

# Possible themes

## for right livelihood meetings

Ratnaprabha, 2006

### ***A simple life***

"Having a wider heart and mind is more important than having a larger house.

Happiness does not come from having much, but from being attached to little."  
(*Cheng Yen*)

### ***Being friendly***

"Not by hatred is hatred ever pacified here (in the world). It is pacified by love. This is the eternal law.

Others do not realize that we are all heading for death./ Those who do realize it will compose their quarrels." (*Dhammapada*)

"(And think of) every living thing without exception: the weak and the strong, from the smallest to the largest, whether you can see them or not, living nearby or far away, beings living now or yet to arise -- may all beings become happy in their heart of hearts!

May no one deceive or look down on anyone anywhere, for any reason. Whether through feeling angry or through reacting to (someone else), may no one want another to suffer.

As (strongly as) a mother, perhaps risking her life, cherishes her child, her only child, develop an unlimited heart for all beings." (*Karaniya metta Sutta*)

### ***Being of benefit***

"Meditation is not to escape from society, but to come back to ourselves and see what is going on. Once there is seeing, there must be acting. With mindfulness, we know what to do and what not to do to help." (*Thich Nhat Hanh*)

"While others are engaged in inferior and menial tasks in which they encounter many difficulties, how can I sit here at peace and do nothing?"

I must and shall benefit them, but without ever succumbing to the poison of self-importance." *Bodhicaryavatara*

(1) Man can change. (2) He can change himself. (3) He can help others to change.  
(4) Together they can change the world. (*Sangharakshita*)

### ***Being present***

"Examine the nature of unborn awareness." (*Lojong mind training slogan*)

"In the present moment, when (your mind) remains in its own condition without constructing anything, awareness, at that moment, in itself is quite ordinary.

And when you look into yourself in this way nakedly (without any discursive thoughts),

Since there is only this pure observing, there will be found a lucid clarity without anyone being there who is the observer; only a naked manifest awareness is present."  
(*Self-Liberation through Seeing with Naked Awareness*)

### ***Embrace how things really are***

*Bathing in the light of reality.*

"When the world is filled with evil, transform all mishaps into the path of Bodhi. Don't be swayed by external circumstances." (*Lojong mind training slogans*)

### ***Enlarging the scope of awareness***

"Whatever you meet unexpectedly, join with meditation." (*Lojong mind training slogan*)

"If you touch one thing with deep awareness, you touch everything." (*Thich Nhat Hanh*)

### ***For refuge I go.***

"188 Many people, out of fear, flee for refuge to sacred hills, woods, groves, trees and shrines.

189 In reality this is not a safe refuge. In reality this is not the best refuge. Fleeing to such a refuge one is not released from all suffering.

190 He who goes for refuge to the Enlightened One, to the Truth, and to the Spiritual Community, -- who sees with perfect wisdom the four ariyan truths, --

191 namely, suffering, the origin of suffering, the passing beyond suffering, and the ariyan eight-membered Way leading to the pacification of suffering --

192 for him this is a safe refuge, for him this is the best refuge. Going to such a refuge one is released from all suffering." (*Dhammapada*)

### ***Friends in the good life***

"The greatest benefactor is a spiritual friend in the form of a human being."  
(*Gampopa*)

### ***Growing points***

"Always meditate on whatever provokes resentment." (*Lojong mind training slogan*)

### ***Impermanent, frustrating and insubstantial***

"All conditioned things are impermanent. When with understanding one sees this, one becomes weary of suffering. This is the way to purity.  
All conditioned things are painful. When with understanding one sees this, one becomes weary of suffering. This is the way to purity.  
All things whatsoever are devoid of unchanging selfhood. When with understanding one sees this, one becomes weary of suffering. This is the way to purity."  
(*Dhammapada*)

### ***Kind actions***

"Love and compassion are necessities, not luxuries. Without them, humanity cannot survive." (*Dalai Lama*)

### ***Knowing what you're doing and why you're doing it***

"182 Difficult is the attainment of the human state. Difficult is the life of mortals. Difficult is the hearing of the Real Truth. Difficult is the appearance of the Enlightened Ones.  
183 The not doing of anything evil, undertaking to do what is wholesome, and complete purification of the mind - this is the ordinance of the Buddhas."  
(*Dhammapada*)

### ***Maintain a joyful mind***

"194 Happy is the appearance of the Enlightened Ones. Happy is the teaching of the Real Truth. Happy is the unity of the Spiritual Community. Happy is the spiritual effort of the united." (*Dhammapada*)

### ***Perfect vision***

"It is because of complete indifference to achievements,  
And because of relying on Perfect Wisdom,  
That a Bodhi-hero can live with no barriers trapping the mind or heart.  
Having burst through all barriers, s/he does not panic;

Is no longer upside-down;  
And finally achieves Enlightenment." (*Heart Sutra*)

### ***Rejoicing in others***

"Always think of how others are kind and precious. Treat them as you would like to be treated.

... Whenever you hear that someone else has been successful, rejoice.

Always practice rejoicing for others--whether your friend or your enemy.

If you cannot practice rejoicing, no matter how long you live, you will not be happy."  
(*Lama Zopa.*)

### ***Taking the consequences seriously***

"1 (Unskilful) mental states are preceded by mind, led by mind, and made up of mind. If one speaks or acts with an impure mind, suffering follows him even as the cartwheel follows the hoof of the ox.

2 (Skilful) mental states are preceded by mind, led by mind, and made up of mind. If one speaks or acts with a pure mind, happiness follows him like his shadow."  
(*Dhammapada*)

### ***The spirit of giving***

"If beings knew, as I know, the results of sharing gifts, they would not enjoy their gifts without sharing them with others, nor would the taint of stinginess obsess the heart and stay there. Even if it were their last and final bit of food, they would not enjoy its use without sharing it, if there were anyone to receive it." (*Buddha, Itivuttaka 18*)

### ***True to myself, true to others***

"Anything that contradicts experience and logic should be abandoned. The ultimate authority must always rest with the individual's own reason and critical analysis."  
(*Dalai Lama*)

### ***Waking up***

*Opportunities for insight...*

"As for this sparkling awareness which is called 'mind', / Even though one says that it exists, it does not actually exist. / (On the other hand) as a source, it is the origin of the diversity of all the bliss of Nirvana and all of the sorrow of Samsara." (*Self-Liberation through Seeing with Naked Awareness*)