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Quotes by Buddha

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Siddhartha Gautama (Buddha) was a spiritual teacher from the ancient Indian subcontinent and the historical founder of Buddhism. He is universally recognized by Buddhists as the Supreme Buddha of our age. The time of his birth and death are uncertain; most modern historians date his lifetime from 563 BCE to 483 BCE, though some have suggested a date about a century later than this. Gautama is the key figure in Buddhism, and accounts of his life, discourses, and monastic rules were summarized after his death and memorized by the sangha. Passed down by oral tradition, the Tripitaka, the collection of discourses attributed to Gautama, was committed to writing about 400 years later.

Fashion your life as a garland of beautiful deeds.

- Buddha

There is nothing more dreadful than the habit of doubt. Doubt separates people. It is a poison that disintegrates friendships and breaks up pleasant relations. It is a thorn that irritates and hurts; it is a sword that kills.

- Buddha

The Buddhas do but tell the way; it is for you to swelter at the task.

- Buddha

Endurance is one of the most difficult disciplines, but it is to the one who endures that the final victory comes.

- Buddha

If a man who enjoys a lesser happiness beholds a greater one, let him leave aside the lesser to gain the greater.

- Buddha

There has to be evil so that good can prove its purity above it.

- Buddha

I reached in experience the nirvana which is unborn, unrivalled, secure from attachment, undecaying and unstained. This condition is indeed reached by me which is deep, difficult to see, difficult to understand, tranquil, excellent, beyond the reach of mere logic, subtle, and to be realized only by the wise.

- Buddha

A family is a place where minds come in contact with one another.

- Buddha

When one has the feeling of dislike for evil, when one feels tranquil, one finds pleasure in listening to good teachings; when one has these feelings and appreciates them, one is

free of fear.

- Buddha

The whole secret of existence is to have no fear. Never fear what will become of you, depend on no one. Only the moment you reject all help are you freed.

- Buddha

The rule of friendship means there should be mutual sympathy between them, each supplying what the other lacks and trying to benefit the other, always using friendly and sincere words.

- Buddha

A good friend who points out mistakes and imperfections and rebukes evil is to be respected as if he reveals a secret of hidden treasure.

- Buddha

Thousands of candles can be lighted from a single candle, and the life of the candle will not be shortened. Happiness never decreases by being shared.

- Buddha

Never in this world can hatred be stilled by hatred; it will be stilled only by non-hatred -- this is the law of eternal.

- Buddha

Hatred does not cease through hatred at any time. Hatred ceases through love. This is an unalterable law.

- Buddha

Hatred does not cease by hatred, but only by love; this is the eternal rule.

- Buddha

Health is the greatest gift, contentment the greatest wealth, faithfulness the best relationship.

- Buddha

This life of separateness may be compared to a dream, a phantasm, a bubble, a shadow, a drop of dew, a flash of lightning.

- Buddha

On life's journey faith is nourishment, virtuous deeds are a shelter, wisdom is the light by day and right mindfulness is the protection by night. If a man lives a pure life, nothing can destroy him.

- Buddha

You will not be punished for your anger, you will be punished by your anger.

- Buddha

Anger will never disappear so long as thoughts of resentment are cherished in the mind.

Anger will disappear just as soon as thoughts of resentment are forgotten.

- Buddha

Holding on to anger is like grasping a hot coal with the intent of throwing it at someone else; you are the one getting burned.

- Buddha

The way is not in the sky. The way is in the heart.

- Buddha

Love the whole world as a mother loves her only child.

- Buddha

Meditation brings wisdom; lack of mediation leaves ignorance. Know well what leads you forward and what hold you back, and choose the path that leads to wisdom.

- Buddha

There is nothing so disobedient as an undisciplined mind, and there is nothing so obedient as a disciplined mind.

- Buddha

It is wrong to think that misfortunes come from the east or from the west; they originate within one's own mind. Therefore, it is foolish to guard against misfortunes from the external world and leave the inner mind uncontrolled.

- Buddha

'He insulted me, he cheated me, he beat me, he robbed me' -- those who are free of resentful thoughts surely find peace.

- Buddha

A jug fills drop by drop.

- Buddha

The secret of health for both mind and body is not to mourn for the past, not to worry about the future, or not to anticipate troubles, but to live in the present moment wisely and earnestly.

- Buddha

Your work is to discover your work and then with all your heart to give yourself to it.

- Buddha

Those who are free of resentful thoughts surely find peace.

- Buddha

You yourself, as much as anybody in the entire universe, deserve your love and affection.

- Buddha

Work out your own salvation. Do not depend on others.

- Buddha

You cannot travel on the path until you become the path itself.

- Buddha

He is not the same, nor is he another.

- Buddha

Believe nothing merely because you have been told it. Do not believe what your teacher tells you merely out of respect for the teacher. But whatsoever, after due examination and analysis, you find to be kind, conducive to the good, the benefit, the welfare of all beings -- that doctrine believe and cling to, and take it as your guide.

- Buddha

Everything changes, nothing remains without change.

- Buddha

Temperance is a tree which as for its root very little contentment, and for its fruit calm and peace.

- Buddha

Let the wise guard their thoughts, which are difficult to perceive, extremely subtle, and wander at will. Thought which is well guarded is the bearer of happiness.

- Buddha

We are formed and molded by our thoughts. Those whose minds are shaped by selfless thoughts give joy when they speak or act. Joy follows them like a shadow that never leaves them.

- Buddha

As the Fletcher whittles and makes straight his arrows, so the master directs his straying thoughts.

- Buddha

All that we are is the result of what we have thought. The mind is everything. What we think, we become.

- Buddha

What we are today comes from our thoughts of yesterday, and our present thoughts build our life of tomorrow: Our life is the creation of our mind.

- Buddha

We are what we think. All that we are arises With our thoughts. With our thoughts, We make our world.

- Buddha

Believe nothing, no matter where you read it, or who said it, no matter if I have said it, unless it agrees with your own reason and your own common sense.

- Buddha

Be vigilant; guard your mind against negative thoughts.

- Buddha

They are not following dharma who resort to violence to achieve their purpose. But those who lead others through nonviolent means, knowing right and wrong, may be called guardians of the dharma.

- Buddha

Follow then the shining ones, the wise, the awakened, the loving, for they know how to work and forbear.

- Buddha

As irrigators lead water where they want, as archers make their arrows straight, as carpenters carve wood, the wise shape their minds.

- Buddha

Through zeal, knowledge is gotten; through lack of zeal, knowledge is lost.

- Buddha

It is better to conquer yourself than to win a thousand battles. Then the victory is yours. It cannot be taken from you, not by angels or by demons, heaven or hell.

- Buddha

Believe nothing, O monks, merely because you have been told it or because it is traditional, or because you yourselves have imagined it. Do not believe what your teacher tells you merely out of respect for the teacher. But whatsoever, after due examination and analysis, you find to be conducive to the good, the benefit, the welfare of all beings that doctrine believe and cling to, and take it as your guide.

- Buddha

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- Buddha



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