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星雲大師教育基金會

# **MINDFULNESS**

## **10 BOOKLETS**





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**Opportunity seldom  
knocks twice; seize the moment.**





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**Cherish good and favorable  
causes and conditions, do not let a good  
opportunity pass you by.**





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**Consider past causes and future  
effects for all matters you encounter;  
uphold right mindfulness; do not  
be overly doubtful.**





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**Tasks should not be left  
undone, but certain words should be  
left unspoken, for misunderstanding  
follows careless speech.**





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**To succeed, the path must be clear,  
matters must be clear, reason must  
be clear, and communication between  
people must be clear.**





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**A Clear Mind Awakens to the Way**





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**RESILIENCE**

**15 BOOKLETS**





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**All the joys and sufferings  
of this world occur as a matter of course;  
the key is to look beyond and let go.**





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**Anger does not solve problems;  
working hard to resolve a situation does.**





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**Have confidence in yourself,  
for even scrap metal can be turned  
into steel.**





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**Don't run away from your problems;  
when your mind is filled with goodness,  
a bright future lies ahead.**







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**Be brave enough to face your challenges.  
Nothing is difficult if you are determined.**





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**Be your own mentor.  
Only when you are strong will  
problems be solved.**





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**Rise above the occasion,  
do not let the feelings of injustice  
or being wronged bother you; these are  
opportunities for improvement.**





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**Adversity or hardship, once  
confronted and resolved, will turn into  
life's betterment and blessings.**





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**The One Who Helps  
You Succeed is Yourself.**





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**Grow from your adversities;  
Face challenges with equanimity;  
Learn wisdom from hardship;  
Let failure strengthen your will.**





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**Every experience is a  
footstep into the future;  
Every failure or success is a  
glimpse into the future.**





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**HAPPINESS**

**15 BOOKLETS**





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**A relationship between two people  
is like dancing Tango: sometimes you lead  
and sometimes you follow.**





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**Gain only comes after giving.  
You must sow before you reap.**





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**Happiness is in the here and now.  
Feel the happiness, and cherish it.**





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**Help others succeed through your  
service and dedication. Realize the self  
through diligence and hard work.**







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**The vision of a better  
tomorrow is seen by the eyes of  
one who lives with hope.**





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**It is important to be kind to others;  
even more importantly, let your kindness  
be felt by others.**





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**Giving is not always done with money.  
A smile, words of compliment, or acts of  
service are also forms of giving.**





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**Wondrous Insight Brings Perfect Ease.**





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**Pick Up and Let Go in Perfect Ease.**





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**Good books improve your character;  
Good deeds bring others happiness.**





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**Besides intelligence, we need compassion;  
Besides courage, we need skill;  
Besides money, we need morality;  
Besides eloquence, we need sincerity.**





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# **INTROSPECTION**

## **20 BOOKLETS**





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**Be perfectly willing in all your endeavors;  
never forget your initial resolve, and take  
responsibility for your actions.**





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**Even sages are criticized, it is more  
important that you are willing to admit  
fault and correct your mistakes.**





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**Constantly re-evaluate  
your values; there is no need to be  
attached to anything.**





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**We need to have the ability to  
feel shame and introspect, for these  
make us better people.**







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**In this world,  
everything is mine, yet nothing is mine.**





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**Before anything is realized,  
you must first aspire to something.  
Your aspirations can only be  
accomplished with resolve.**





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**To love means to cherish,  
to be compassionate, to be of service,  
to be tolerant, and to be wise.**





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**The plum blossoms that grow  
on the tree all trace back to the same  
root; the relationship between causes,  
conditions, and effects is endless.**





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**Patience is power,  
patience is wisdom,  
and patience is generosity.**





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**Connecting and letting go -  
one must learn to do both with ease.**





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**Humble acceptance of criticism and  
introspection will lead to improvement.**





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**Accomplishing good things  
requires persistence and willpower.**







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**Instead of being sad and depressed,  
face reality with courage.**





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**One who respects others  
will be respected. Dharma is sought  
within respect.**





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**When there is love, there are no  
oppositions; when there are oppositions,  
there will be disputes.**





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**Through reading,  
Learn to be a better person;  
Learn to become more understanding;  
Learn to understand causes and conditions;  
Learn to know our hearts.**





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**Self-recognition helps us  
move forward. Respecting others helps us  
obtain favorable conditions.**





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**Spring is not just a season,  
but a state of mind. Life is not in body  
only, but also in the mind; Old age does  
not mean living many years, but thinking  
you are old; Our lives are measured by  
eternity, not years.**





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**When life is hard, face it;  
When life is pain, learn from it;  
When life is easy, plan for it;  
When life is pleasing, enjoy it.**





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**The key to success is persistence;  
The key to success is awareness of causes  
and conditions.**

