

# BUDDHA SAYINGS

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1. A jug fills drop by drop  
- Buddha
2. All that we are is the result of what we have thought  
- Buddha
3. An idea that is developed and put into action is more important than an idea that exists only as an idea  
- Buddha
4. Better than a thousand hollow words, is one word that brings peace  
- Buddha
5. Every human being is the author of his own health or disease  
- Buddha
6. He is able who thinks he is able  
- Buddha
7. What you think you become  
- Buddha
8. Health is the greatest gift, contentment the greatest wealth, faithfulness the best relationship  
- Buddha
9. Holding on to anger is like grasping a hot coal with the intent of throwing it at someone else; you are the one who gets burned  
- Buddha
10. I never see what has been done; I only see what remains to be done  
- Buddha
11. It is better to travel well than to arrive  
- Buddha
12. The foot feels the foot when it feels the ground  
- Buddha
13. Do not dwell in the past, do not dream of the future, concentrate the mind on the present moment  
- Buddha
14. The only real failure in life is not to be true to the best one knows  
- Buddha

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

- Buddha

16. There are only two mistakes one can make along the road to truth; not going all the way, and not starting

- Buddha

17. Three things cannot be long hidden: the sun, the moon, and the truth

- Buddha

18. You will not be punished for your anger; you will be punished by your anger

- Buddha

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

- Buddha

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

- Buddha

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