

Refrain from harmful deeds,
Foster all that is virtuous,
And thoroughly tame your mind
These are the teachings of the Buddha

When there are wars within us, it will not be long before we are at war with others, even those we love.

Thich Nhat Hanh

Once you overcome the hatred within your own mind, you will discover that in the world outside there is no longer any such thing as even a single enemy.

Dilgo Khyentse Rinpoche

The thought manifests as the word; The word manifests as the deed; The deed develops into habit; And habit hardens into character. So watch the thought and its ways with care, And let it spring from love born out of concern for all beings.

The Buddha

All beings tremble before violence.
All fear death.
All love life.

See yourself in others.
Then whom can you hurt?
What harm can you do?

The Buddha

When another person makes you suffer, it is because he suffers deeply within himself, and his suffering is spilling over. He does not need punishment; he needs help. That's the message he is sending.

Thich Nhat Hanh