

*Words That Brighten the Mind*



# Words That Brighten the Mind



*Timeless Wisdom for the Inner Life  
from the Thai Contemplative Tradition*



Originally written by  
**Phra Narong Tantajitto**

*Words That Brighten the Mind*

*Translated and adapted for Western readers*

A Chill & Shine Publication

## **A Note to the Reader**

The book you're holding began its life in Thai under the title ถ้อยคำนำใจใส (Thoi Kham Nam Jai Sai)—which translates, roughly, as “Words That Brighten the Mind.” It was written by Phra Narong Tantajitto, a Thai Buddhist monk, meditation teacher, and author who has spent decades training practitioners in the contemplative tradition.

The original was composed for Thai meditators already familiar with the specific vocabulary and practices of the Dhammakaya meditation tradition. This English edition is not a literal, word-for-word translation. It is an adaptation—one that seeks to preserve the spirit, depth, and practical wisdom of the original while making it accessible to readers from any background.

Where the Thai text referred to specific meditation objects, technical terms, or tradition-specific practices, this edition uses more universal language: “the center of your being,” “inner truth,” “the light within.” The insights themselves are timeless and universal. You don't need to be Buddhist—or to practice any particular form of meditation—to benefit from them.

These are words for anyone who has ever wanted to quiet the noise of the mind, find their footing in difficult times, or discover that the peace they were searching for was inside them all along.

Read them slowly. Let them sit. Return to the ones that resonate. They were written to be companions on the inner journey—not consumed in a single

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sitting, but revisited whenever the heart needs  
steading.

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*Chapter 1*

# **The Art of Living Well**

*Before we can lead others, we must first learn to lead ourselves.*



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- ◇ Uphold knowledge. Uplift goodness. Point the way to truth.  
.
- ◇ A weary body does not mean a weary heart.  
.
- ◇ Life demands patience—because the deepest happiness is usually waiting at the end of the road.  
.
- ◇ The good we do is the truest wealth we will ever own.  
.
- ◇ Death itself is not frightening. What is truly frightening is dying while separated from our own goodness.  
.
- ◇ Let the body feel the heat. Let the heat pass through. Just don't let it scorch your heart.  
.
- ◇ To be lost in words is to be lost on the path.  
.
- ◇ Release your burdens and you become unburdened. Release your worries and you become worry-free.  
.
- ◇ When two people are equally good, persuading one to do good is already hard.

When two people share the same faults,  
warning one to stop is harder still.

.

◇ Stand firm like one who knows.  
Live like one who carries virtue in their bones.

.

◇ Rush too much and you forget what matters.  
Hurry too much and you forget to say sorry.  
Hustle too much and you forget to say thank  
you.

.

◇ Better to walk humbly on the ground  
than to strut proudly among the clouds.

.

◇ Even if you cried until your tears could flood  
the heavens, tears alone could not carry you  
there.

Even if you piled up certificates to the sky,  
credentials alone could not purchase the way.

The path opens through generosity, integrity,  
and the training of the mind.

.

◇ We often pine for people who are gone  
while ignoring the ones standing right in front  
of us.

.

◇ If you live beside a spring and never learn  
what coolness is,  
how will you find coolness in the desert?

If you live at the source of goodness and never recognize it,  
how will you find goodness anywhere else?

.

◇ Tears are meant to be stored away, not spent freely.

Kindness is meant to be spent freely, not stored away.

.

◇ Forgive.

Don't cling to anger. Don't cling to grudges.  
Don't cling to pain.

If you don't cling to pain, there is no pain.

If you don't cling to grudges, there are no grudges.

If you don't cling to anger, there is only peace.

.

◇ When looking at others, look for their strengths.

When looking at yourself, look for what needs improving.

.

◇ Listen to what others have to say.

Some of the wisdom they share was earned through tremendous suffering.

You can receive that priceless lesson for free—simply by listening, reflecting, and putting it into practice.

.

◇ Sometimes we search desperately for someone who understands us,  
while forgetting to first understand ourselves.

.

◇ Avoid all that is unwholesome. Build all that is good.

Keep the mind bright and clear—always.

.

◇ Don't make yourself a beggar for love, desperate for everyone's affection.

Better to become a center of love—one who gives love to others—than to always be waiting to receive it.

.

◇ If others don't love you, that's fine. Just don't stop loving yourself.

Others not loving you isn't half as sad as you not loving yourself.

Even if the whole world turns away, the most important thing is that you remain on your own side.

.

◇ In everything, know both the strengths and the weaknesses as thoroughly as you can.

But speak mostly of the strengths, and mention the weaknesses only when truly necessary.

.

◇ When we let go of something unwholesome...

Let go of one thing, and joy begins.

Let go of ten things, and joy deepens.

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Let go of a hundred things, and joy overflows.  
Let go of everything unwholesome, and joy  
never ends.

.

◇ Fear of what is wrong gives us the courage to  
run from it.

Fear of missing what is right gives us the  
courage to pursue it.

.

◇ Dissatisfied with what you have, ungrateful for  
what you receive—what terrible luck.

Grateful for what you receive, content with  
what you have—what wonderful fortune.

.

◇ Don't indulge yourself. To follow every whim is  
to follow the pull of craving.

Craving drags us down, and what follows is  
always suffering.

.

◇ A single moment of time  
can be transformed into immeasurable  
treasure.

But immeasurable treasure  
cannot buy back a single moment of time.

.

◇ The one who guards their own mind will cross  
beyond every trap that the adversary sets.

.

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◇ The thing we should most jealously guard from others is not our possessions—it is our craving. We should be afraid of passing our cravings on to anyone else.

.

◇ A busy schedule doesn't make the mind busy. But a busy mind makes every schedule feel chaotic.

.

◇ The higher you climb, the smaller you must make yourself, and the larger you must make your heart.

The higher you climb, the stronger you must be—and the cooler you must remain.

.

◇ If something isn't worth looking at, don't waste your eyes on it.

.



*Chapter 2*

# **Aiming for the Highest Goal**

*A life without purpose drifts; a life with purpose transforms.*



- ◇ “I can.” “I will succeed.” “It is possible.”

Three phrases worth carrying in your heart every single day.

.

- ◇ Keep your ultimate goal in your heart: to reach the deepest truth within.

Your guiding principle: stillness, calm, equanimity—practiced steadily and always.

Your method: stay light, stay comfortable.

.

- ◇ Practice meditation to overcome ignorance—not to show off or seek fame.
- .

- ◇ Are we really born just to exist in this world, use its resources, and then leave? Is that all there is?
- .

- ◇ Even the departed still have hope. How could the living not?
- .

- ◇ Ignore the petty distractions. Keep your eyes on the goal.

Focus on the victory. Persevere until you succeed.

.

- ◇ Don't get irritated with anyone. Don't get tangled up in other people's drama.

You can't expect everyone to share your goals.

Better to protect this one heart of yours—to keep it calm, cool, and full of awareness and wisdom.

.

◇ We must hold onto hope—even if others call us dreamers.

If it is a dream, let it be a good dream.

A dream worth dreaming.

A dream worth engraving on the heart.

And one day, that dream will become reality.

.

◇ Some people search for opportunity their whole lives and never find it.

But that's not as tragic as those who find the opportunity and let it pass them by.

We are the fortunate ones—we've found both the opportunity and the wisdom not to let it go.

.

◇ When ignorance covers much, suffering is great. When it covers little, suffering is small.

When ignorance controls little, happiness is great. When it controls much, happiness is small.

The more inner truth you reach, the more ignorance you can clear away.

.

◇ Inner wisdom is the foundation that supports every good thing that follows.

.

◇ We are born to seek understanding—all the way to liberation.

◇ Let this life come to an end if it must, but never let the seeker's heart come to an end.

.

◇ Don't waste your time on things that waste your time.

Time is life. Life is precious because it contains time.

Give your time to your true self—the one within.

.

◇ When we reach the truth within...

We can look at the sky without shame.

We can look at the earth without shame.

We can look at every person on this planet with dignity and without apology.

.

◇ The most frightening road is not the one through the wilderness.

The most frightening road is the one through the endless cycle of existence.

The most dangerous threat is not from any external enemy—

not from natural disasters, not from fire or theft.

The most dangerous threat is being trapped in that cycle.

The way out is through a still mind—one that reaches the deepest truth.

.

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- ◇ Life is precious beyond measure.  
The goal, however far, is worth every step.  
However hard the journey, endure.  
One day, victory will come.



*Chapter 3*

# **Moving Beyond Obstacles**

*The obstacle is not the enemy—it is the teacher.*



- ◇ An obstacle is a lesson.  
Perseverance is the conclusion.  
.
- ◇ Obstacles are one of the truest measures of inner strength.  
.
- ◇ A rough road proves the quality of the driver.  
An obstacle proves the courage of the person.  
A problem proves the wisdom of the thinker.  
The center of your being proves the sincerity of the seeker.  
.
- ◇ Don't lose heart. Don't waver. Don't weaken.  
As long as you still breathe, hope is alive.  
Even if you lose your legs, you can still move forward on your hands.  
But if you lose your hope, even two good legs are useless.  
.
- ◇ Obstacles are like blades of grass.  
A courageous heart is like the open sky—  
untouched by anything below.  
.
- ◇ A mosquito bite is just a bite. A practitioner must stay cool.  
.
- ◇ If you can't endure this small pain, what will you do when real suffering comes?  
.

◇ Noise only reaches your ears. Don't let it push through to your heart.

A loud sound is just that—sound. Don't let it become an earthquake inside you.

.

◇ Some situations require action. Some require stillness.

But even the ones that require action need a moment of stillness first.

.

◇ This path offers no wealth, no titles, no flattering words as comfort.

Its reward is something far greater.

.

◇ It's good to restrain yourself. Just don't try to restrain everyone else.

.

◇ Some problems can be solved immediately.

Some require time.

Some require acceptance.

And some require letting go.

.

◇ Don't speak ill of anyone. Don't envy anyone. Don't wish harm on anyone.

.

◇ Hot words make the heart burn.

Cool words let the spirit rest.

.

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- ◇ Don't try to conquer physical discomfort by force. Ignoring it is better.  
.
- ◇ The body may shift its position, but the mind need not shift its place.  
.
- ◇ Move the body if you must—but keep the heart where it belongs: at your center.  
.
- ◇ No situation in the world should shake you more than allowing your own heart to sink into sadness, loneliness, or despair.  
Smile gently. Smile bravely. Smile like someone who has already won.  
And you will win—with a smile.  
.
- ◇ Wandering thoughts are like images projected onto empty air.  
They're mirages—shimmering but substanceless.  
They won't stay with you for long.  
.
- ◇ When a thought arises, don't fight it, don't feed it, don't wrestle with it.  
Those thoughts are not your opponent. They are not a real obstacle.  
.
- ◇ Practice being still sometimes.  
Practice yielding sometimes.

So you don't lose your inner peace.

.

◇ If everything went the way we wanted, we'd all be enlightened already.

.

◇ The path ahead is still long.  
Don't waver or weaken just yet.

.

◇ This path has resistance, obstacles, and hardship along the way.  
But it has happiness, success, and fulfillment at the journey's end.

.

◇ This path is the best, the most correct, the most direct—  
but it may also be the most tiring, the most demanding.  
Isn't that precisely what makes it the most worthwhile?

.

◇ This path has meaning.  
This path has hope.  
This path has immeasurable value.

.



*Chapter 4*

# **Guarding the Heart**

*The world may rage. The heart need not follow.*



*Words That Brighten the Mind*

◇ Never mind. I forgive. Let it go. I can take it.

.

◇ Anger rises? Coolness must rise higher.

.

◇ To be angry at someone is to set fire to yourself.

.

◇ Losing your temper in a fury—that's the behavior of a fool and a coward.

.

◇ Forgive quickly and the heart clears quickly.

.

◇ Sometimes just being still and quiet is the best thing you can do.

.

◇ Being angry at others is like lighting a fire inside your own house.

.

◇ A reputation can be destroyed by others.

But the truth of your goodness—no one can destroy that.

.

◇ It's nearly impossible to change how others think.

Far better to work on changing your own mind.

.

*Words That Brighten the Mind*

◇ Problems never end unless the mind finds its center.

.

◇ Learn to cut through attachment, to override impulse, to restrain the coarser reactions first.

.

◇ The mind is meant to be focused—not scattered.

.

◇ A mind that isn't cool can never find stillness.

.

◇ The mind matters more than anything.

When the mind is clouded, everything looks dark.

When the mind is clear, everything shines.

.

◇ Don't let elation or disappointment become the master of your heart.

.

◇ No matter how heated the world becomes, your mind must stay cool.

No matter how chaotic the world gets, your mind must stay still.

The world may look peaceful on the surface—but if your mind isn't at peace, none of it matters.

.

◇ Inner peace is more valuable than anything else in the world.

◇ Let the days pass—along with a heart that grows ever more still.

.

◇ The sky may darken—but don't let your heart darken with it.

The rain may fall—but don't let your heart fall with it.

The body may get drenched—but don't let your heart go soft.

.



*Chapter 5*

**The Gentle Way**

*Ease is not laziness—it is the doorway to depth.*



*Words That Brighten the Mind*

◇ Whatever you do, do it with a clear heart. That is the real practice.

.

◇ When a good experience fades, when a vision disappears—

don't fumble. Don't beg it to return. Don't get frustrated.

Just continue gently. Continue at ease.

.

◇ Gather the happiness of others into your own heart—

not the suffering of others.

.

◇ A heart that clings gets stuck. A heart that lets go finds ease.

.

◇ Time is already moving at its own pace.

So when you sit in meditation, there's no need to rush anything.

Just gently sustain your awareness—lightly, and observe with calm continuity.

.

◇ Don't compare your practice to anyone else's.

Don't compete with anyone—not even with yourself.

.

◇ A relaxed, comfortable mind means everything on the path to truth.

.

◇ Relaxed doesn't mean reckless. It doesn't mean sloppy.

It means: follow the guidance, stay comfortable, don't force anything.

When you're truly at ease, insight will arise on its own.

.

◇ Keep the mind still at the center. Keep the heart at ease within.

.

◇ If you love comfort, learn to love inner stillness.

True comfort lives there.

.

◇ The mind is at ease in any place—when the heart rests at its center.

.

◇ Leaves fall in the breeze—the heart is free, beyond all snares.

Clear water flows like a stream—the heart follows, inward and serene.

.

◇ Be cool. Be calm. Don't fuss.

Do it gently, and you'll get there.

Be still, be still—the truth will come.

In that stillness: peace beyond words.

.

◇ Don't suffer because you didn't get what you wanted.

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Don't add more weight to body and mind.  
Be content with what you have.  
If you don't give up, the day will come when  
everything aligns.



*Chapter 6*

**Stillness at the Center**

*A car that cannot stop is dangerous. A mind that cannot stop is chaos.*



*Words That Brighten the Mind*

- ◇ A car that can't stop is a danger.  
A mind that can't stop is a storm.  
.
- ◇ A clear, bright mind is the heart of everything.  
A still mind is the heart of all achievement.  
.
- ◇ Let go of every other concern. Focus on just one thing: bringing the mind to stillness.  
.
- ◇ When the mind stops, frowns turn to radiance.  
.
- ◇ When the mind stops, everything becomes simple.  
.
- ◇ The most important job you'll ever have: bringing the mind to rest at the center of your being.  
.
- ◇ A still mind is your real life within.  
.
- ◇ The real work is to be still—to settle deeply inward.  
.
- ◇ The very best thing you can do: let the mind come to rest at your center.  
.

*Words That Brighten the Mind*

◇ Stillness within stillness—that is the pinnacle of goodness.

.

◇ A mind that can't find stillness becomes narrow, sluggish, irritable,  
dull, crooked, restless, prone to mistakes, easy to catch off guard.

.

◇ A mind that has found stillness becomes vast, agile, cool,  
luminous, direct, steady, resilient—harder to rattle, harder to fool.

.

◇ The more you seek outwardly, the further you drift from the answer.  
The more you still the mind, the closer you come.

.

◇ Stop... thinking ill of others.  
Stop... speaking ill of others.  
Stop... harming others.  
Stop the mind—bring it to rest at the center of your being.

.

◇ Wash your hands when they're dirty. Wash your feet when they're muddy.  
But when the mind is stained—where do you wash it?  
The only way to cleanse the mind is to bring it to stillness.

◇ The more you want, the more tangled things become.

The more you stop, the cooler and more wondrous things become.

◇ Stopping is the key to success. Wanting is the key to failure.

Stopping makes things easy. Wanting makes things hard.

◇ When the body stops and the mind stops, the inner body awakens.

◇ You will discover the miracle of stillness when the mind breaks free and settles inward.

◇ Stillness, calm, equanimity—never neglect these three words.

They are words of tremendous power.

They are the thread that draws the heart together—from the very first step all the way to the final destination.



*Chapter 7*

# **Reflections at the Center**

*Before you can govern anyone else, you must first govern  
your own mind.*



◇ Before you lead others, learn to lead your own heart.

.

◇ Don't let "I'm the best" inflate you. When you can set the ego aside—that is when you truly become great.

.

◇ Don't pollute anyone's inner environment—not even your own.

.

◇ A doctor can treat the body. But who will treat the mind if not you yourself?

.

◇ Meditation gives more than the word 'giving' can express.

Meditation is finer than the word 'fine.'

Meditation is better than the word 'good.'

Meditation has more power than the word 'power.'

.

◇ Compassion is beautiful. But compassion without wisdom can cause endless trouble.

Compassion must always walk hand in hand with equanimity and discernment.

.

◇ Take criticism as your teacher. Use it as fuel to move forward—

not as a weapon to tear yourself down.

.

◇ A single word of honest counsel from a wise friend

is worth more than a bar of gold.

.

◇ Your real enemy is the craving within you.

Whatever is the enemy of craving—that is your true ally.

.

◇ Confidence can build wonders.

Inner truth is greater than any wonder.

So it demands even more confidence than anything else.

.

◇ Do the good—just do it.

Stop the harmful—just stop.

.

◇ The sky we call vast is still smaller than the human mind.

The ocean we call deep is still shallower than the human mind.

The mountain we call strong is still weaker than the human mind.

The river we call clear is still less clear than the human mind.

.

◇ It's hard enough to put yourself in someone else's shoes.

It's even harder to bring your own mind back to your own center.

.

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◇ Land without water cracks and dries. Land with water is lush and green.

A mind without stillness is parched. A mind with stillness blooms.

.

◇ Accumulate outer wealth in moderation.

But accumulate inner wealth beyond all measure.

.

◇ If you're busy chasing sensory pleasures, you'll never catch up with the noble ones.

.

◇ Long to escape from craving—the way a prisoner longs to escape from jail.

.

◇ A mind fixated on the monstrous will speak and act monstrously.

A mind fixed on the noble will speak and act nobly.

.

◇ Without generosity flowing, integrity upheld, and the mind trained—

how could life not be a struggle?

With generosity flowing, integrity upheld, and the mind well trained—

struggle fades for good.

.

◇ The past behind us, the future ahead of us—

neither matters as much as what is at the very center of our being.

.

- ◇ Don't sit watching the clock.  
Set your intention—not a timer.
- .

- ◇ Training your own mind is an achievement.  
Training others' minds as well—that makes you extraordinary.
- .

- ◇ Meditation practice is the main event.  
Everything else is not even the supporting act—  
it's background noise.
- .

- ◇ Don't begin with what you can see.  
Begin with what you can feel.
- .

- ◇ The greatest victory of all is the victory over  
your own mind.
- .



*Chapter 8*

**Encouragement for the  
Heart**

*A clear mind has power. A still mind has joy. An  
unwavering mind has everything.*



*Words That Brighten the Mind*

- ◇ A mother raises her child to make the child good.  
We train our minds to make our minds good.  
.
- ◇ Life is a training ground. Even if you must begin again from scratch.  
.
- ◇ There is so much to discover within. Don't get entangled in what's outside.  
.
- ◇ The life within is the new life—the real life—the magnificent life.  
.
- ◇ A true companion of the heart...  
is the truest friend, and that friend lives within.  
.
- ◇ A little time in meditation is still better than no time at all.  
.
- ◇ Practice has its ups and downs.  
But in just half a day, half an hour, or even half a minute—  
everything can turn from struggle to breakthrough.  
.
- ◇ If you're already getting tired at this age,  
are you really going to wait until you're old?  
That's a losing bet.

◇ Stay aware of what you're doing, right now, in this moment.

◇ Don't be disheartened. Don't be bored. Don't think nothing is happening.

Something happens every time you sit.

At first the mind is very restless and you don't realize it.

Then it becomes less restless. Then still. Then quiet.

Then light begins to appear within.

◇ A bright mind has power and happiness.

◇ A cool, calm mind—even a glimpse of that is already beautiful.

◇ The center of your being is the pathway of life itself.

◇ Just thinking of a bright, clear sphere of light—and you already feel gratitude rising within. Just picturing that inner clarity—and happiness comes along with it.

◇ Even as the world changes around us, we will keep practicing. Unchanging.

◇ Life is radiantly clear when the mind is refined moment by moment.

.

◇ A bird flies high because it is free from the pull of the ground.

A person's spirit soars because it is free from the pull of craving.

.

◇ If you want too much, inner power drains away.

.

◇ One who constantly trains the mind—that is a truly wise person.

.

◇ The outer path may reach a dead end.

But the inner path has no dead ends.

The outer world is full of dangers.

But within—there is no danger at all.

.

◇ Without meditation, restlessness burns hot and frantic.

With daily meditation, even restlessness becomes cool, gentle—and eventually fades.

.

◇ Light the world with a lamp.

Light the mind with inner truth.

.

◇ Wherever there is a thought, there you can plant a vision of light.

.

◇ Think well. Speak well. Act well. Build goodness all the way to the highest freedom.

.

◇ The problems of life are resolved at the center of your being.

.

◇ To be born human and not cultivate goodness—what was the point of being born at all?

.

◇ Don't think that sitting in meditation accomplishes nothing.

At the very least, you'll discover a feeling you've been searching for all your life:

an inner state overflowing with happiness—  
deeper than anything you've ever experienced before.

.

◇ If you sat and you weren't stressed, weren't miserable—that's already a success.

Whether or not you 'see' anything is just a bonus.

That's the right foundation.

.

◇ Expand your heart to be immeasurably vast. Then petty matters won't bother you—

like a sieve with wide gaps  
that can't catch small pebbles.

.

- ◇ Good inner resolve comes from meditation.  
Brilliant ideas come from a quiet mind.  
Powerful words come from a pure heart.  
The highest endurance comes from a still  
mind.  
Nothing surpasses a mind that is pure.  
Nothing is nobler than a mind at rest in truth.
- .

- ◇ One minute of stillness  
equals sixty seconds of happiness.  
One minute of letting go  
equals sixty seconds of opportunity to touch  
the deepest truth.
- .



*Chapter 9*

**Fighting to the End**

*We were born to fight—not to grieve.*



*Words That Brighten the Mind*

- ◇ We were born to fight—not to feel sorry for ourselves.
- ◇ If you want to be at the front line, you must be ready to face the storm.
- ◇ A dead fish drifts with the current. A living fish swims against it.  
A defeated mind drifts with craving. A living mind swims against it.
- ◇ No matter how long the road,  
if you take just one step forward,  
you have already made that road shorter.
- ◇ The life of a fighter: even standing still is preparation for the next sprint.
- ◇ Some people fall ill, find the right medicine, but then stop taking it—and the illness remains.  
Meditation is the same: it works, but only if you keep going.
- ◇ There is no break for the work of the heart.
- ◇ Practice stillness with your eyes open throughout the day, and you multiply your inner time many times over.

Practice in every posture—walking, standing, sitting, lying down—and you earn fresh merit in real time.

.

◇ As long as you still have breath,  
you cannot stop making effort.  
Because craving never takes a day off.

.

◇ Persist steadily, and you will conquer.

.

◇ Success comes when you think it possible.  
Fulfillment comes when you try.

.

◇ Let thoughts wander if they must. We're going  
after clarity—not chasing thoughts.

.

◇ Why not practice with full sincerity? When will  
you ever find the real thing if you don't?

.

◇ Skill doesn't scare me. What scares me is not  
showing up to practice.

.

◇ Meditating every day is easier than brushing  
your teeth in the morning.

.

◇ I'll keep sitting even if my back breaks. I won't  
skip a single day.

.

- ◇ Consistency is the most important ingredient in any success.  
.
- ◇ Even if the weather isn't cooperating, you must sit.  
Even if the body isn't cooperating, you must sit.  
Even if the mind isn't cooperating, you must sit.  
Diligent effort—that is the hallmark of anyone who wants to break through quickly.  
.
- ◇ A hundred hours of studying can't match one hour of practice.  
.
- ◇ Keep training in meditation. One day in this life you will want to be truly still, truly at peace.  
On that day, you'll be glad you know how.  
.
- ◇ Water dripping on a stone every day will eventually wear it through.  
Sitting in meditation every day will eventually wear through every obstacle within.  
.
- ◇ What the body cannot do—don't assume the mind cannot do it either.  
.
- ◇ Don't waste a single breath.  
Every exhale is a chance to return to the center.  
.

◇ There is no workplace in the world that forbids you from keeping your heart centered while you work.

.

◇ If you truly love the truth, you must never abandon your center.

.

◇ The current of a river may swirl. The wind may change direction.

But the thread of your life must never lose its way from the center of your being.

.

◇ How many aches, how many distractions, how many drowsy moments—

it doesn't matter. Keep going.

How many stumbles, how many restarts—

it doesn't matter. Keep going.

The goal still stands. The hope still lives.

And the heart that won't quit will find its way—  
to the truth at the very center.

.



*Chapter 10*

# **Happiness**

*If you love peace, learn to be still. If you love joy, learn to let go.*



*Words That Brighten the Mind*

- ◇ If you love happiness, learn to be still.  
If you love peace, learn to hold steady.  
.
- ◇ What other happiness could ever compare  
to the happiness found at the center of your  
being?  
.
- ◇ True happiness must walk hand in hand with  
peace.  
Any happiness without peace is not the real  
thing.  
Happiness, peace, and purity—these three  
must travel together.  
The deeper the peace, the deeper the purity,  
the deeper the joy.  
.
- ◇ If you truly want happiness, go deep within.  
.
- ◇ A still mind, settled inward, is the path to  
happiness.  
.
- ◇ Inner light is the deepest happiness of all.  
.
- ◇ The most joyful life is one of stillness, calm,  
and equanimity.  
.
- ◇ Everyone searches for happiness.

But will they ever find the happiness that is truly free?

Real happiness—free, unconditioned happiness—lives in the heart.

It is found in stillness within stillness.

.

◇ Come, let us reach for happiness.

Release all suffering onto this wide-open path.

This path is more wonderful than words can say.

It is the path of the heart—the path that leads all the way home.

.

◇ True happiness lives at the center of your being.

True ease lives at the center of your being.

Don't be dazzled by pleasures outside yourself.

Outside happiness always carries hidden sorrow.

.

◇ Let go of everything.

Let the heart settle inward.

Let the heart enter the light.

The happiness within outshines all else.

.

◇ No happiness in this world

can compare to the happiness of a free heart.

You don't have to chase it. You don't have to buy it.

It already lives within you—

waiting to be found.

.



*May these words serve as quiet companions  
on the journey inward.*



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