

All You Need Is Kindfulness



**A Collection of
Ajahn Brahm Quotes**

This book is available for free download from www.bodhinyana.com. Additionally an audio-visual version can be accessed on YouTube: <http://youtu.be/8ZdB29o~i~A>

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Preface

The 63 quotes from Ajahn Brahm's teachings in this collection have been gathered from various talks delivered between 2009 and 2013. The teachings were either given to the lay people at Nollamara Centre and Jhana Grove Meditation Retreat Centre or to monastics at Bodhinyana Monastery and overseas in Sri Lanka. The background photos have been taken over the last seven years in Germany, New Zealand, Ladakh (North India), Australia, Switzerland, England and the Czech Republic.

To give this work a bit of structure, the sayings have loosely been put under the three headings of Sīla, Samādhi and Pañña. These are respectively, the Pali terms for Virtue, Meditation and Wisdom, which constitute the basic structure of the Buddhist path. These terms are explained briefly at the beginning of each section.

May this collection of quotes inspire you to be kind, calm and wise!

Venerable Bodhidharma

Bodhinyana Monastery
Perth, August 2014

Sīla

Sīla is the Pali term for virtue. It is the cultivation of harmlessness, kindness, generosity and care by body, speech and mind. It could also be translated as character, habit or morality. Your understanding of what is skilful and what is unskilful, and the inspiration you get from your own heart or from seeing living examples, will enable you to let go of unwholesome habits and tendencies and to develop the wholesome qualities in your mind. The practice of morality makes your heart pure, and a pure heart is a happy heart well prepared for the practice of meditation.



If you want to have a good time, be good.



Real beauty does not lie in perfection,
but in embracing and accepting imperfection.



Love is the ability to embrace the imperfections
of another, of ourselves and of life.

Instead of having a
fault-finding mind,

develop the beautiful
attitude of gratitude



Whatever you value,
whatever you think is really important,



that is what will develop and grow.

A close-up photograph of a light pink rose. The petals are layered and spiral inward, creating a classic rose shape. Several small, clear water droplets are scattered across the surface of the petals, particularly on the outer layers. The lighting is soft, highlighting the delicate texture of the flower. The background is a blurred, lighter shade of pink, making the rose the central focus.

Water the flowers in your garden,

don't water the weeds.

What you see in others,



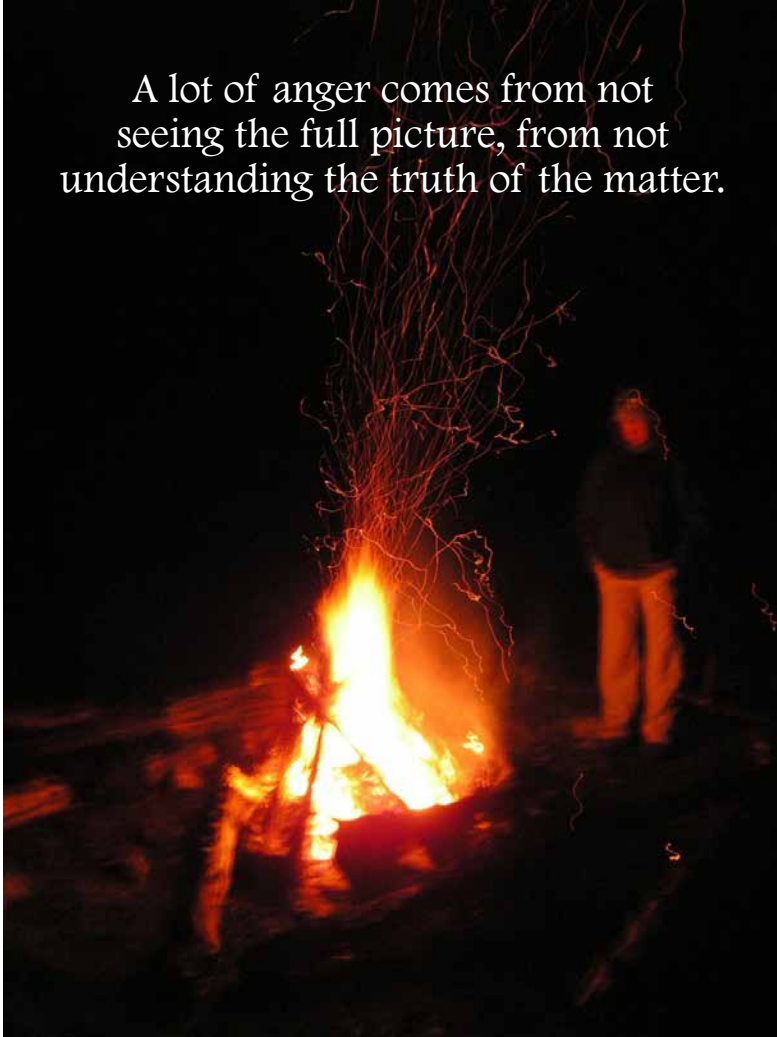
that's what they will show you back.

Don't worry too much about what
goes into your mouth.



It's much more important to worry
about what comes out of it.

A lot of anger comes from not seeing the full picture, from not understanding the truth of the matter.



What's more important,



being right or living in harmony together?

It's never his problem, her problem or my problem,
it's always *our* problem. We are in this together.



That's how you solve the problem.

If there is nothing you can do,
then do nothing.



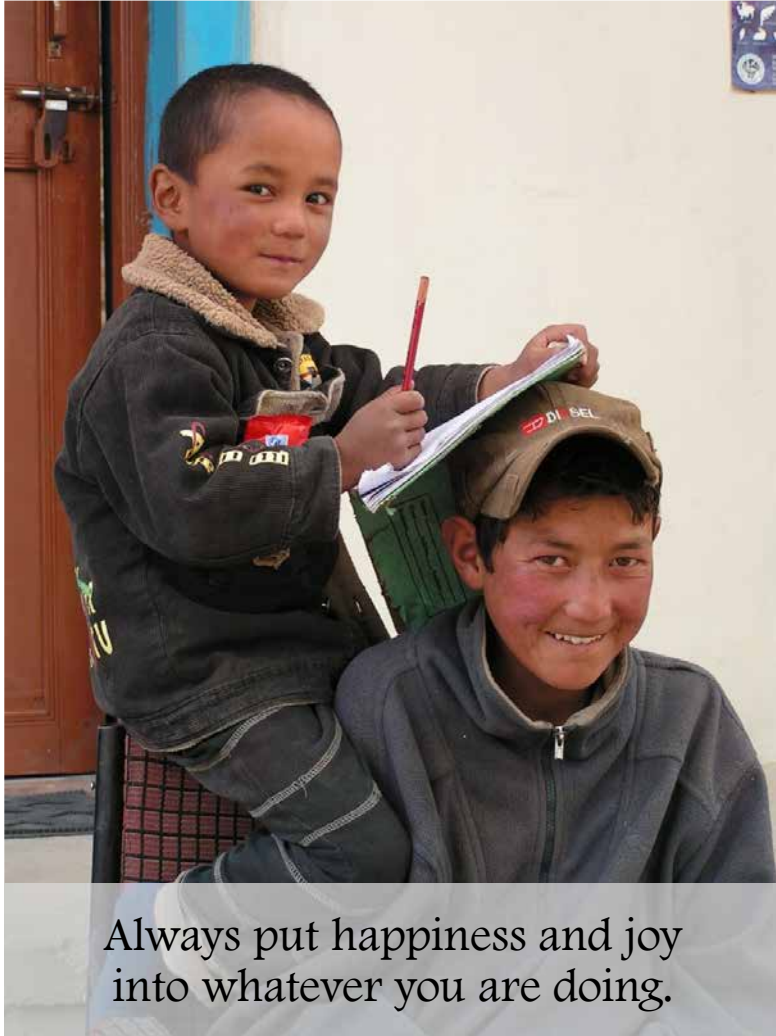
If there is something you can do,
then give it all you've got.



You can't always cure, but you can always care.

Whenever there is a tragedy, it gives us the opportunity to care, to give, to help and to serve.





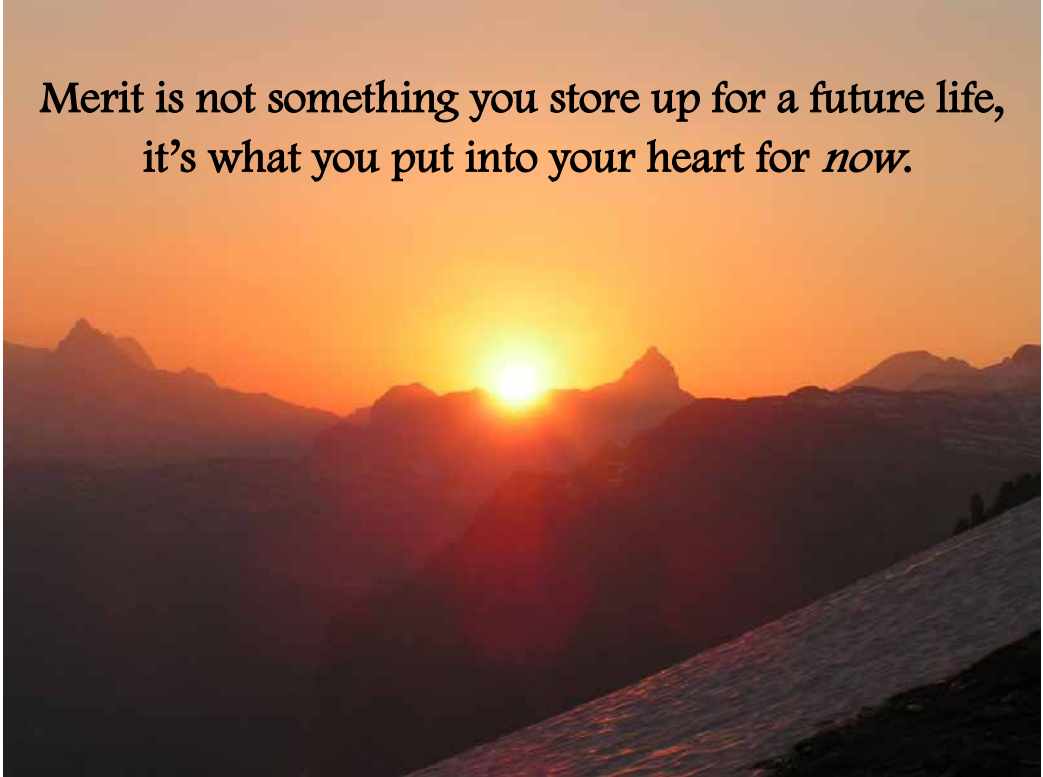
Always put happiness and joy
into whatever you are doing.

Little acts of kindness are huge.
They make both you and others very happy.



These are what we call: instant karmic rewards.

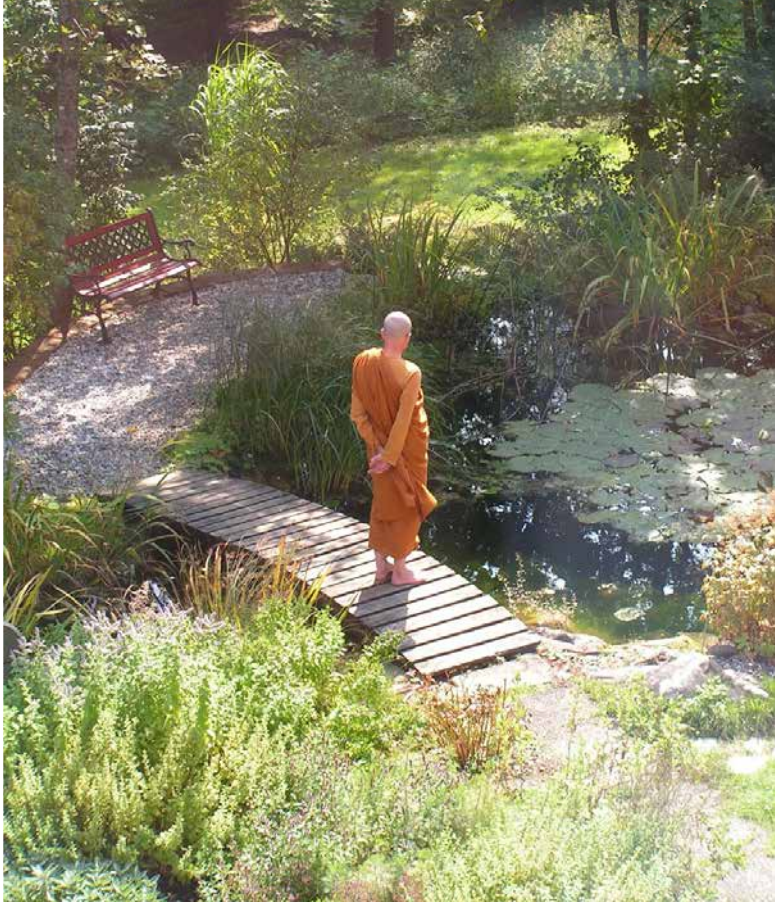
Merit is not something you store up for a future life,
it's what you put into your heart for *now*.





**Real generosity is giving,
expecting nothing back in return.**

Inspiration is a beautiful source of pure energy that uplifts your heart.



A lot of the time you learn the most from osmosis,



by just hanging around good people.

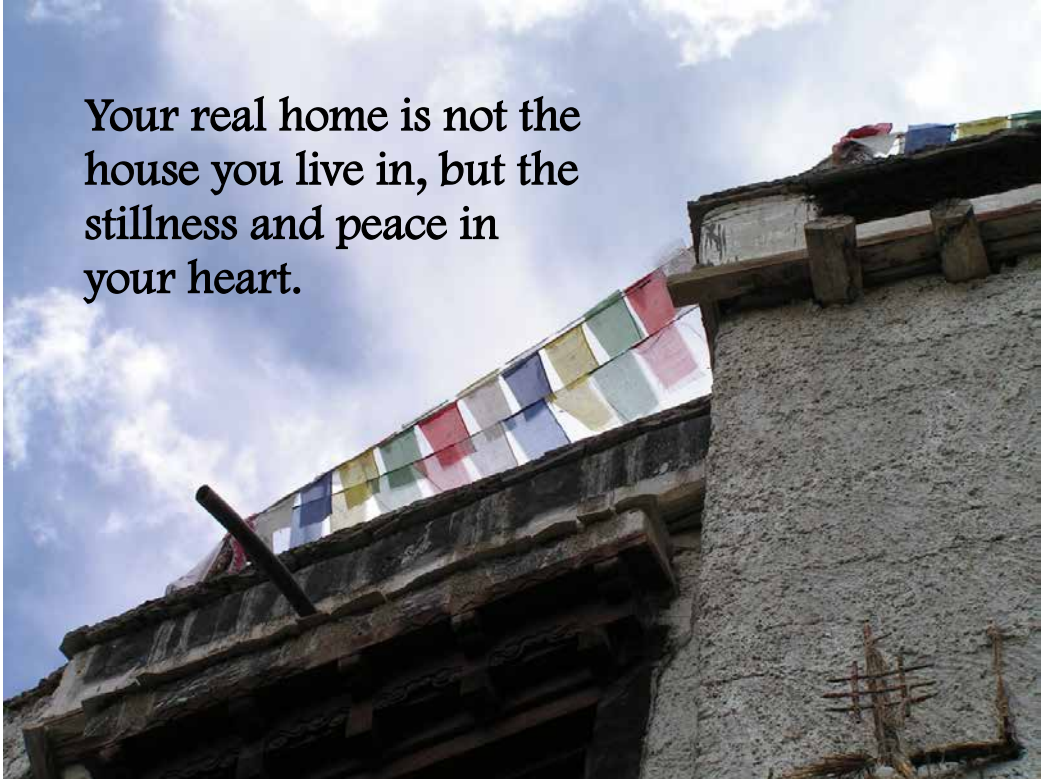
**When you cultivate a beautiful mind throughout the day,
you will have a beautiful mind in meditation.**



Samādhi

Samādhi is the Pali term for deep meditation, or for collectedness and unification of mind. It is not achieved through force or striving, but through restraining and relinquishing unwholesome qualities and through the cultivation and development of wholesome ones. Mindfulness and kindness will allow a positive and happy mind to settle down, and to enter deeper and deeper into stillness and peace. The purification that happens through the practice of meditation will give your mind the strength and clarity required to uncover, to face and to penetrate to the truth.

Your real home is not the
house you live in, but the
stillness and peace in
your heart.





**Forget about the results.
Creating the causes; that's your work.
The results will come by themselves.**



The essence of meditation is your attitude.

It's not important
what you are meditating on,



but how you are meditating.

Whatever you are aware of, you need
that magical ingredient of kindness.



When you are kind to what you are watching,
it relaxes and so do you.

Put a lot of attention in the space between you and whatever you are aware of. And make sure there are wholesome qualities in that space: kindness, gentleness, peace and patience.



Can you make peace?

Can you be kind?

Can you be gentle?

If you can, then you
can meditate.





Right intention makes the present moment
a pleasant moment.

Delight is the glue that makes



your attention stick to the object.

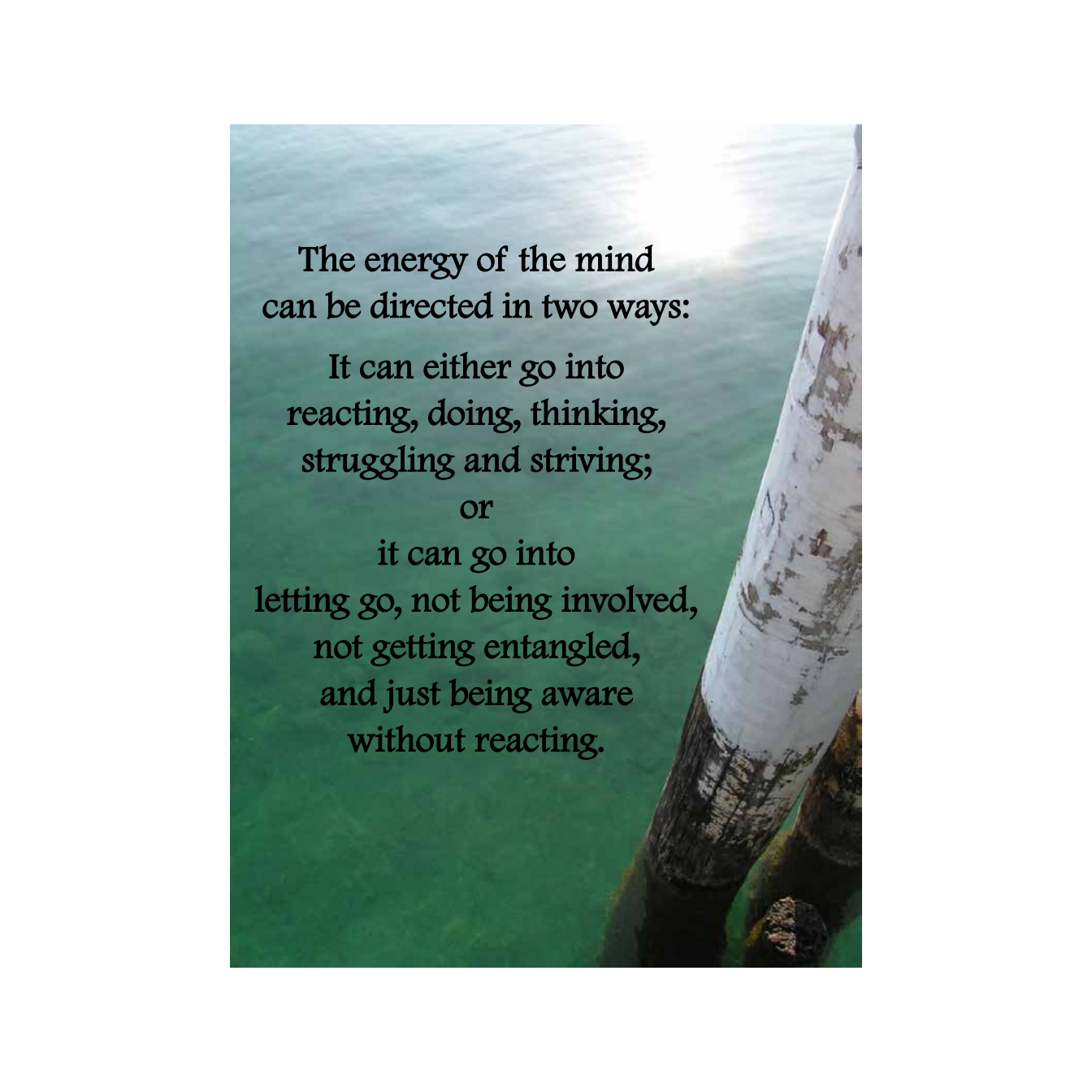
Yes, being a control freak and using willpower *may* give you mindfulness. But it's not the type of mindfulness that will lead to happiness, stillness or insight.



Playfulness and joy, the power of wisdom, *that* creates great mindfulness.

The way of meditation is not
force and will power,
but wisdom power.



A photograph of a wooden post in the water. The post is on the right side, showing a white-painted upper section and a darker, weathered lower section. The water is a deep greenish-blue, and the sun is visible in the upper right, creating a bright reflection on the water's surface.

The energy of the mind
can be directed in two ways:

It can either go into
reacting, doing, thinking,
struggling and striving;

or

it can go into
letting go, not being involved,
not getting entangled,
and just being aware
without reacting.

The more you do, the more you strive,



the more you wear your mind out.

Don't do letting go, let go of doing.

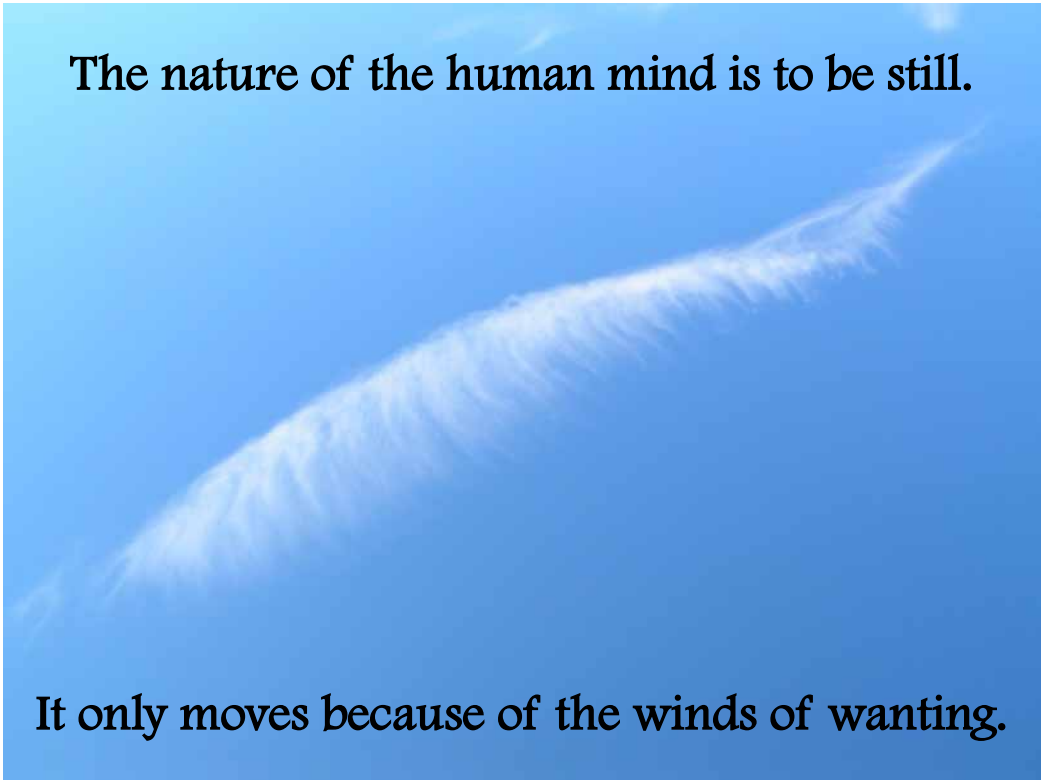


Right effort is the effort to stop,
to restrain, to let go



to give up, to renounce.

The nature of the human mind is to be still.



It only moves because of the winds of wanting.

**Meditation is not
about attaining more things,**



**but about letting go of things
and becoming more free.**

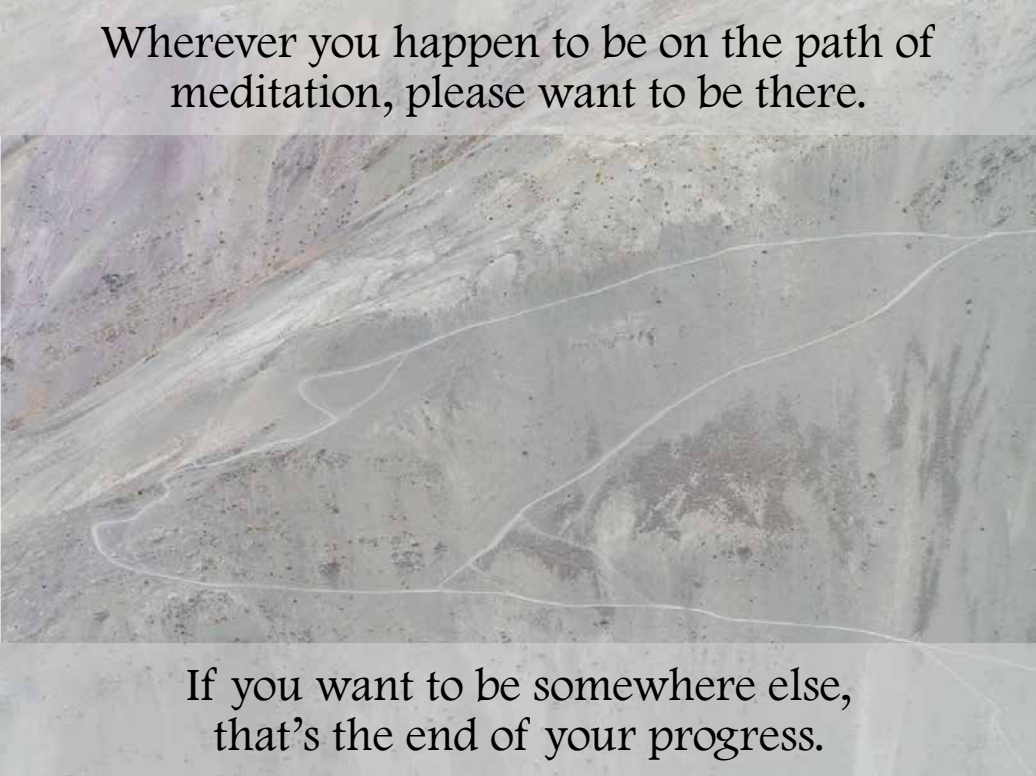


**When you want something more,
you cannot enjoy what you already have.**

It's very
hard to
progress in
meditation,
when you
have a
fault-finding
mind.

You always
see what's
wrong, you
never see
the beauty.



An aerial photograph of a rugged, mountainous landscape. The terrain is a mix of grey, brown, and green, suggesting a mix of rock, soil, and sparse vegetation. Several thin, winding paths or roads are visible, snaking across the slopes. The overall scene is desolate and expansive.

Wherever you happen to be on the path of
meditation, please want to be there.

If you want to be somewhere else,
that's the end of your progress.

It's the nature of contentment to deepen –
to become more brilliant, more happy,



more blissful, more profound and empty –
if you just stay with it long enough.

Pañña

Pañña is the Pali term for wisdom or insight; seeing the world clearly without distortion. It is the deep understanding of the human condition that emerges out of the pure and peaceful mind. Pañña is always born of silence and stillness, of an open, receptive and unbiased heart. A mind full of thoughts is not ready to listen deeply enough. Insight into the nature of things, whether small or huge and life changing, always sets you free and fills your heart with unconditional love and compassion for all beings.



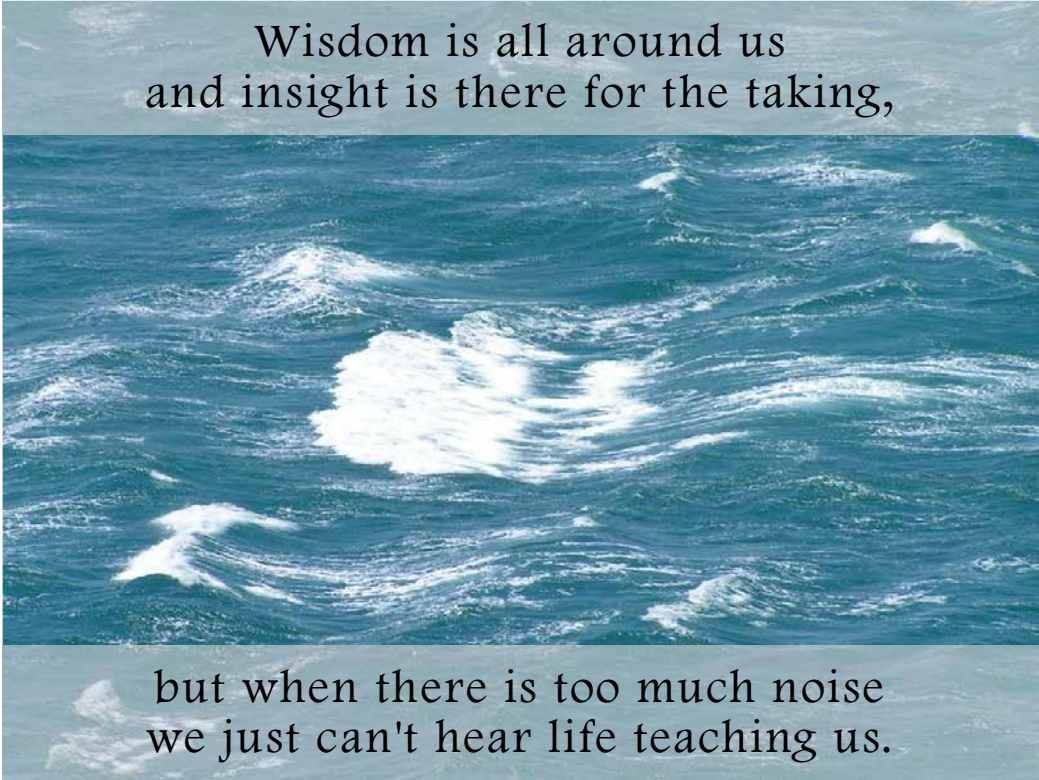
In Buddhism
we don't fight
our defilements,
we understand
them.

And when
we know them,
they disappear.

When you face the problem and bring it close to you, you have a chance to understand it.



When you run away, your face is turned in the opposite direction.

An aerial photograph of a turbulent ocean. The water is a deep, dark blue-green color, and the surface is covered in numerous small, white-capped waves. The waves are moving in various directions, creating a complex, swirling pattern. The overall appearance is one of intense, chaotic energy.

Wisdom is all around us
and insight is there for the taking,

but when there is too much noise
we just can't hear life teaching us.

All thinking
is *about*
something.
It is always
one step
away from
penetrating
the truth of
the matter.




A close-up photograph of a vibrant green leaf, showing a complex network of veins. The central vein runs horizontally across the middle, with smaller veins branching off at various angles. The leaf's surface has a slightly textured appearance, and the lighting highlights the intricate patterns of the vascular system.

You don't need to give
things a name...

...just know them.



Never allow your knowledge
to stand in the way of truth.

A photograph of a rocky coastline. The foreground shows a sandy beach with several large, dark rocks covered in bright green moss. The rocks extend into the water, forming a narrow path. The water is calm and light blue, with a hazy background of distant hills or mountains under a pale sky.

**Don't bend the truth
to fit your beliefs,**

**bend your beliefs
to fit the truth.**



Life is a flow of
unexpected moments.

Your future is uncertain.



**Whatever you expect it to be,
it will always be totally different.**



**You can either be caught up in this world
and in your desires... or you can be free.**



Suffering
is asking
from the
world
what it
can never
give you.



Freedom is realising
that you can't control life.

Pleasure is just a pause between
two moments of pain.



And pain is just the space
between two moments of pleasure.

**Whatever disturbance there is,
it only lasts for a few moments.**



**But if you allow it to echo in your mind,
it will keep on going for a long time.**



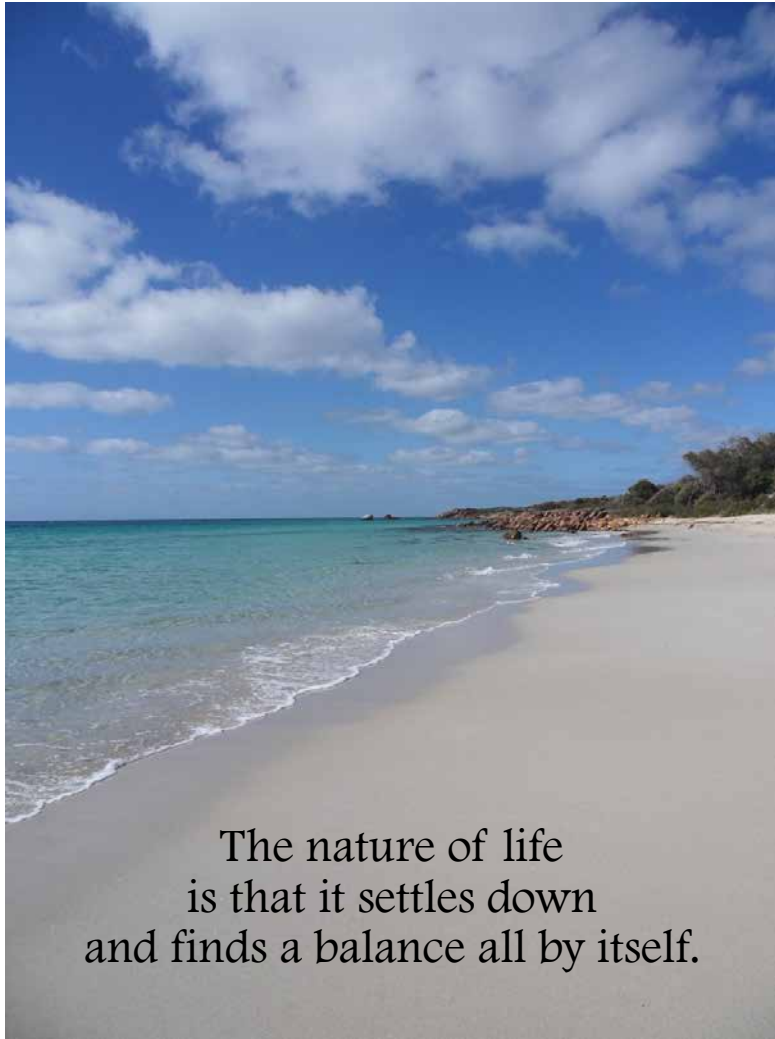
We are prisoners
of our own concepts.



Hell is
a place with
an open door.
You send
yourself there
because
of guilt.
If you know
what love and
forgiveness
are, you can
walk out any
time you
want.

It's amazing how free you can be,
if you don't limit yourself to your past.





The nature of life
is that it settles down
and finds a balance all by itself.

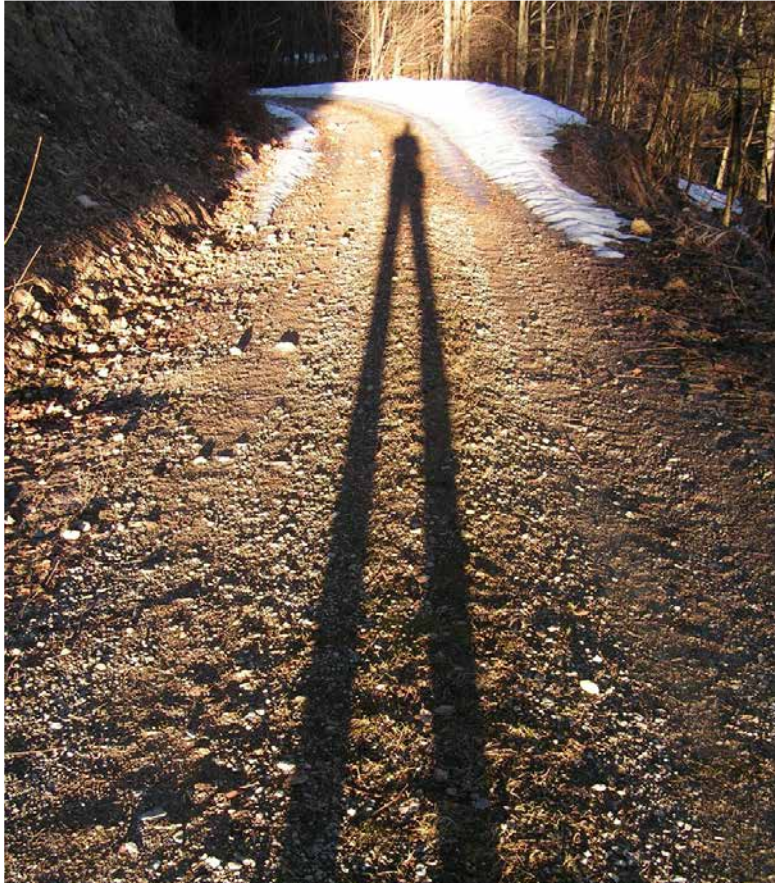


Where there
is a self, there
are things
belonging to
a self.

Where there
is no self,
there is no
sense of
ownership.

When you don't have a solid sense of self, you can adapt to whatever situation you happen to be in.





When you disappear, when there is no traveller, then the path becomes as wide as a multi-lane highway ~ you just can't miss it.



A Short Biography of Ajahn Brahmavamso



Ajahn Brahm was born Peter Betts in London (UK) on the 7th of August 1951. At the age of sixteen he regarded himself as a Buddhist after having read his first book on Buddhism. His interest in the teachings of the Buddha and meditation flourished while he was studying theoretical physics at Cambridge University. That was also the time when he sat his first retreat and had some nice meditation experiences. After completing his degree and teaching for a year, he travelled to Thailand to become a monk.

At the age of twenty-three he was ordained at Wat Saket in Bangkok and received the monastic name Brahmavamso. He subsequently spent nine years studying and training in the forest meditation tradition under the guidance of the renowned meditation master Ven. Ajahn Chah in the jungles of North-East Thailand.

In 1983 Ajahn was invited to help establish a forest monastery near Perth in Western Australia. He is now the abbot of Bodhinyana Monastery and the Spiritual Director of the Buddhist Society of Western Australia (BSWA).

In 2014 Ajahn Brahm will complete his fortieth year in the robes of a Buddhist monk. Since his first talks in Singapore in the year 2000, the release of his first book in 2004 and the spreading of his teachings through the BSWA homepage and YouTube, his popularity has grown quickly. Over the years he has managed to touch the hearts of many thousands of people all over the world and to bring smiles to their faces. These days, Ajahn is a highly regarded Buddhist meditation teacher, giving talks and teaching retreats around the globe. He is in very high demand, tirelessly devoting a lot of his time and energy to others.

His efforts have been rewarded with the gratitude and the thanks of many. He was even awarded with the prestigious John Curtin Medal in 2004 for his vision, leadership and community service.

This collection contains 63 sayings from the famous meditation master Ajahn Brahm matched with beautiful background photographs. The quotes are loosely gathered under three sections: *Sīla*, *Samādhi* and *Pañña*. These are respectively, the Pali terms for Virtue, Meditation and Wisdom, which constitute the basic structure of the Buddhist path.

Let Ajahn Brahm's words guide, inspire and touch your heart. Delight in developing kindness, peace and wisdom and live a happy and fulfilling life.

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