



# Peace of Mind



with forewords by  
Venerable Sik Hin Hung  
and  
Professor C.F. Lee



# Peace of Mind



Hong Kong

# Dedication

To all sentient beings in their quest to find peace and liberation from suffering.

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# Foreword

At the Centre of Buddhist Studies, we strive to offer a comprehensive program that brings students into the fold of Buddhist Studies. We also want to introduce our students to the concept of “sustainable happiness”, which in Buddhism is synonymous with the state of mind that is free from all craving, worry, and existential suffering: enlightenment. Peace of mind feels within closer reach for most of us, but in our hectic world, we often feel that even peace of mind is a rare treasure that we enjoy sporadically. Peace of mind is a precious spiritual resource because it is sustainable, not dependent on external conditions like money or status, and brings long-lasting tranquility to our lives.

I feel it is fitting that “*Peace of Mind*” serves as the title of BDI’s first print publication. The search for peace of mind is one of Buddhism’s central values and goals, and I believe this book is a wonderful offering to that lofty calling.

Venerable Sik Hin Hung  
Director of the Centre of Buddhist Studies  
The University of Hong Kong

# Foreword

It is with great pleasure that we announce Buddhistdoor.com's first English-language printed book, produced by Buddhistdoor International (BDI) to complement their website outreach. BDI provides the original English-language content of the Buddhistdoor website to global audiences. Please visit us here: [www.buddhistdoor.com](http://www.buddhistdoor.com).

In a world and era of information technology and hyper-connectedness, it is platforms like Buddhistdoor International that bring together culturally diverse Buddhists from all around the world to share in one Dharma, one flavour of spirituality and liberation. The release of "*Peace of Mind*" is another milestone in BDI's service to the global Buddhist community and beyond, and I hope there will be many similar milestones to come.

Professor C.F. Lee  
Chairman, Tung Lin Kok Yuen  
Hong Kong



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# Preface

Every week in the Buddhistdoor website offices, editorial staff decide on volumes of content: text articles, news stories, audio/ video recordings and in-house produced programs. Material is produced with the mission that our audiences around the world will enjoy and benefit from the varieties in some meaningful way or another.

No matter which country the reader may live in, or which level of Buddhist understanding they may have, common themes that seem to resonate amongst humanity are the desire for some peace of mind and harmony in their lives. There are many facets to daily life and each person has concerns for different aspects and balance.

With Buddhistdoor International (BDI)'s first English-language print publication, we wish to touch readers' lives with beauty, simplicity and inspiration. The creation of the *Peace of Mind* book project aims to offer simple thought-provoking phrases from various Buddhist sources coupled with photography to address these everyday concerns. The five categories presented: Business, Relationships, Emotions, Health and Spiritual, cover the major areas for personal focus and development.

As a non-profit organization, our working teams include many volunteers and material contributions from members of our worldwide community. We could not have produced such a rewarding book project without the collaboration of our many friends and colleagues. We expressly thank those listed in the Acknowledgements for helping us to make *Peace of Mind* possible.

A final word of thanks goes to the Spiritual Director of Buddhistdoor, Venerable Dhammapala, for his boundless enthusiasm, leadership and patient guidance along the path of discovery. Through his encouragement, the teams at Buddhistdoor continue to develop and share new content in the Internet realm and distribute material to benefit all who seek the Buddha's wisdom.

We hope that you enjoy this first print publication and find some inspiration for transforming your own peace of mind.

Cathy Ziengs, Executive Coordinator  
Buddhistdoor International



Q: What's peacefulness like?

A: What's confusion? Well, peacefulness is the end of confusion.

Ajahn Chah

# Introduction

To have peace of mind is to enjoy a rare and holistic blessing. We may feel successful in our study or work, but if our emotions are troubled or the health of our relationships uncertain, it is unlikely that we could genuinely enjoy tranquility. Authentic peace of mind needs to be whole, to suffuse each facet of our lives.

This photo-book (which will also be published as an e-book) invokes the aesthetic landscapes of Buddhism and combines their visual beauty with advice and proverbs from the Buddhist tradition. It unites these landscapes with aspects of human life that, for better or worse, define our happiness (business, relationships, emotional, health, and

spirituality). The Buddha taught that practitioners need an inspiring atmosphere for meditation and practice. We hope that this book can go some way to encouraging that ideal setting, whatever your circumstances.

Motivation and encouragement are only part of the story. Only by learning about peace, and studying the complex mechanisms of our thoughts, can we truly enjoy *peace of mind*.

This is therefore, of course, only the beginning.

Raymond Lam, Editor  
Buddhistdoor International  
Hong Kong



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It may be agreeable for certain people to live a retired life in a quiet place away from noise and disturbance. But it is certainly more praiseworthy and courageous to practice Buddhism living among your fellow beings, helping them and being of service to them.

Walpola Rahula, *What the Buddha Taught*



A problem with a solution needs a decision. But how do we make the important decisions in our life? I gather all of the information and wait for the solution. A good one will always come, as long as I am patient. It usually arrives unexpectedly, when I am not thinking about it.

Ajahn Brahmavamso



The notion of global ethics is a system that is based on understanding rather than confrontation, on love and respect rather than force, on healing rather than revenge.

Master Sheng Yen



“I have sons, I have wealth”; with this (feeling of attachment) the fool is afflicted. Indeed, he himself is not his own, how can sons and wealth be his?

*Dhammapada 62*



As from a heap of flowers many a garland is made, even so  
many good deeds should be done by one born a mortal.

*Dhammapada 53*



## Five Dangers for Wealth

- Fire
- Water
- Thieves
- Kings
- Hateful Heirs

*Samyutta Nikāya III.19: Aputtaka Sutta (Heirless)*

The Wise One endowed with virtue shines like a burning fire,  
He is one who is gathering wealth, just like the bees move and  
Strive to pile up their wealth, (or like) an ant-hill is piled-up.

Having gathered wealth like this, enough for his family and home,  
He can divide his wealth in four ways, which will bind his friends:

With one part he should enjoy his wealth;

With two parts he should manage his work,

The fourth he should deposit, to be used against misfortune.

*DN 31 Sigalovada Sutta, Trans, Anandajoti*







A family's greatest wealth is its members' love for one another.

Venerable Wuling  
*How Will I Behave Today and the Rest of My Life?*

These five trades ought not to be practised by  
a layman.

What five?

Trade in weapons,  
trade in human beings,  
trade in flesh,  
trade in alcohol and  
trade in poisons.

*Anguttara Nikāya 5.177*

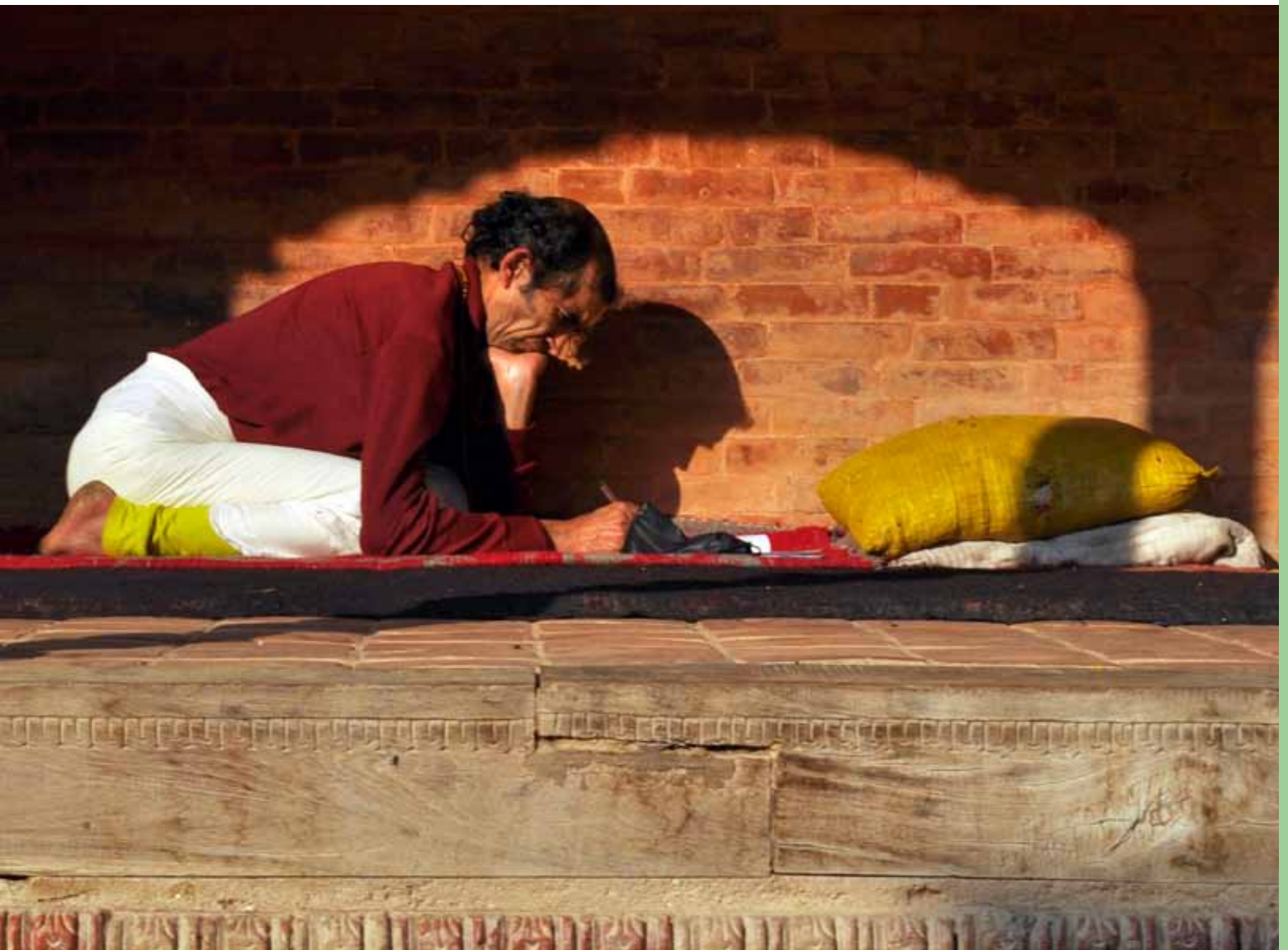






To take on tough tasks, one must prepare to tough out complaints, and to be in charge is to be in for criticism. Yet complaints help foster compassion and patience, and criticism often holds golden advice.

Master Sheng Yen

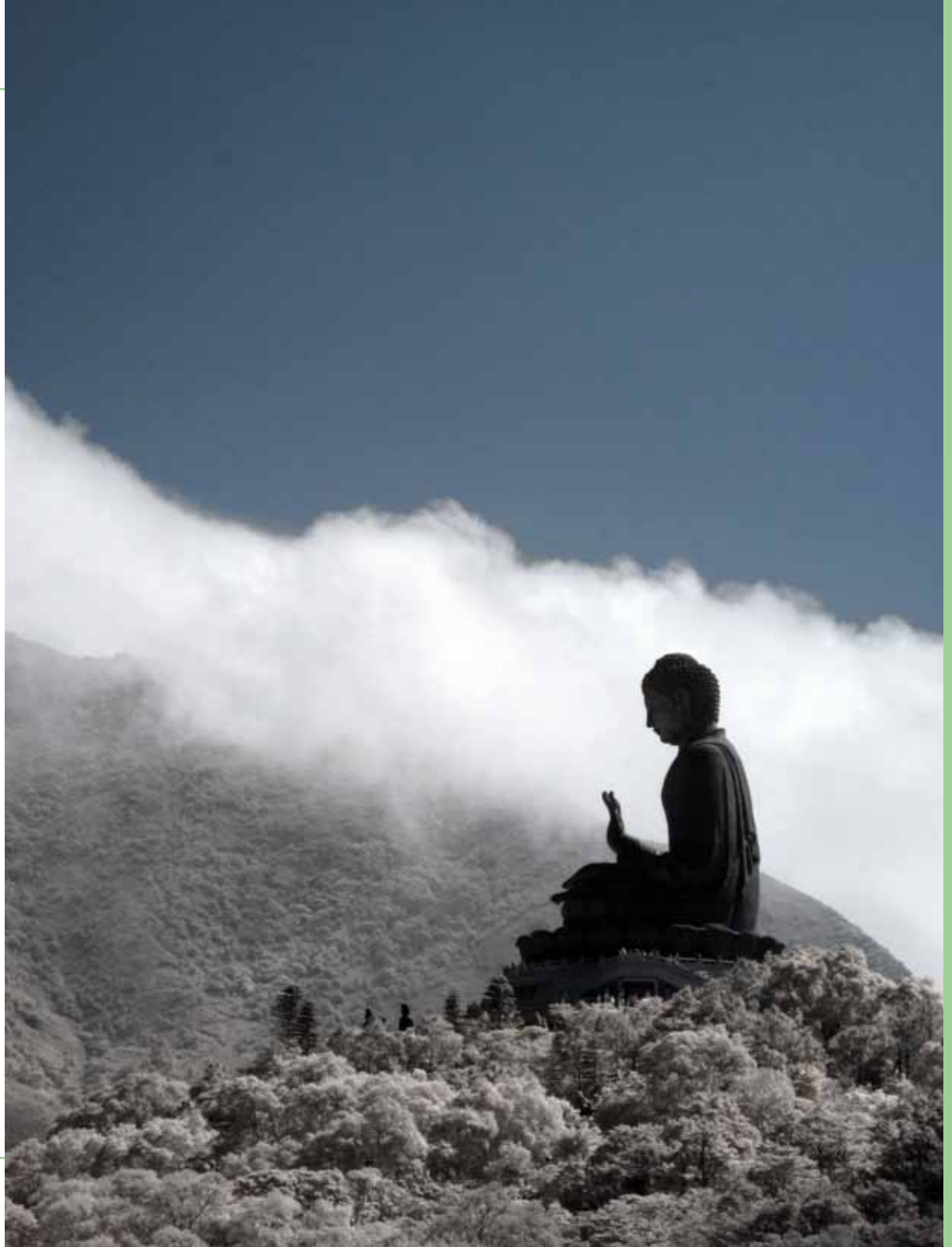


An idea that is developed and put into action is more important than an idea that exists only as an idea.

Buddha

One who accumulates so much wealth  
And is unable to give it away  
Will be ever poor in the world.

Buddha



According to the seed that's sown,  
So is the fruit ye reap there from,  
Doer of good will gather good,  
Doer of evil, evil reaps.  
Sown is the seed, and thou shalt taste,  
The fruit thereof.

*Samyutta Nikāya*



# RELATIONSHIPS

filial, spousal, colleague, community



Better than a thousand hollow words is one  
word that brings peace.

Buddha





Monks! Brāhmins and householders are most helpful to you since they provide you with robe, bowl, lodging and seat, medicines and the necessities for sickness. You are also most helpful to Brāhmins and householders, since you teach them the Dhamma that is lovely in the beginning, lovely in the middle and lovely at the end, both in letter and spirit. You proclaim to them the holy life in all its completeness and purity. Therefore, the holy life is lived in mutual dependence, for crossing the flood, for the overcoming of suffering.

Ven. S. Dhammika

*Daily Readings from the Buddha's Words of Wisdom*

One who is wise and disciplined, Kindly always and  
intelligent, Humble and free from pride –  
One like this will win respect.

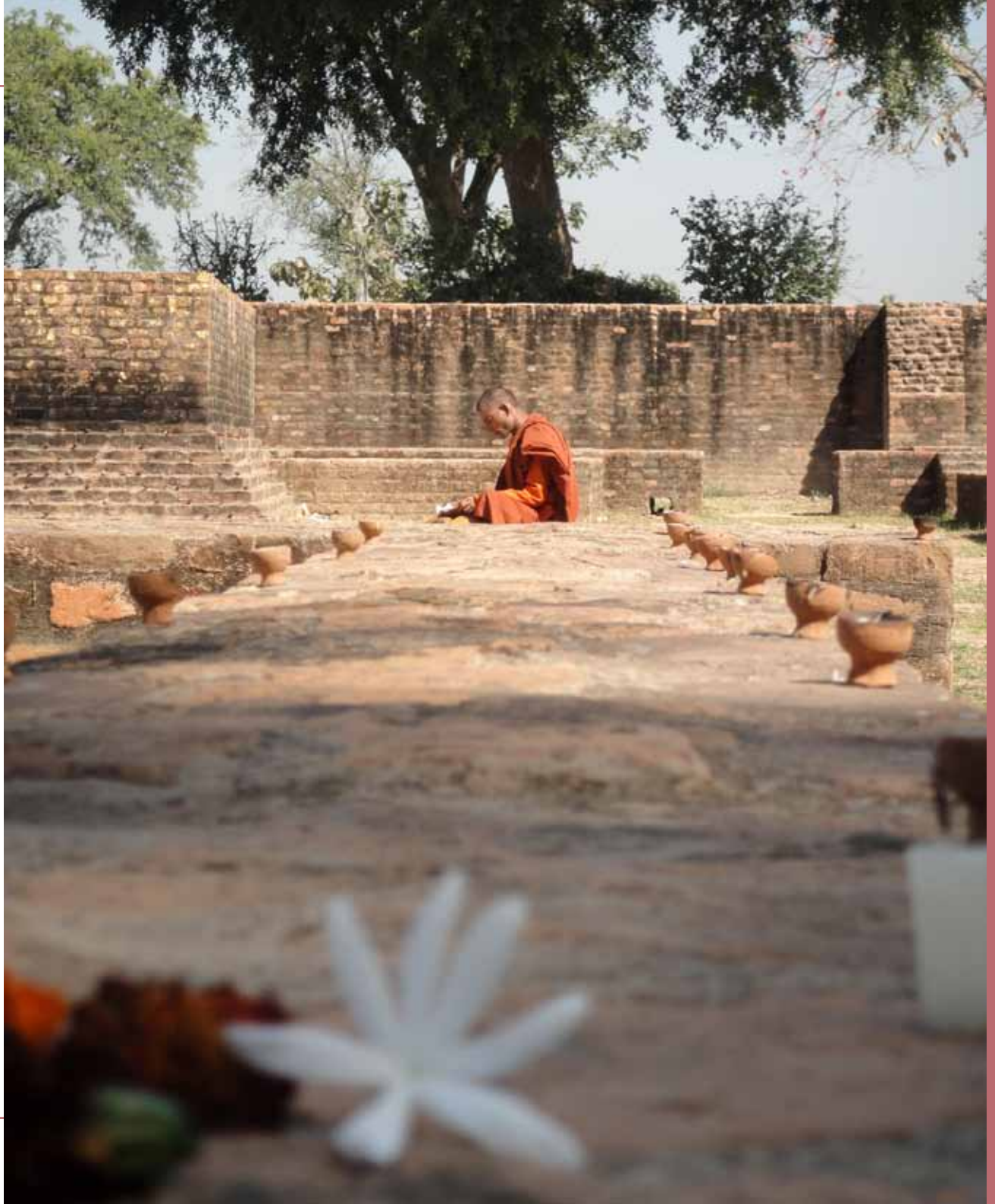
Rising early and scorning laziness, Remaining calm in  
time of strife, Faultless in conduct and clever in actions –  
One like this will win respect.

Being able to make friends and keep them, Welcoming  
others and sharing with them, A guide, philosopher and  
friend – One like this will win respect.

Being generous and kindly in speech, Doing a good turn  
for others, And treating all alike –  
One like this will win respect.

Ven. S. Dhammika

*Daily Readings from the Buddha's Words of Wisdom*





An important rule for a happy life is the ability to live harmoniously with other people.

Venerable Dr. K. Sri Dhammananda



If you want to practice *zazen*, it is necessary to have good friends.  
Then naturally you will have good practice.

Shunryu Suzuki



One day Ananda, who had been thinking deeply about things for a while, turned to the Buddha and exclaimed: “Lord, I’ve been thinking - spiritual friendship is at least half of the spiritual life!” The Buddha replied: “Say not so, Ananda, say not so. Spiritual friendship is the whole of the spiritual life!”

*Saṃyutta Nikāya,*

*Verse 45.2*



Initiate giving. Don't wait for someone to ask. See what happens – especially to you. You may find that you gain a greater clarity about yourself and about your relationships, as well as more energy rather than less. You may find that, rather than exhausting yourself or your resources, you will replenish them. Such is the power of mindful, selfless generosity. At the deepest level, there is no giver, no gift, and no recipient... only the universe rearranging itself.

Jon Kabat-Zinn



Thousands of candles can be lit from a single candle, and the life of the candle will not be shortened.

Happiness never decreases by being shared.

Buddha



To be firmly attached  
to an opinion  
Or to look down  
upon other's  
opinions  
Are barriers to true  
wisdom.

Buddha

Every child is a little  
bodhisattva that  
helps his or her  
parents grow.

Master Sheng Yen





A (true) friend gives what's hard to give,  
and does what's surely hard to do,

And when there are bad words, that are hard to bear,  
he bears them.

His secret he tells to you, but he hides (your) secret,  
He does not abandon (you) in misfortune,  
he does not despise (you) when ruined.

In whatever person these (seven) things are found here:

He is a (true) friend through his love of friends, one can keep  
company with such a one.

*AN 7.35 Mitta Sutta, Friends, Anandajoti*







An old couple, an “ideal couple” as they were called, once came to Buddha and said, “Lord, we were married after we had been acquainted in childhood and there had never been a cloud in our happiness. Please tell us if we can be remarried in the next life.” The Buddha gave them this wise answer: “If you both have exactly the same faith, if you both received the teaching in exactly the same way, if you perform charity in the same way and if you have wisdom, then you will have the same mind in the next birth.”

Bukkyo Dendo Kyokai, *The Teaching of the Buddha*

A mind of sincerity and respect is the key to Pure Land cultivation.  
With utter sincerity and respect, even though you are only an ordinary  
being whose virtues are not yet perfected, you will achieve unimaginable  
results!

Venerable Patriarch Yin Kuang







Fear is a natural reaction to moving closer to the truth. Embarking on the spiritual journey is like getting into a very small boat and setting out on the ocean to search for unknown lands.

Pema Chödrön



Happy indeed we live, friendly amidst the hostile.  
Amidst hostile men we dwell free from hatred.

*Dhammapada 197*



Do not overrate what you have received, nor envy others. He who envies others does not obtain peace of mind.

Buddha





“A wise man makes  
his own decisions; an  
ignorant man follows  
public opinion.”

Chinese Proverb



A difficult situation can be handled in two ways:

We can either do something to change it, or face it. If we can do something, then why worry and get upset over it- just change it. If there is nothing we can do, again why worry and get upset over it. Things will not get better with anger and worry.

(Shantideva) taken from "*How To Live without Fear and Worry*" K. Sri Dhammananda, p. 14

We should find the truth in this world, through our difficulties, through our suffering.  
This is the basic teaching of Buddhism. Pleasure is not different from difficulty.  
Good is not different from bad. Bad is good; good is bad.

Shunryu Suzuki Roshi





Buddhism is a religion of the heart. Only this. One who practices to develop the heart is one who practices Buddhism.

Ajahn Chah





Craving is a con man. It promises you happiness  
But is always unfaithful; it never lives up to its  
promises.

Ajahn Brahmavamso

The good shine even from afar,  
like the Himalayan mountain.

But the wicked are unseen, like arrows  
shot in the night.

Venerable Buddharakkhita,  
*Dhammapada 304*



# HEALTH

sickness, death, balance, meditation



Health is the greatest possession.

Contentment is the greatest treasure.

Confidence is the greatest friend.

Lao Tzu



The Secret of health  
For both mind and body is  
Not mourn for past,  
Worry about future, or  
Anticipate troubles, but  
To live in present moment.

Buddha



Rest in natural great peace

This exhausted mind

Beaten helpless by karma and neurotic thought,

Like the relentless fury of the pounding waves

In the infinite ocean of samsara.

Nyoshul Khenpo





When one has obtained freedom through right knowledge and has become tranquil and equipoised, his mind is calm, his words as well as his deeds are calm.

*Dhammapada 96*

Good health is the greatest gain,  
contentment is the greatest wealth,  
Trust is the greatest of relations,  
Emancipation is the greatest good.

*Dhp 204 Pasenadikosavathu,*

trans. Anandajoti





The master knows that if people believe in a life after this one, their whole outlook on life will be different, and they will have a distinct sense of personal responsibility and morality.

Sogyal Rinpoche, *The Tibetan Book of the Living and Dying*

The mind can go in a thousand directions.

But on this lovely path, I walk in peace.

With each step, a gentle wind blows.

With each step, a flower blooms.

Plum Village song "*The Mind Can Go in a Thousand Directions*"







Even gorgeous royal chariots wear out,  
and indeed this body wears out.  
But the Dhamma of the Good does not age;  
thus the Good make it known to the good.

Venerable Buddharakkhita  
*Dhammapada 151*

Better it is to live one day  
seeing the rise and fall of  
things than to live a  
hundred years without ever  
seeing the rise and fall of  
things.

Venerable Buddharakkhita

*Dhammapada 113*





Imagine an hourglass, with the sand running into the bottom. The time you have to live is like these grains of sand, continuously running out... Hold your awareness on the experience of this uninterrupted flow of time carrying you to the end of your life.

Lama Zopa Rinpoche



May we all develop responsible  
behavior and enjoy the soothing  
shade of happiness and peace!

Ani Choying Drolma



Sometimes we have become so involved in suffering that to be free from it seems unnatural. But when you experience the real happiness of mental purity, you will know that this is the natural state of mind.

S. N. Goenka

Let us rise up and be thankful, for if we didn't learn a lot today, at least we learned a little, and if we didn't learn a little, at least we didn't get sick, and if we got sick, at least we didn't die; so, let us all be thankful.

Buddha









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

Buddha



May the monasteries be well appointed, humming with recitation and study. May the Sangha always remain undivided and may the purpose of the Sangha be fulfilled. . . May all Perfect Buddhas be worshipped in many ways by every living being. May they be happy to the highest degree in the inconceivable bliss of Buddhahood.

Santideva, *Bodhicaryavatara*, 1042, 48; trans. Crosby and Skilton



A big duck cuts a big wake;  
a small duck cuts a small wake.  
Big or small, each duck will paddle  
his own way to the other shore –  
but only if it paddles.

Master Sheng Yen



Never allow your knowledge to stand in the way of truth. Words are just signposts, not the destination.

Ajahn Brahmavamso



Know well what leads you forward and what holds you back, and choose the path that leads to wisdom.

Buddha



Amida Buddha is not far from anyone. His Land of Purity is described as being far away to the west but it is, also, within the minds of those who earnestly wish to be with him... To those who have faith, He offers the opportunity to become one with Him. As this Buddha is the all-inclusive body of equality, whoever thinks of Buddha, Buddha thinks of him and enters his mind freely.

Bukkyo Dendo Kyokai  
*The Teaching of the Buddha*



If you want to know about your past life, look at your present body. If you want to know your future life, look at your present mind.

Tibetan saying



Compassion is not linked to religion; it is  
a must for humanity.

Venerable Matthieu Ricard



The Buddha began to speak. "Friends, this flower is a wondrous reality. As I hold the flower before you, you all have a chance to experience it. Making contact with a flower is to make contact with a wondrous reality. It is making contact with life itself."

Thich Nhat Hanh, *Old Path White Clouds*



Neither in the firmament, nor in the middle of the ocean,  
Nor after entering a mountain cleft:  
There is no place found on this earth,  
Where one can be free from (the results of) wicked deeds.

*Kammavaggo: Deeds*, trans: Anandajoti



What is an  
Awakened One?

Someone who has  
awakened to his or  
her true nature is  
simply a person who  
lives the truth and  
guides all people to  
live in peace.

Seon Master Jinje,  
*Open the Mind, See  
the Light*

We should use our time and our abilities to help all living beings. When we give unselfishly to others, we will feel that our lives are real and meaningful. We will not feel that our lives have been wasted.

Cheng Yen, *Tzu Chi*



Buddha is right here; we don't have to go to the Vulture Peak. We are not deceived by mere outer appearances. For me, Buddha is not just a form or a name, Buddha is a reality. I live with the Buddha every day. When eating, I sit with the Buddha. When I walk, I walk with the Buddha. And while I'm giving a Dharma talk, I'm also living with the Buddha. I wouldn't exchange this essence of the Buddha for a chance to see the outer form of the Buddha. We shouldn't rush and call the travel agency to fly to India and climb up the Vulture Peak to see the Buddha. No matter how seductive the advertisements may be, they can't deceive us. We have Buddha right here.

Thich Nhat Hanh, *The Energy of Prayer*







One of the signs of true spirituality – of whatever tradition – is forgiveness and letting go. I was once asked how many times you should forgive, and I replied, “Always one more time”, that is... forever.

Ajahn Brahmavamso



# Conclusion

*We would like to close our book and share with you one story that is popularly circulated on the Internet. Unfortunately we do not know the original source, as is sometimes the case in these postings with missing authors. This version was told by Venerable Ajahn Brahm in an interview in Australia in 2012.*

There was a lecturer at a university who was showing just how broad his wisdom was, and instead of reading out his lecture notes one morning, he came with a big jar and put it on his desk. And while everybody in his class was wondering what he was up to, he started to put in some stones from a bag, one by one, into the jar until he could get no more in. And once he could get no more

stones into his jar, he asked his class 'Is the jar full?' and the class said, 'Yes, it is.'

He smiled, and from under the desk he got out another bag, and that bag was full of gravel, small stones and one by one he managed to fit those small stones in the spaces between the big rocks. And once he could get no more small stones in, he looked up at his class and asked 'Is the jar full?' Now they all shook their heads and said, 'No'. They were on to him by now. And so he smiled and got another bag, of sand. He poured that sand on top of the big rocks and small rocks, shook the jar, much of the sand went into the spaces between the big rocks and small rocks. After he could get no more sand in, he





asked once more, 'Is the jar full?' And again the class said 'No'. And he got some water and poured that in. And after he could get no more water in, he stopped; he asked the class, 'What am I trying to prove? What is the purpose of this demonstration?'

Now this was a business school, so one of the students in the class put up their hand and said, 'Sir, it shows to us that no matter how busy our schedule, we can always fit something more in.' And he said, 'No, no, no, that's not what I'm trying to show. What I'm trying to show is if you want to fit the big rocks in, you have to fit them in first. Don't leave them to the last, otherwise you will never get them in.' It was a story about priorities, what you should really fit in to your schedule of your day, of your life first of all.

So there are some things which many people realize are the precious stones, the big rocks of their life, like their family, like their relationships, like their *peace of mind*, whatever it is, and sometimes we leave them till last in our day, in our week, in our life, we find we never have the opportunity to fit them in. And that's one of the reasons why people don't find happiness. Their priorities are not correct. We should always remember that story of the stones in the jar, and put into our life what's very, very important first of all. The other things you can always fit in, but later.

*Wishing you every success in finding your own *Peace of Mind*.*

With metta, the BDI Team

Photo :

Mahapasana Guha Cave  
Yangon, Myanmar  
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# Appendix



Mingun Main Road,  
Mingun, Myanmar

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Kuthodaw Pagoda,  
Mandalay, Myanmar

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Rhinebeck, New York, USA

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Korean lanterns, Su Bong  
Monastery, Hong Kong

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Umin Thounzeh - Sagaing Hill,  
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Goldfish in a tranquil park,  
Chengdu, China

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Candles in a church in  
Vietnam

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Boudhanath Stupa,  
Kathmandu, Nepal

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Fisherman in Dong Jiang Hu,  
Hunan, China

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Traffic police - "the only  
stoplight in Bhutan",  
Thimphu, Bhutan

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Gorakhnath Temple  
Kathmandu, Nepal

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Big Buddha (Tian Tan),  
Lantau Island, HK

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Bodhi tree in Kataragama  
Temple, Sri Lanka

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Mahaparanibbana Temple,  
Kusinara, India

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"Going Forth" ceremony at  
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Jetavana Grove,  
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Quiet sunset moments on  
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Global Buddhist Youth,  
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Young nun at Kalaywa  
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Temple in Koyasan, Japan  
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Companions at the  
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Tranquility in Hangzhou,  
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Fall leaves in Koyasan, Japan  
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Early morning Dana at  
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Kandawplin Temple,  
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Circling the Boudhanath  
Stupa, Kathmandu, Nepal  
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Early morning offering on the  
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Mihintale, Sri Lanka  
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Majestic Himalayan peaks:  
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Paying respects to the  
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Canals in Hangzhou, China  
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Local life around Boudhanath  
Stupa, Kathmandu, Nepal  
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Chi Lin Nunnery,  
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Young monks at Kalaywa  
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Pigeons at Shwezigon  
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Abbot of Mahasi Meditation  
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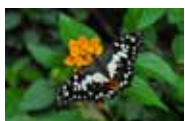
Monk in meditation at  
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# Afterword

In an increasingly frenetic and distracted world, peace of mind can sometimes feel like an unexpected luxury. We might even feel naïve for yearning such a rare treasure amidst our busy lives and relationships. But Buddhism teaches that a mind of peace is our natural state, our original nature, which is not out of our reach. If we study and practice with an open heart and patience and compassion for ourselves, we can have lasting peace of mind. I would like to thank Cathy for her exceptional and tireless work in compiling our photographers and artists' submissions, and extend a very warm thank you to the contributors that this lovely book needed.

Venerable Dhammapala  
Spiritual Director of [Buddhistdoor.com](http://Buddhistdoor.com)

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## *Peace of Mind*

is the first paperback published by Buddhistdoor International, a website promoting Buddhist arts, culture, and spirituality. Featuring beautiful contributions from various photographers, this compilation of inspiring, spiritual snapshots will find a perfect home on your coffee table, bedside, or bookshelf. Celebrating this first release from Buddhistdoor International are two forewords from Venerable Sik Hin Hung, Director of The University of Hong Kong's Centre of Buddhist Studies, and Professor C.F. Lee, Chairman of the Tung Lin Kok Yuen Buddhist organization.



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