

THERE ARE TWO MISTAKES ALONG THE WAY TO MASTERY:
NOT STARTING IT AND NOT GOING ALL THE WAY.

OWN YOUR LIFE

“WHAT THE ORDINARY ONE SEEKS IS IN OTHERS.
WHAT THE WISE ONE SEEKS IS IN HIMSELF.”

CHOICES • CHANCES • CHANGES

“MAKE A CHOICE,
TO TAKE THE CHANCE,
OR YOUR LIFE
WILL NEVER CHANGE.”

- **Old Wounds Decides the entire lifetime**

How we will Love

How and to whom we shall Give

How we approach the state of our SELF

How we will understand

The Buddha said:

“No one can hurt you without your participation.”

Through our personal bias

How we come to think of ourselves

Is the source of our pain and sorrow.

Stop feeding the wound through obsessive emotions.

A WELL KNOWN ZEN STORY
THAT ILLUSTRATES THIS TRUTH BEAUTIFULLY
A WISE OLD MONK LIVED IN A REMOTE MOUNTAIN TEMPLE
KNOWN TO VILLAGERS FOR HIS KINDNESS AND WISDOM
OVER THE DECADES MANY SOUGHT HIS ADVICE
AND HE GUIDED THEM THROUGH THEIR STRUGGLES
ONE DAY A YOUNG DISCIPLE ASKED MASTER
DOES IT NOT SADDEN YOU THAT WHEN YOU PASS AWAY
PEOPLE MAY FORGET YOUR NAME
THE OLD MONK SMILED
AND POINTED TO A RIVER FLOWING PAST THE TEMPLE
TELL ME HE SAID
WHERE IS THE WATER THAT WAS HERE YESTERDAY
THE DISCIPLE HESITATED UNSURE HOW TO RESPOND
IT HAS FLOWED ON THE MONK CONTINUED
YET THE RIVER REMAINS THE LESSON WAS CLEAR
IT IS NOT THE NAME WE LEAVE BEHIND
BUT THE CURRENT OF OUR ACTIONS
THE EFFECT OF OUR KINDNESS THAT ENDURES
THE RIVER DOES NOT CLING TO ITS WATER
JUST AS WE SHOULD
NOT CLING TO THE ILLUSION OF PERMANENCE
A ZEN MONK ONCE SAID
A SINGLE CANDLE CAN LIGHT 1,000 OTHERS
WITHOUT LOSING ITS OWN FLAME
THE KINDNESS
WISDOM AND LOVE YOU SHARE TODAY DO NOT DISAPPEAR
THEY LIVE ON NOT AS NAMES IN HISTORY BOOKS