

The 66-year-old Buddha taught meditation to make life more peaceful and fun

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1. 34 profound statements about life

Living in the world, the ultimate goal we pursue is not to be peaceful, happy or not? So how can you always be smiling and serene? The following 66 Buddhist studies will help you realize that this life is much simpler and easier, it is not difficult to be safe and free. Invite you to read and ponder!



1. The reason people suffer is because they keep chasing wrong things.
2. If you do not want to receive afflictions on yourself, then others will not cause trouble for you. Because your mind does not fall well.
3. Always thank those who bring adversity to you.
4. You must always be open to tolerance of things for beings, no matter how bad they are, even if they have hurt you, you have to let go, to have true joy.
5. When you are happy, you must think that this joy is not eternal. When you suffer, think that this pain is not permanent.
6. Today's attachment will be remorse for tomorrow.
7. You may have love, but don't get involved, because separation is probably natural.
8. Don't waste your life in places where you will regret it.

9. When you really let go, then you will run out of trouble.
10. Every wound is a growth.
11. Hopeless people can save, self-deprecating people are infinite, only when they are aware of themselves, their own clothes, can change themselves, can they change others.
12. You don't have to be dissatisfied with people, you have to go back to review yourself. Disgruntling others is to suffer for yourself.
13. A person who cannot forgive others on the bottom of his heart will never be at ease.
14. The person whose mind is full of his thoughts and views will never hear the hearts of others.
15. Destroying a person who only needs one sentence, building a person who lost thousands of words, would you "Multiplayer lower your heart".
16. Originally, there was no need to turn around to see who cursed you? Suppose you get bitten by a crazy dog, do you have to run to bite again?
17. Never waste a moment thinking about someone you don't like.
18. May you bring compassion and peaceful attitude to express your resentment and dissatisfaction, so that others can accept it.
19. The same bottle, why do you have a poison? The same piece of mind why should you be filled with such troublesome brains?
20. Things that are not achieved, we will always assume that it is beautiful, because you understand it so little, you do not have time to stay with it. But then one day when you understand deeply, you will discover that it is not as beautiful as in your imagination.
21. Living a day is a blessing of a day, so you must cherish it. When I cried, I had no slippers to wear, I found someone without legs.
22. It takes a little more mentality to pay attention to other people spending a little bit of their self-reflective mind power, do you understand?
23. Hate other people is a biggest loss to me.
24. Everyone has a life, but not everyone understands it, even cherishes their lives more. People who do not understand their lives say life is a punishment.
25. Love is the cause of suffering, let go of your new self.
26. Do not assert your way of thinking too much, so it will be less regretful.
27. When you are honest with yourself, the world will not lie to you.
28. The one who conceals his flaws with the act of hurting others is a bastard.
29. People who are secretly interested in blessing others, it is an invisible almsgiving.
30. Do not try to speculate on the way of thinking of others, if you do not judge with wisdom and experience correctly, it is common to be mistaken.
31. If you want to understand a person, just if their purpose and starting point are the same, can they know if they are honest?
32. The truth of human life is only hidden in the ordinary monotonous.
33. The more people who do not bathe, the more rotten the perfume becomes. Reputation and respect come from true talent. There is a natural aroma.
34. Time will pass, letting time erase your defilements.
35. You go on watching something serious, so you will be very miserable.
36. People who are always afraid of others' good will run out of medicine.
37. Saying a lie, you have to make ten more unreal statements to cover, what needs suffering?
38. Living a useless day, doing nothing, is like a thief.
39. They are charming, not hurting anyone.
40. Silence is the best answer to defamation.
41. Respect for people is the solemnity for themselves.
42. Having a carefree love will have everything.

43. To be a predestined person, to be a predestined person. So you need to "Dependent conditions that are constant and unchanging but depend on grace".
44. Compassion is your own best weapon.
45. Just face the reality, you pass reality.
46. Conscience is the most impartial court of each person, a liar is okay but never lies with his conscience.
47. Those who do not love you cannot love others.
48. Sometimes we want to secretly ask ourselves, what are we pursuing? We live for what?
49. Don't be a bit of a dispute but leave your friendship, not for a bit of resentment but forgetting others.
50. Thank you for what I had, thank you for what I don't have.
51. If it is possible to stand at the perspective of others to think for them then that is compassion.
52. Do not be sarcastic, do not hurt, do not show off your talent, do not display bad things of people, naturally turn your enemies into friends.
53. Honestly facing the conflict and cons in your mind, don't deceive yourself.
54. Causes do not owe us anything, so please don't blame it.
55. Most people can only do three things in their lifetime: Letting themselves, lying, and being lied to.
56. Mind is the biggest scammer, others can lie to you temporarily, but it deceives you for a lifetime.
57. As long as the mind is mindful, the north-east and south-west north are good. If there is one person who is not yet qualified, do not escape alone.
58. When you hold something tightly in your hand, you only have this, if you let go, you have the opportunity to choose other things. If a person is always attuned to his conception, refusing to let go, wisdom can only reach a certain level.
59. If you can live through the days of peace, then it is a blessing. How many people today have not seen the sun of tomorrow, so many people today have become disabled, so many people today have lost their freedom, knowing how many people today have become Water lost home.
60. You have your outlook, I have my outlook, I have nothing to do with you. As long as I can, I will be able to touch you. If not possible, I resigns.
61. You hope to grasp eternity, you need to control the present.
62. Evils, forever do not let it blurt out from our mouths, no matter how bad people are, how much evil they are. The more you curse them, the more infected your mind is, you think, they are your good knowledge.
63. Other people can cause harm to the cause and effect, others can harm us, beat us, destroy us. But we do not so resentful to them, why? Because we must keep a complete nature and a pure mind.
64. If a person who has never felt pain is difficult to empathize with others. If you want to learn the spirit of salvation, you must first endure suffering.
65. The world does not belong to you, so you do not need to throw away, the need to throw away is the bigotry. Everything provides for us, but does not belong to us.
66. Because we cannot change the world around us, we must modify ourselves, facing all with compassion and wisdom.

Wish you always have fun ^^!

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