

Heart of a
Buddha



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

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17 16 15 14 25 26 27 28

Second Edition, 2014

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The Corporation Republic of Hwa Dzan Society
2F., No. 333-1, Sec. 4, Hsin Yi Road, Taipei, Taiwan
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We are what we think.

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

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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.

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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.

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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.

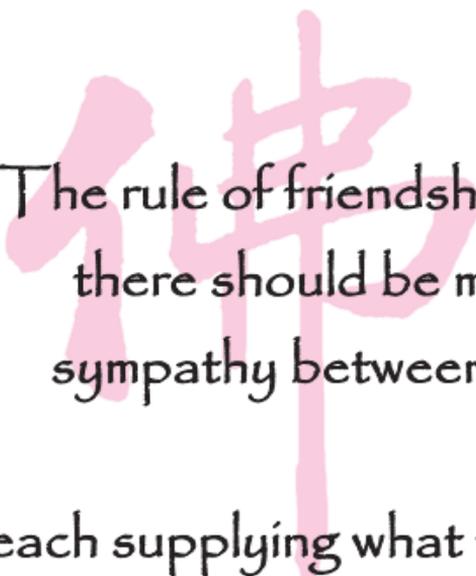
There is nothing more worthy
than the virtue of selflessness.

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.



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.



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If a man's mind

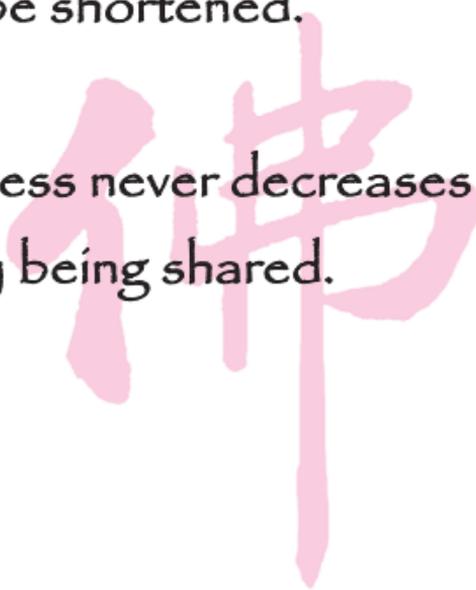
becomes pure,

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,

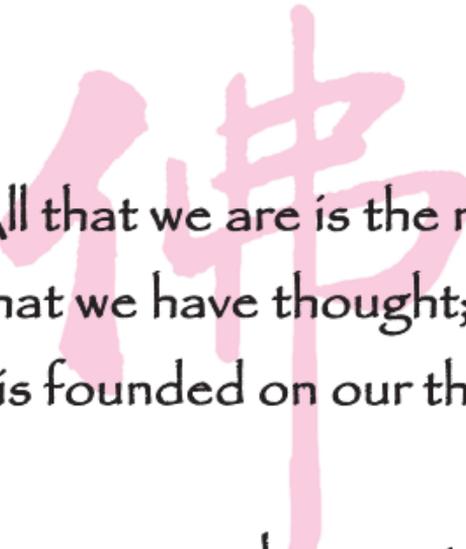
are brought about by them,
and disappear as the
causes and conditions
change.

Hatred never ceases

by hatred,

but by love.



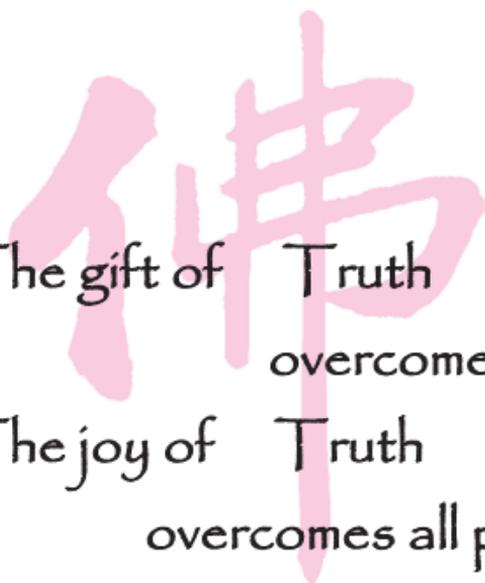


All that we are is the result of
what we have thought;
it is founded on our thoughts.

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

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Our love,

Our sincerity,

Our understanding.

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In separateness, lies the world's
great suffering.

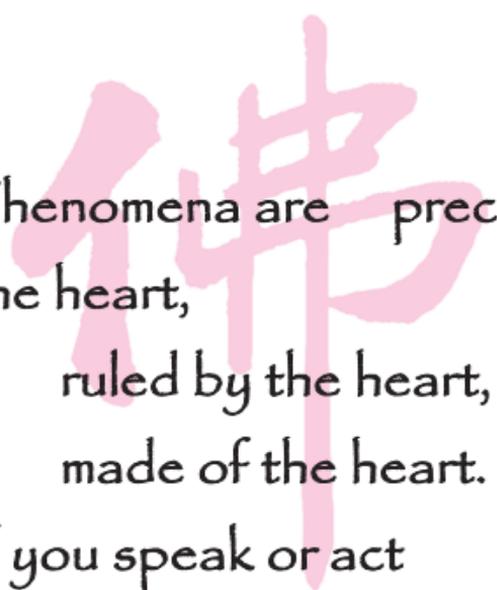
In unity, lies the world's
true strength.

Impermanence ~

No self ~

Nirvana.

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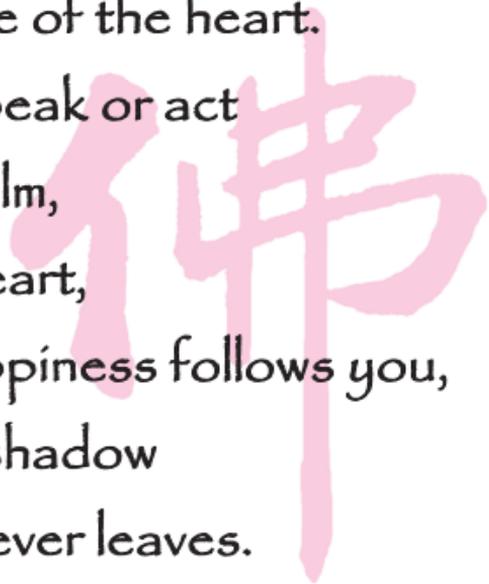


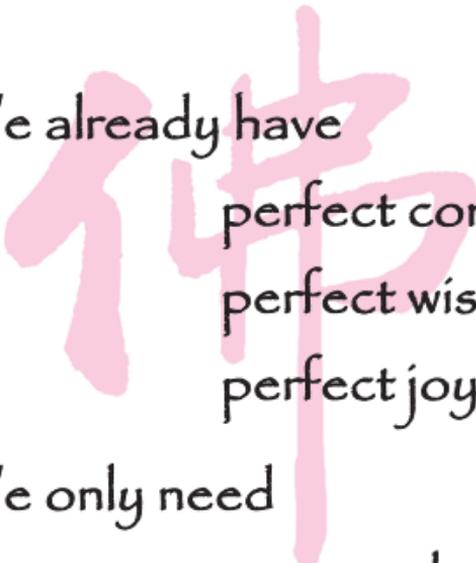
Phenomena are preceded by
the heart,
ruled by the heart,
made of the heart.

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.

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He is able

who thinks

he is able.

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

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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.

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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.

A large, stylized Chinese character '佛' (Buddha) in a light pink color, positioned centrally on the page. The character is written in a traditional calligraphic style with thick, rounded strokes.

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.

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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.

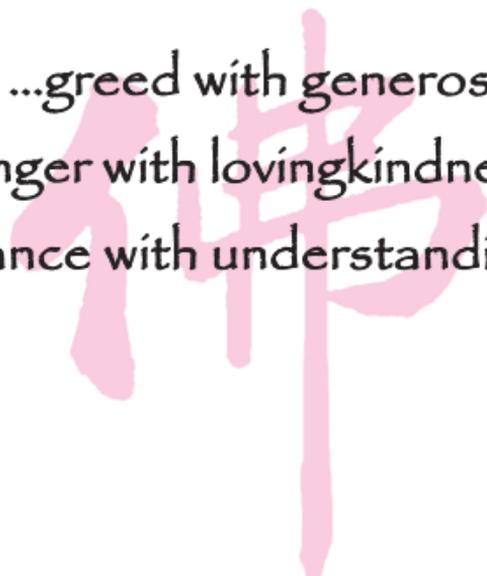
Nothing is permanent.
Nothing is worthy of anger.
Nothing is worthy of dispute.
Nothing.



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.



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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.



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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.

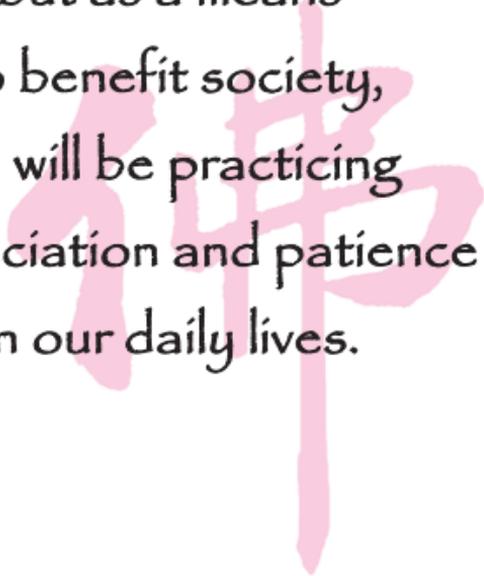
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Why do we persist in
our anger,
our hatred,
our fighting?

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.



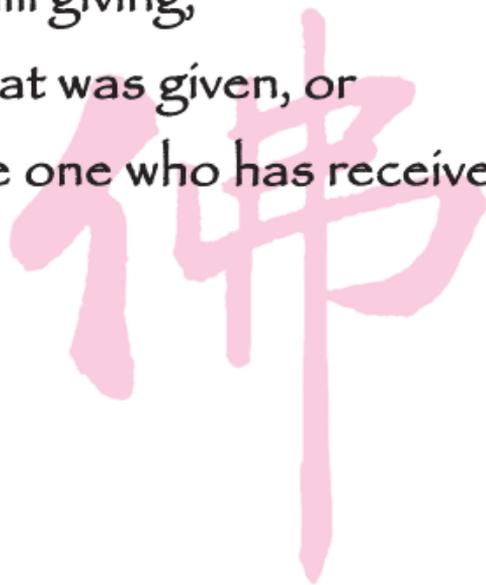
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Lovingkindness
is giving others happiness.

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.



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Since everything
is a reflection of
our minds,

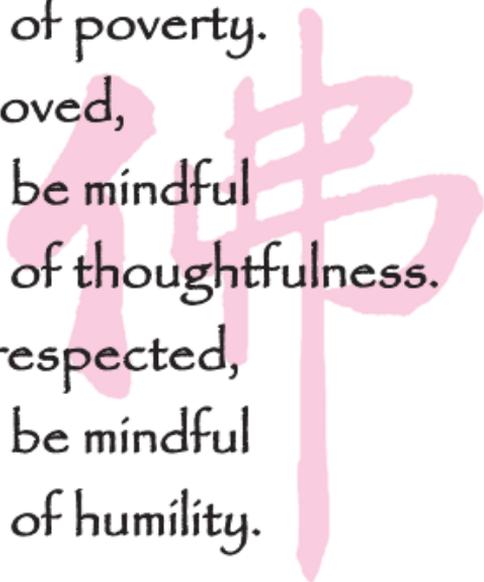
everything
can be changed by
our minds.

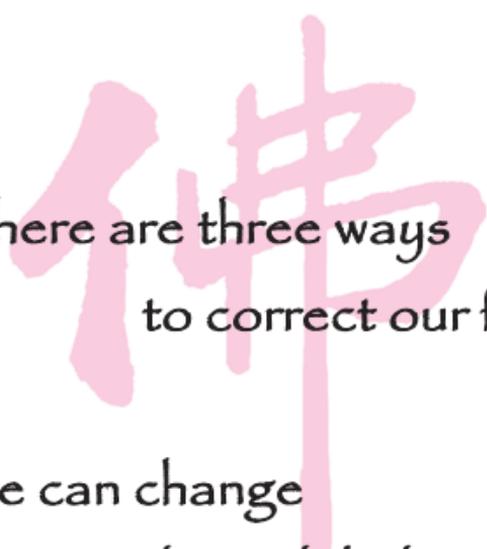
When things are going well,
be mindful
of adversity.

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.

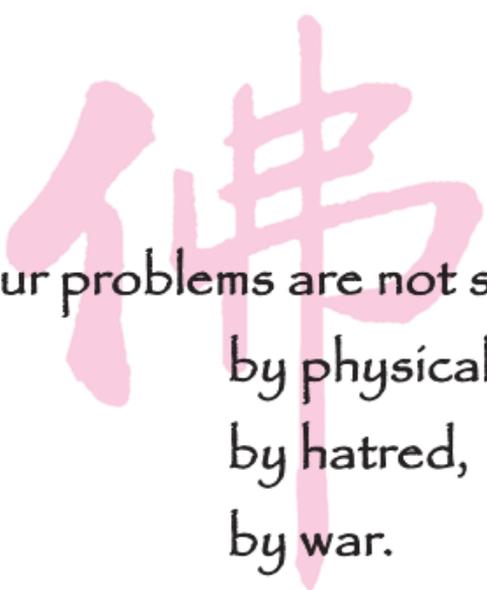
Until he has
unconditional and unbiased
love
for all beings,
man will not find peace.



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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.

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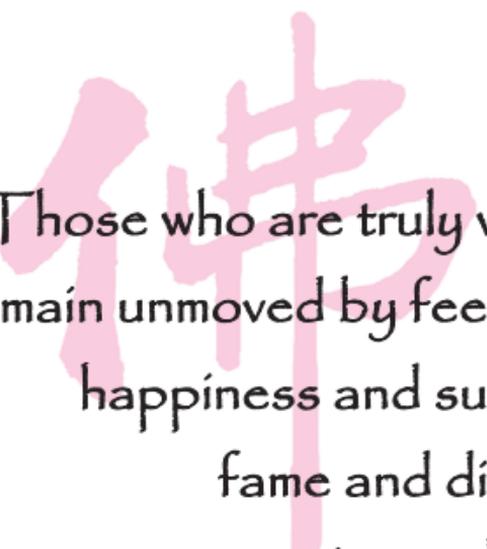
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Do not become attached to the
things you like,
do not cherish aversion to the
things you dislike.

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

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

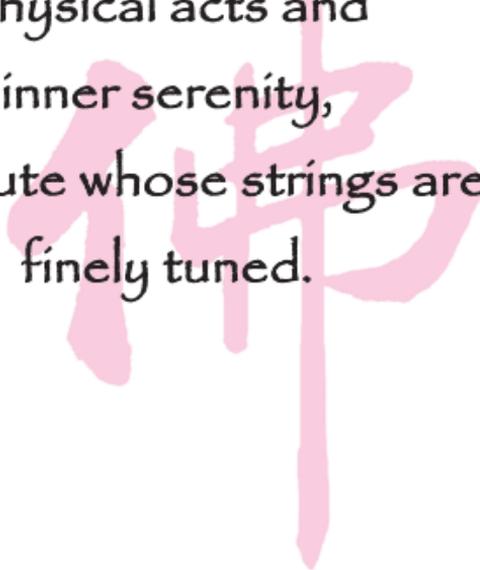
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Those who are truly wise will
remain unmoved by feelings of
happiness and suffering,
fame and disgrace,
praise and blame,
gain and loss.

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.



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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.

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To be

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

is to have

the heart of a Buddha.

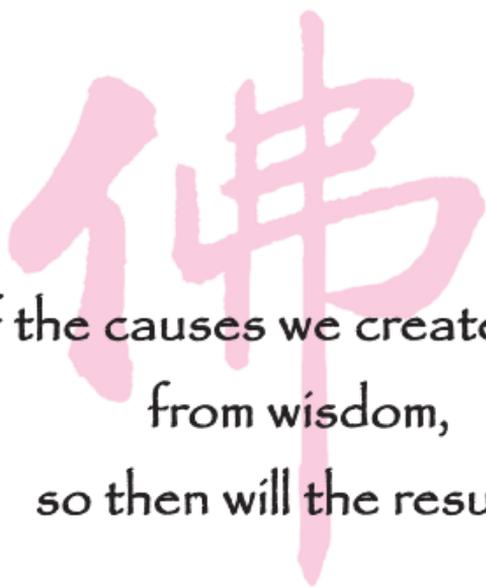
Peace comes from

within.

Do not seek it

without.

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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.



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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.

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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.

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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.

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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?



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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.



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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.

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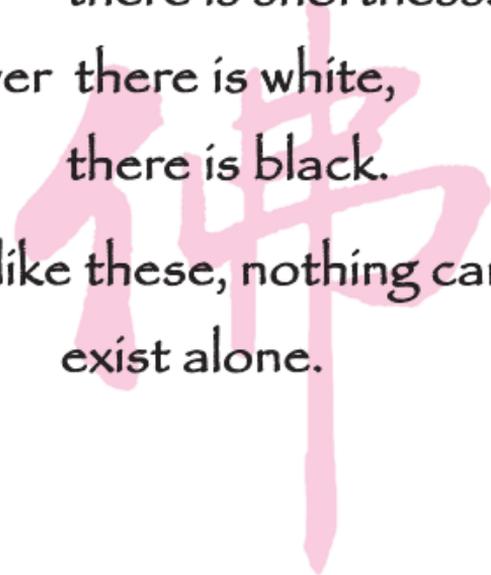
Our words should
be carefully chosen
for people will hear them and
be influenced by them
for good or
for ill.

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.



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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.



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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.

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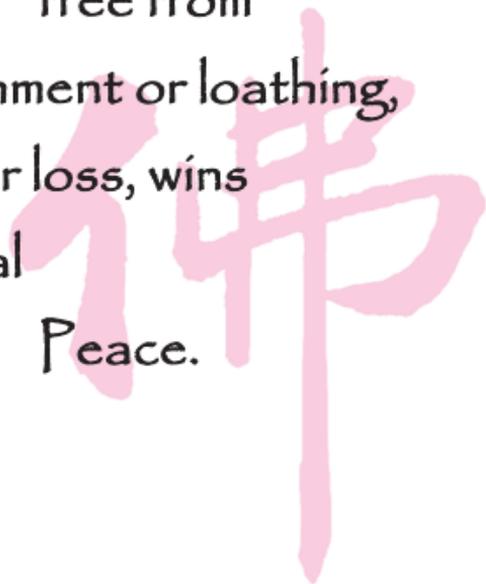
Lovingkindness can never exist
unless it flows

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.

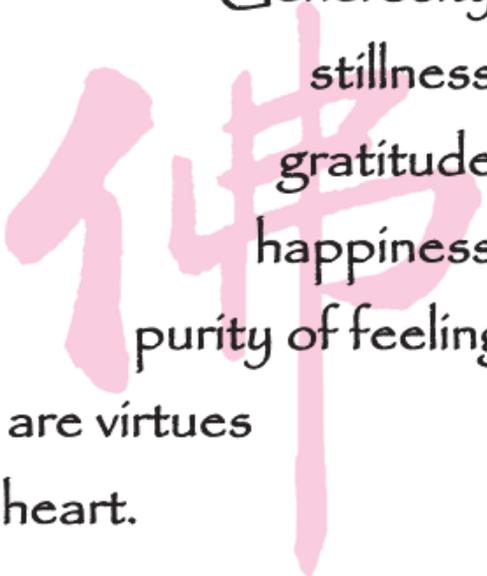


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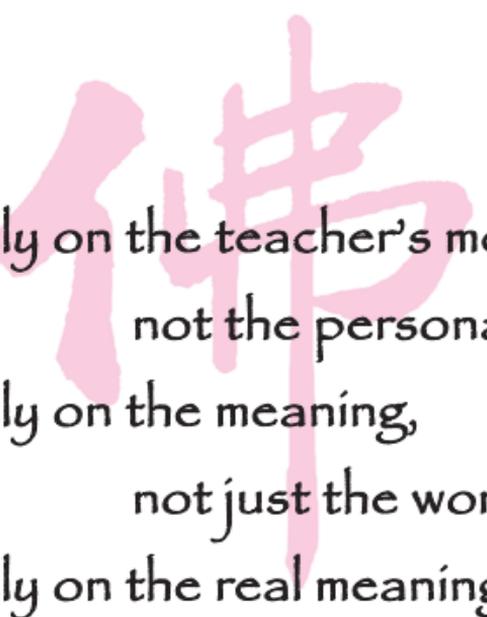
Serenity,
respect,
simplicity,
self-control,
purity of thought

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.

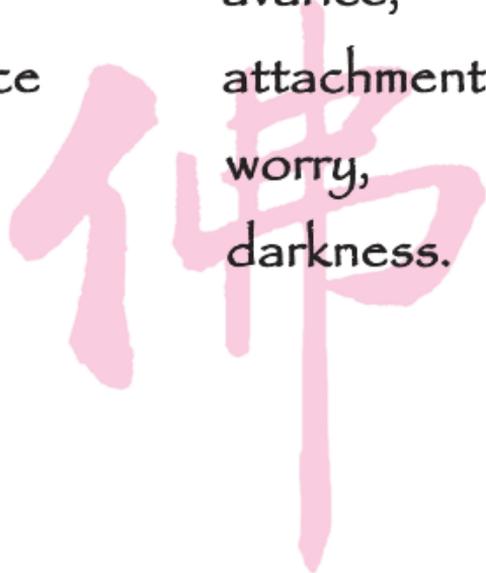
Purity engenders wisdom,

Passion avarice,

Ignorance attachment,

worry,

darkness.



佛

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

Attach to nothing.

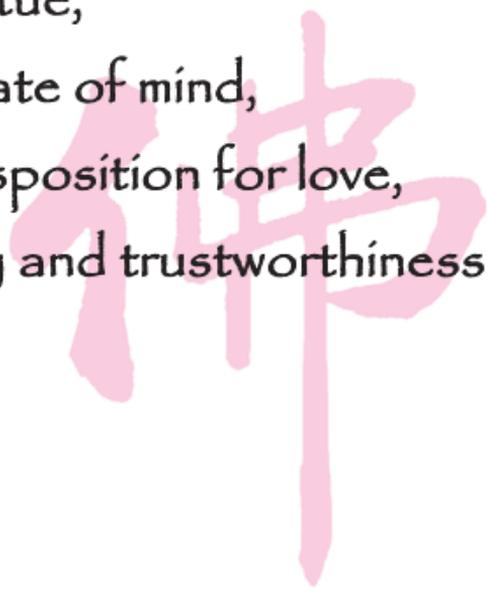
Peace is not the absence of
war, it is

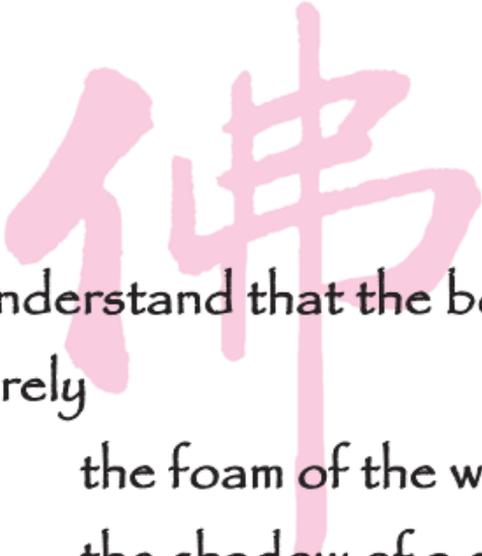
a virtue,

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.

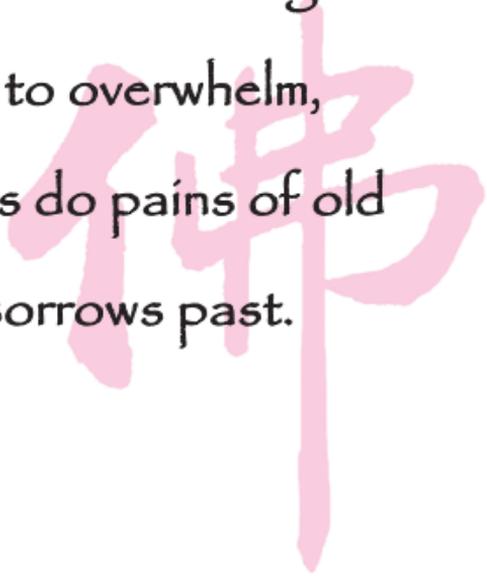
Snap the flower arrows of
desire and then,

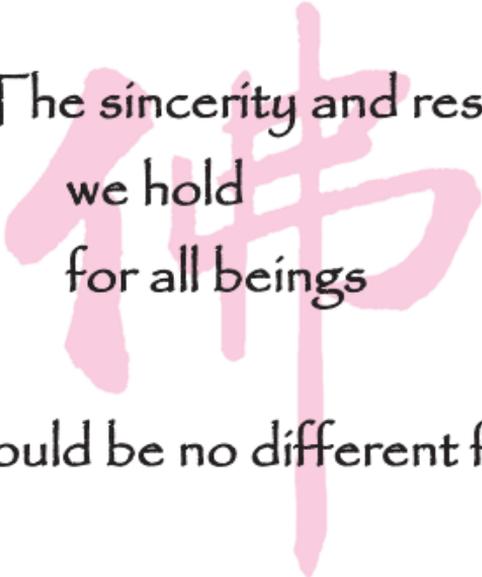
unseen,

escape the king of death,
and travel on.

Learn from the past but
do not attach to it,
do not cling to it.

Do not allow thoughts of it
to overwhelm,
as do pains of old
and sorrows past.





The sincerity and respect
we hold
for all beings

should be no different from

the sincerity and respect
we hold
for awakened beings.

One who is wise thinks of
what he is doing,
his future lives,
all beings.

Such a one is awakened.

One who is unwise thinks of
what he desires,
his current life,
himself.

Such a one is deluded.

佛

Good fortune
or
misfortune

depends on our thoughts.

Just as a mother,
at the risk of her own life,
would protect her only child

even so,
let one cultivate a boundless
heart towards all beings.



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Giving in to desire,
we become prisoners
of our own greed.

Renouncing desire,
we are free.

Be
master of your mind,
not
mastered by your mind.

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Do not seek
the measure of your true worth
in the eyes of others.

Search instead
within your own heart.

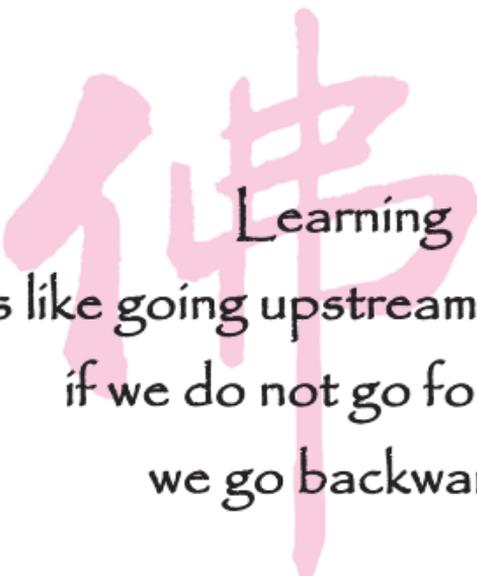
Happiness

is to live without hate

even when

surrounded by those who hate.

佛



Learning
is like going upstream in a boat:
if we do not go forward,
we go backward.

It is the same with cultivation.

If we do not progress,
we regress.

佛



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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