

**Useful Quotations – Buddhist Beliefs**

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| Quotation… | From... | Context… |
| ‘By day and by night a white canopy was held over me so heat, dust, grass and dew would not settle on me. I had three mansions, one for the summer, one for the winter and one for the rainy season.’ | Buddha  | Buddha’s early life, luxurious lifestyle. |
| ‘My teaching is not a philosophy. It is the result of direct experience…’  | Thich Nhat Hanh | Importance of Dharma - teachings |
| ‘I take refuge in the Buddha, I take refuge in the Dharma, I take refuge in the Sangha’. |  | Importance of Buddha, his teachings and the Buddhist community. Said at many Buddhist meetings. |
| ‘All events and incidents in life are so intimately linked with the fate of others …’ | Dalai Lama | Concept of dependent arising – all things are connected. |
| ‘…what I teach is suffering and the cessation of suffering.’ | Buddha | Three marks of existence – dukkha (suffering), nature of life, Four Noble Truths. |
| ‘The truth of suffering is like a disease, the truth of the origin is like the cause of the disease, the truth of cessation is like the cure of the disease and the truth of the path is like the medicine’.  | Buddhagh-osa  | Four Noble Truths |
| ‘…this is the Noble Truth of the origin of suffering: it is this craving which leads to renewed existence…’ | Buddha | The second Noble Truth – cause of dukkha.  |
| ‘… this is the Noble Truth of cessation of suffering… and the cessation of that same craving, the freedom from it…’ | Buddha | The third Noble Truth – dukkha ends when craving ends. |
| ‘Mental phenomena are preceded by mind as their leader, are made by mind. If one acts or speaks with an evil mind, from that sorrow follow him as the wheel follows the foot of the ox… If one acts or speaks with a pure mind, from that happiness follows him…’ | Buddha | Fourth Noble Truth; Eightfold Path; karma, samsara, dependent arising. |
| ‘I alone am a Fully Enlightened One, whose fires are quenched and extinguished’.  | Buddha | Arhat – perfected person, an enlightened being. |
| ‘However innumerable sentient beings are; I vow to save them.’ |  | Bodhisattva vow; helping others become enlightened. |
| ‘Sukhavati is rich in a great variety of flowers and fruits adorned with jewel trees, … in this Buddha-field, they are all fixed on the right method of salvation’.  | Amitabha Buddha | Pure Land Buddhism |
| "Even a bad man will be received in Buddha’s land”.  | Shinran | Pure land Buddhism. |