

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?

He who seeks happiness
By hurting those who seek happiness
Will never find happiness.

For your brother is like you.
He wants to be happy.
Never harm him
And when you leave this life
You too will find happiness.

The Buddha

"To understand everything is to forgive everything

The Buddha

The only source of every kind of benefit for others is awareness of our own condition. When we know how to help ourselves, and how to work with our own situation...our feelings of compassion arise spontaneously, without the need to hold ourselves to the rules of behavior of any religious doctrine.

Nyoshul Khenpo

Even though beings wish to avoid suffering, they run straight towards suffering alone. Even though they desire happiness, they destroy happiness as if it were their enemy.'
Shantideva from the Bodhicaryaavatara

The value of a personal relationship to things is that it creates intimacy and intimacy creates understanding and understanding creates love.

Anais Nin

The more that we're at ease, the more we're willing to open up a bit. When our attitude is not oriented exclusively around 'me' we experience a greater readiness to share. There is a sense of wanting all our friends to be at ease that gradually expands to encompass the whole population around us, the whole region.

It seems to me that the process follows this sequence: if we are not calmed down, it means that we're still busy. This business pervades our whole system, including the channels and the energies that move through the channels. Without calming down there's

no sense of being at ease. The calmer we are, the more we begin to relax and settle. This makes room for the energies to circulate more freely and our essences to saturate our system more. As this occurs we feel a natural delight that can turn into compassion. This being at ease with ourselves, accepting, or having a certain affection for our own state of being, can be steadily expanded to include others. This is the true beginning of meditation practice.

Fearless Simplicity, pg. 53

MAKING FRIENDS WITH THE REAL WORLD

In the practice of meditation, having developed a sense of trust in oneself, slowly that expands its expression outward, and the world becomes a friendly world rather than a hostile world. You could say that you have changed the world: you have become the king or queen of the universe. On the other hand, you can't exactly say that, because the world has come toward you, to return your friendship.

Trungpa Rinpoche

At this moment my birth has become fruitful; I have realized my human life.
Today I am born into the family of the Buddha; now I am a child of the Buddhas.

Shantideva - from the *Bodhisattva's Way Of Life* by Shantideva