

**Useful Quotations – Buddhist Practices**

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| Quotation… | From... | Context… |
| ‘The time and effort required to keep the shrine clean and replenished… is considered a skilful activity to focus one’s mind in the spiritual practice’.  | Lama Rinpoche | Worship, shrines, spiritual progress.  |
| ‘Even the gods envy those awakened and mindful ones who are intent on meditation, delighting in the peace of the absence of desire’.  | Buddha | Meditation, enlightenment, Four Noble Truths |
| ‘Breath is the bridge which connects life to consciousness, which unites your body to your thoughts. Whenever your mind becomes scattered, use your breath as the means to take hold of your mind again’. | Thich Nhat Hanh. | Samatha meditation. |
| ‘At the hour of death, the king and the beggar are exactly equal…But who is the richer at the time of death? If the beggar has created more merits, then although he looks materially poor, he is really the rich man’.  | Thubten Zopa Rinpoche | Death, rebirth, equality. |
| ‘I believe that at every level of society, the key to a happier and more successful world is the growth of compassion’. | Dalai Lama | Compassion/karuna |
| ‘Whoever destroys a living creature and speaks untruth, takes what is not given in the world, goes to another man’s wife and whatever man applies himself to drinking liquor and intoxicants, that person digs up his own root here in this very world’. | Buddha  | Five Precepts, moral behaviour bad karma. |
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