28

let all those you encounter  
leave happier and better than they were before:  
have gentleness in your eyes  
loving-kindness in your smile.

august 29

even the largest jug  
will become full

drop

by

d

r

o

p.

august 30

kindness will accomplish that  
which force never will.

august 31



to offer happiness to others,  
we need to know what they want,  
and for this  
we need to listen  
and understand.

september 1

pursue wholeheartedly

that which is worthy,

put down completely

that which is not.

september 2

everything changes  
everything disappears  
nothing can be held on to.

september 3

nothing is  
more virtuous than compassion  
sweeter than serenity  
purer than truth.

september 4

giving in to desire  
we become prisoners  
of our own greed.

renouncing desire  
we are free.

september 5

it is not our friends

but our opponents

who give us the opportunity to grow.

september 6

the contented smile  
at the end of the day  
is born of helping others.

september 7

the teachings in the sutras  
of  
honesty  
tolerance  
impartiality  
are not for others  
but us.

september 8



although the body is earthbound  
perhaps even immovable,

the mind and spirit can  
through meditation  
soar.

september 9

a momentary flash of anger  
may seem inconsequential,  
but it carries with it  
the potential for a lifetime of suffering.

september 10

conflict in the name of religion  
arises not because of a teacher's words  
but due to humankind's  
misunderstanding of those words.

september 11

the body in motion  
the mind at peace  
these are keys to  
contentment and  
happiness.

september 12

to overcome  
strong negative feelings,  
strengthen  
those that are positive.

september 13

love often declines into hatred  
but very rarely does  
hatred grow into love.

september 14

a wise heart

judges not

craves not

fears not.

it understands

and is no longer imprisoned by emotions.

september 15

nonviolence is not one option  
it is the only reasonable option.

september 16



go through life  
as if floating on water:  
move with it  
without drowning in it.

september 17

caring  
begins with a simple question:  
was my thought unkind?

september 18

there really is no choice:  
exist in harmony  
or  
perish in dissension.

september 19

it takes more courage  
to create peace,  
than it takes  
to create war.

september 20

generosity  
morality  
patience  
diligence  
concentration  
wisdom  
are the means—and the end.

september 21

anger from within

not from without

is the real destroyer.

september 22

if only we can realize that  
the joy of others  
is our own,  
the pain of others  
is our own,  
we will then foster only joy  
and never again cause pain.

september 23

one does not need to be arrogant  
to think one can accomplish  
something positive:  
just optimistic.

september 24



changing the outside  
will not fix the inside.

september 25

to truly help another  
speak

truthfully and  
honestly and  
carefully.

september 26

disappointment  
inevitably follows  
expectation.

september 27

we are not isolated,  
never alone.

what happens  
on one side of the world  
will inevitably effect the other.

september 28

anger begets anger

never peace

never love

never joy.

september 29

do not  
emphasize the superficial differences—  
instead,  
celebrate the universal similarities.

september 30

our foolish ideas of what happiness is  
keep us eternally searching  
for the unfindable.

ensnared by these false thoughts,  
we do not recognize the joy  
that lies within us.

october 1

what matters is that we act  
with sincerity, respect, and honesty.

doing so,  
others will treat us likewise.

october 2



if you wish to see others smile...

...smile first.

october 3

we harm others  
not because we are malicious  
but  
because we are careless.

october 4

ideally

we prevent unkind thoughts from arising,

but, initially, this is difficult to do.

until this can be accomplished,

strive to replace

unkind thoughts that arise

with those that are kind.

october 5

settle all disputes

before the end of the day

for there is no guarantee that

we will have tomorrow

to do so.

october 6

being close to one's teacher  
is not living near the teacher.

rather it is  
holding the teachings in one's heart  
and sincerely endeavoring  
to abide by them.

october 7

only speak words that are  
necessary and  
helpful.

october 8

the true friend is one who  
understands  
forgives  
forgets  
our thoughtless words and acts,  
offering us the kindness  
of another chance.

october 9

let go of thoughts of "i"

to benefit loved ones.

let go of benefiting loved ones

to help those we know.

let go of helping those we know

to serve all beings.

october 10



for good

or

for bad

everyone is someone

we can learn from.

october 11

who you are in this lifetime  
is the result  
of what you did in past lifetimes.

october 12

genuine happiness lies not  
in getting what we want,  
but rather  
in not wanting.

october 13

where there is humankind

there is potential  
for an act of goodness.

october 14

from craving  
from arrogance  
come violence.

from trust  
from honesty  
come peace.

october 15

one who thinks constantly  
he deceived me  
he hurt me  
will never find  
peace.

one who lets go of  
resentment  
hatred  
will know  
joy.

october 16

problems do not come  
from outside of us,  
but from within.

october 17

when there is no delusion

there is truth.

when there are no impure thoughts

there is sincerity.

october 18



focus not on what separates us  
but on that which unites us.

october 19

as good thoughts increase just a bit  
bad thoughts decrease just a bit.

as i created my future  
so i can change it.

thought  
by  
thought.

october 20

there is no "i".  
if there is no "i"  
how can there be "mine"?

october 21

if today

i have not progressed

then today

i have already regressed.

october 22

the smallest good deed  
that arises from a sincere heart  
will spread throughout the universe.

october 23

when someone scolds me,  
i become upset.

why is it that i am not upset when  
this person scolds another?

october 24

one who is unselfish  
can begin to care  
for one who  
is selfish.

but

one who is selfish  
will care only  
for himself.

october 25

a broad mind  
doing a small deed  
is considered great goodness.

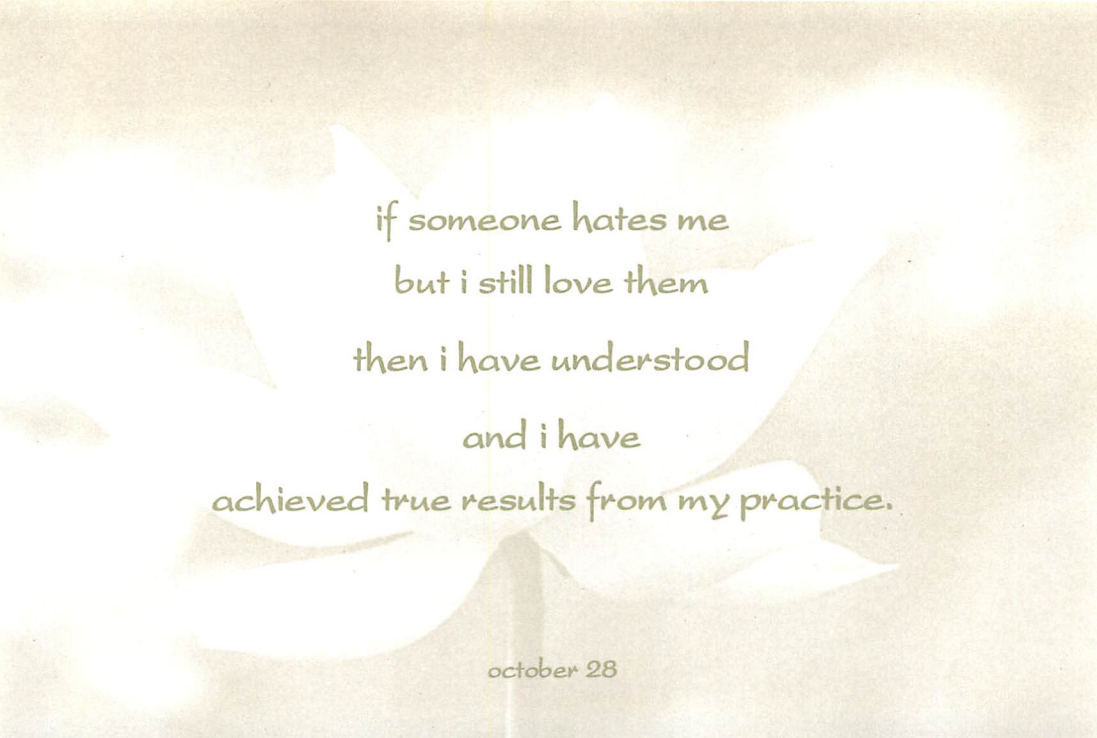
a narrow mind  
doing a big deed  
is considered a small goodness.

october 26



always remember others' kindness  
while  
forgetting their weaknesses.

october 27



if someone hates me  
but i still love them  
then i have understood  
and i have  
achieved true results from my practice.

october 28

no lasting peace  
can come from fear.

october 29

through giving we are rich.

through grasping poor.

october 30

until all people know peace,  
we ourselves  
will not know true peace.

october 31

by forgiving others  
for having hurt us,  
we can

let go of the painful past and  
create a happier future.

november 1

powerful people  
are concerned with winning,  
while those with little,  
hope for kindness.

november 2

in separateness

lies the world's great suffering.

in unity

lies the world's true strength.

november 3



at times a person's actions irritate us  
but not his words.  
at times a person's words irritate us  
but not his actions.  
at times both words and actions  
are irritating.

see the suffering behind these  
ignore the irritation and  
practice kindness.

november 4

ignorance leads to egoism,  
egoism to selfishness,  
selfishness to resentment,  
resentment to anger,  
anger to hatred,  
hatred  
to annihilation.

november 5

to find happiness  
focus not  
on what we want  
rather  
on what we have.

november 6

if we could only see  
the suffering of others as our own,  
mutual happiness would be possible.

november 7

we created our lives  
we are responsible for them.

since

we are the ones  
who created our lives,  
we alone can change them.

november 8

if we can

put aside our personal differences  
and understand that by nature  
we are all the same,  
we will be better able  
to treat all with respect.

in doing so,

we will receive the respect of others.

november 9

everyone has a combination  
of good and bad qualities.  
the ones we dwell on  
all too often  
tell more about us  
than about others.

november 10

we are the only ones  
who can bring ourselves  
peace.

november 11



an unkind thought  
a careless word  
can cause so much pain.

catch the thought.  
hold the word.

november 12

even the smallest act  
of kindness  
is worthwhile.

november 13

the attainment of  
contentment  
simplicity  
peace

far exceeds the attainment  
of a vast fortune.

november 14

a gentle smile costs nothing  
but  
accomplishes much.

november 15

be patient.  
be at peace.

november 16

thoughtfulness is  
to care for others  
even when we think  
they may not deserve it,  
for in reality,  
we know very little.

november 17

pride is a dangerous trap.  
if we think we understand everything—  
we understand nothing.

november 18

persevere

in determination

in gentleness

in humility.

let go

of shortcomings

of violence

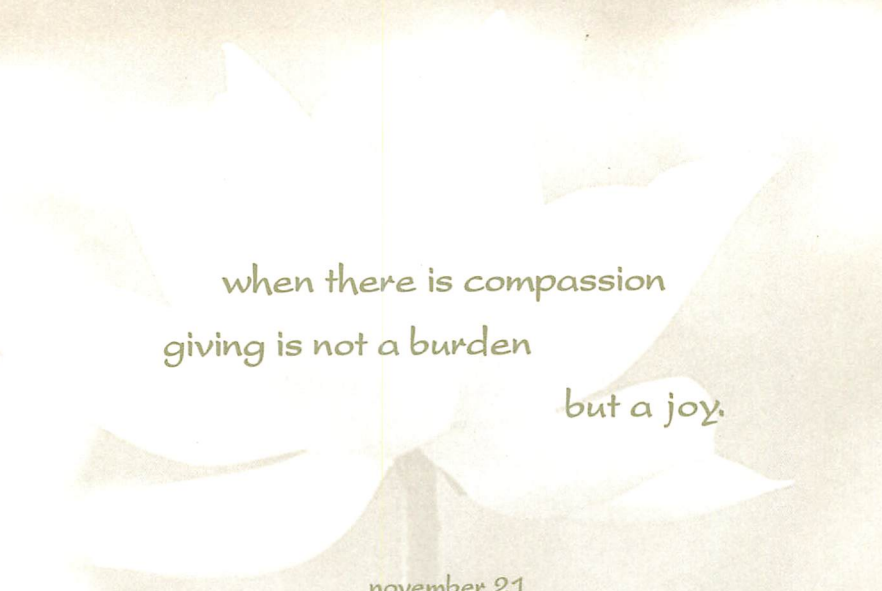
of pride.

november 19



imagine the pain of one who feels that  
no one cares  
no one understands  
no one will come to help.

november 20



when there is compassion  
giving is not a burden  
but a joy.

november 21

just as water can erode  
the hardest stone —

sincerity can melt  
the coldest heart.

november 22

what  
is the price of patience

compared  
to the cost of intolerance.

november 23

when the mind is quiet  
with chattering thoughts at rest,  
when the heart is gentle  
with selfish thoughts given up,  
the spirit will rise and soar.

november 24

there is a universal oneness  
that pervades all existence:

just as

one cell in our body

does not belong to another,

one being

does not belong to another.

november 25

every day  
make a fresh beginning.

november 26

the largest building begins  
with one brick.

so too, we begin to improve  
with one small act.

november 27



have hope for the future

but do not forget about today.

november 28

A white paper flower cutout is centered on a textured, light brown background. The flower has several layers of petals, some of which are slightly curled. The text is printed in a simple, lowercase, sans-serif font in the center of the flower.

to be at peace  
is  
to create peace.

november 29

do not be concerned if the next person  
is not doing his or her best.  
instead, focus on how you yourself  
are doing.

november 30

the young have ambition and energy  
born of dreams,  
the elderly wisdom and patience  
born of experience.

tragically, those who are young forget that the elderly  
also dream of happy children and caring families,  
also work hard to improve their lives.

foolish youth will dismiss their efforts as outdated.

those more intelligent will  
listen, learn, and grow wise.

december 1

believing in one religion  
we should respect all religions.  
being of one culture  
we should respect all cultures.  
living in one country  
we should respect all countries.

december 2

buddhas	view all beings	as buddhas
bodhisattvas		as bodhisattvas
good people		as good
bad people		as bad

what am i  
bad or good?  
deluded or enlightened?

december 3

there is so much suffering already:  
unfulfilled expectations,  
personal confrontations,  
sickness, aging, and death.

why allow another's  
skin color or spiritual beliefs  
to be the cause of additional suffering?

december 4

viewing all equally  
enlightened beings regard all beings  
with impartial respect.

december 5



patience enables us  
to counter anger  
to interact harmoniously,  
to recognize and overcome our shortcomings,  
to react wisely in the face of adversity,  
to stop blaming others for our problems,  
to stay with a difficult undertaking without complaint,  
disappointment,  
resentment.  
to find success and contentment.

december 6

when anger arises too quickly  
to stop it,  
try not to react rashly,  
calm down,  
find a way to diffuse it.

december 7

if we view others as

"strange"

or as a

"stranger"

we will lose the opportunity  
to discover all that we hold in common.

december 8

just as  
earthquakes bury  
floods sweep away  
and winds demolish

all of our physical accomplishments,  
the fierce fire of anger consumes  
all of our goodness and serenity.

december 9

nothing remains with us forever:  
possessions are lost  
or become unimportant,  
people leave us  
or we leave them,  
places are left behind,  
ideas change,  
we move on.

december 10

why do we so easily become angry?

we do so because we are attached

to our view of who we are

to self-importance

to the concept of "i."

when the concept of "i" is threatened,

"i" very often strikes out in fear

in anger.

december 11

none of us are untouched by ignorance.  
none of us are free from pain and grief.  
none of us are safe from blind hatred.  
none of us.

december 12

loyalty  
is not to be applied blindly but judiciously,  
as it is given to those who are  
honest  
ethical  
and sincere.

wisely applied,  
loyalty ennobles  
both the giver and the receiver.

december 13



if we can rise above  
our suspicions and defensiveness,  
we will be able to share the similarities  
and celebrate our diversity.

in this way,  
all of us will benefit.

december 14

until young children are taught to do so,  
they will not think of disliking another child  
because his or her skin is another color.

it takes those who are older  
to teach discrimination and hatred to a child.

it takes an impure mind  
to sully an innocent one.

december 15

do not wait till you find  
the perfect place to  
be calm and content.  
where you are  
is already perfect.

december 16

in genuine giving  
the magnitude of the act  
does not matter.  
the gratitude from the receiver  
is inconsequential.  
the sincere act of caring  
is what matters.

december 17

love which comes from wisdom  
is unconditional and nonjudgmental.

such love accepts another  
as he or she is  
and wishes only  
for that persons' happiness.  
such love brings happiness  
to the one who loves as well.

december 18

by working together,  
we come to realize  
that no barriers  
to religion, race or gender exist.

december 19

seeing the pain in someone's eyes,  
or hearing the sadness  
or worry in his or her voice,

how can we not care?  
how can we not be kind?

december 20

each of us can do our best  
to be as kind  
as our heart allows.

december 21



in a task,  
we can control the effort  
but not the outcome.

focusing on the effort  
will leave us contented

focusing on the outcome  
will leave us frustrated.

december 22

joyfulness  
is freeing others from unhappiness and  
being sincerely happy for them  
when they accomplish it.

it is a mental state  
of great contentment and ease,  
not to be misunderstood with happiness,  
which is just a physical state  
of feeling good.

december 23

we can choose

to lose ourselves  
in anger and jealousy

or

to find ourselves  
in patience and gratitude.

december 24

peace is more  
than the mere absence of war.

it is the pro-active care  
for the rights of others.

december 25

the serene and stable mind has  
no thoughts of preference  
no thoughts of reputation  
no thoughts of pride.

it no longer moves erratically  
between feelings of great happiness  
and those of discomfort or sadness.

it is contented and  
at ease with everything it encounters.

december 26

touch the beauty  
and truth  
within  
to  
reveal  
and liberate  
our natural joy.

december 27

an excellent way to counter selfishness  
is through the practice of giving,  
which invariably  
puts the needs and wishes of others  
before our own.

initially,  
we may well feel that we are making a sacrifice,  
but gradually  
as we let go of our selfishness,  
our giving will become spontaneous and joyful.

december 28

time has no beginning,  
it has no end.

throughout immeasurable eons,  
violence and conflict have abounded,  
and body and spirit have been deeply wounded.  
may the time for healing begin now.

december 29



immersed in anger,  
polluted by selfishness.  
as though ensnared,  
humanity has been beset by ignorance.  
but wisdom and compassion lie buried within.  
may serenity and insight arise now.

december 30

we are not separate:

we are one.

seeming differences are inconsequential

for our hearts are the same.

respect and harmony are waiting to

awaken.

may universal peace begin now.

december 31



## Dedication

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

For a list of  
Amitabha Buddhist Societies and  
Pure Land Centers  
please visit  
[www.purelandcollege.org.au](http://www.purelandcollege.org.au)

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may the time for healing begin now.  
may universal peace be ours.

Compliments of  
The Corporation Republic of Hwa Dzan Society