

Truth without Ignorance

A person of wisdom should be truthful, without arrogance, without deceit, not slanderous and not hateful. The wise person should go beyond the evil of greed and miserliness.

Do not get excited by what is old, do not be contented with what is new. Do not grieve for what is lost or be controlled by desire

Sacrifice and Generosity

You could, month by month, at a cost of thousands, conduct sacrifices a hundred times or pay a single moment's homage to one person, self-cultivated.
Better than a hundred years of sacrifices
Would that act of homage be

Trust

Trust has nothing to do with moral courage. It occurs when we have nowhere else to turn, when we reach the end of our need to control

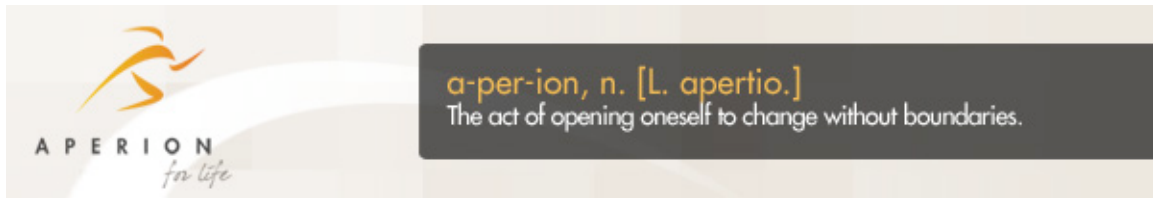
Peaceful Mind

There is a difference between watching the mind and controlling the mind. Watching the mind with a gentle, open attitude allows the mind to settle down and come to rest. Trying to control the mind, or trying to control the way one's spiritual practice will unfold, just stirs up more agitation and suffering

The Unsettled Mind

This mind is like a fish out of water that thrashes and throws itself about, its thoughts following each of its cravings.

Such a wandering mind is weak and unsteady, attracted here, there and everywhere. How good it is to understand it and know the happiness of freedom



Healthy Mindset:

1. Freedom is life without attachment to illusions.
2. Illusions are those things we are attached to that aren't reality and cause us pain.
3. Optimism/Inspiration
4. Compassion
5. Love
6. Generosity
7. Respect
8. Honor
9. Sexual conduct
10. Belief without idealism
11. Modesty
12. Silence
13. Observant and contemplative
14. Quiet strength and wisdom
15. Non judgment and anti evangelism