

The Space

City

Spiritual

Manual

**Dedicated to the men and women of science and
government. who will get us up there. and out there**

HINDU SPIRITUAL ADVICE TO SOULS

The Lord all around, our feet ready to go to the help
of everyone in need,

Realizing this we see the Lord of Love,
in bird and beast,
in starlight and joy,
in sexual energy and the grateful rain,
in everything the universe contains.

Drawing on the Lords' resources within, security, wisdom,
and love in action,

We *conquer* every enemy within,
to be *united* with the Lord of Love.

Taittiriya Upanishad

None should ever perform goodness with a desire to gain its
fruits,

Such a sinful trader of goodness will never reap profits...do
not doubt virtue, because you do not see its results.

Without doubt, the fruits of goodness will be manifest in time, as will the fruits of sin.

The fruits of true goodness are eternal and indestructible.

Mahabharata

(Wayshower Vishnu teaching Arjuna)

Then, fight, Oh Arjuna. He who thinks it (*the soul, the Universal Spirit, the Self, the Atman*) slays, and he who thinks it is slain --- neither of them know the soul well.

The soul is never born, it never dies

The inner man casts off worn-out clothes,
and enters into others that are new.

Desire for fruits of your labor must never be your motive
for working.

To unite the heart with Brahman (*God*),
And then to act: That is the secret of non-attached work.

To obey the Atman, (*the Universal Spirit*),
His peaceful joy.

Bhagavad Gita

For the contemplative is the path of *knowledge*;

For the active, the path of *selfless action*.

Bhagavad Gita

Do your duty but *without* attachment.

Let them show by example, how the work is holy,

When the heart of the worker
is set on the highest.

Bhagavad Gita

(The Teacher / Wayshower/ Prophet Vishnu explains.)

In every age, I come back.

Whatever path, men travel,
Is *my path*.

Bhagavad Gita

Who burns with the bliss and suffers the sorrow of every
creature within his own heart?

Yes, Arjuna, the mind is restless...but it can be brought
under control, by constant practice.

Bhagavad Gita

They see the Atman (*The Universal Spirit, the Atman*) in every creature, because they love me,

They are my bondsmen, and I will save them from mortal sorrow

Try to reach me by devoted concentration. If you lack the *strength to concentrate*,

Then devote yourself *to Deeds of work*.

Bhagavad Gita

Those who *realize the Universal Self (the Atman, the Spirit)*, enter into the peace

that brings complete self-control and perfect patience.

They see themselves in all things, and all things in themselves.

Evil cannot overcome them, because they overcome evil.

Brihadaranyaka Upanishad

(Death is called to be a teacher for us, in the Katha Upanishad)

The wise... the ignorant...

The first welcome what leads to

abiding joy through painful at the time;

The latter run, goaded by their senses, after what seems immediate pleasure...

The first leads to self-Realization.

The second makes one more and more estranged from the Universal Self.

Ignorant of *their ignorance*, yet wise in their *own esteem*,
...like the blind leading the blind...

I am my body, they think;
when my body dies, I die, they believe.

Living in this delusion, they fall life
after life, under my (*Death's*) sway...

Katha Upanishad

Wonderful is the one who speaks about the Universal Self
(the Atman).

Rare are they who make it the supreme goal of their lives.

Wise are you, Nachiketa (*the young student's name*),
because you seek the Self eternal.

May we have more seekers like you.

Katha Upanishad

I will give you the Word all scriptures. Glorify *all* spiritual disciplines.

Express to obtain *which* aspirants lend a life of sense-restraint and self-naughting...

Katha Upanishad

Hidden in the heart of every creature, exists the Universal Self (Atman).

Subtler than the subtlest. Greater than the greatest.

They also go beyond sorrow who extinguish their self will,

And behold the glory of the Universal Self, through the grace of the Lord of Love.

The Universal Self cannot be known by anyone,

who *desists not* from unrighteous ways,

controls not his senses,

stills not his mind...

Katha Upanishad

Universal Self, whose glory *sweeps away* the rituals of the priest,
and the prowess of the warrior,

and puts Death itself, to death...

Katha Upanishad

In the secret cave of the heart, *two are seated*, beside life's
fountain. The separate Ego drinks of the sweet and bitter
Stuff...

the Ego gropes in the darkness, while the *Universal Self* lives
in the light.

Know the Universal Self (*the Spirit, the Atman*), as lord of the
chariot,

the body is the chariot, itself,

the discriminating Intellect, as the charioteer,

and the Mind, as the *reins*.

Katha Upanishad

But those who *lack* discrimination...wander from death
to death,

But those who *have* discrimination with a still
mind and a pure heart,

reach journey's end, never again to fall into the jaws of death...

To be united with the Lord of Love.

Katha Upanishad

Brahman (*God*), the hidden Universal Self in everyone, does not shine forth.

He is revealed *only* to those who keep their mind 'one-pointed' on the Lord of Love...

Meditation enables them to go deeper and deeper into consciousness.

Katha Upanishad

Who sees multiplicity, and not *the One* indivisible Universal Self.

Multiplicity is a mistake in our perception, and can lead to wasted efforts/ambition/lives:

...as the rain on a mountain peak, runs off the slopes on all sides,

So those who see only the seeming multiplicity of life,

run after things,
on every side.

Katha Upanishad

And the threat that we face, in that mistake of perception:

Of those unaware of the Self, some are born as embodied creatures,

While others remain in a lower stage of evolution,

As determined by their own need for growth.

Katha Upanishad

The Lord of Love, not larger than the thumb, is enshrined in the hearts of all.

Draw Him clear out of the physical sheath...
know thyself to be pure and immortal...

Katha Upanishad

(It is the Kena Upanishad, which goes to lengths, to make it clear, that the gods of the Veda's are just that: gods, spirit-beings, not God, Brahman. It does this by showing those 'gods' have no power at all, when compared to Brahman, God as the Universal Self, the Spirit or Atman, the connection to all souls):

Brahman (*God*) saw the gods (*high spirits*) foolish pride, and appeared before them.

But they recognized him not.

Kena Upanishad

Yajnavalkya, how many are the gods?

Yajnavalkya replies,

‘Three, three hundred, three and three thousand.

‘How many are there really?’ ‘Thirty-three’.

Well, how many really?

‘Six’

‘Really?’

‘Three.’

‘Really?’

‘One and a half’

‘Now really?’

‘One’.”

Brihadaranyaka Upanishad

That which is the source of the Sun, and of every power in the cosmos, beyond which there is neither coming or going, is the Universal Self (*The Spirit, Atman*), itself.

For this Universal Self is supreme. What is there, is also here.

Who sees this multiplicity,

but not the One indivisible Universal Self,

Must *wander on and on*, from death to death.

Katha Upanishad

The Universal Self desires only what is real, thinks nothing but what is true.

Have people do what they are told,
becoming dependent on their country, or their piece of land, or
the desires of another,

So their desires are not fulfilled
and their works come to nothing, both in this world,
and the next.

Those who depart from this world without knowing,
who they are, or what they truly desire,
have no freedom here... or hereafter.

Chandogya Upanishad

The Universal Self is a bulwark against the confounding of these
worlds, and a bridge between them.

Day and night cannot cross that bridge,
nor old age, nor death or disease,

Nor grief, nor evil, nor good deeds.

All evils turn back.

There, unable to cross, evil comes *not* into this world (*these dimensions*) of Brahman (*God*)

Chandogya Upanishad

One who crosses by this bridge, therefore, if blind, no more, if hurt, ceases to be hurt, if in sorrow, ceases sorrowing.

Chandogya Upanishad

Those who rise above the body-consciousness, ascend the transcendent light in their real form, the Universal Self (*the Spirit, Atman*).

In that state, free from *attachment*, they move at will, laughing, playing, rejoicing.

They know the Universal Self is not in this body, but only *tied* to it, for a time,

As an ox is *tied* to its cart.

Chandogya Upanishad

Forgetting our divine origin, we become ensnared in the world of change, and bewail our helplessness.

Brihadaranyaka Upanishad

Like two golden birds, perched on the self same tree,
intimate friends,

the Ego and the Self, dwell in the same body.

The former eats the sweet and sour fruits of the Tree of life,
while the latter looks on in detachment.

As long as we think we are the Ego, we feel attached,
and fall into sorrow.

But realize you are the Universal Self (*The Spirit, The Atman*),
the Lord of Life,
and you are freed from sorrow.

Mundaka Upanishad

In which there is none, other than the Lord. He is
Supreme goal of life.

He is infinite peace and love.

Realize Him.

Mandukya Upanishad

Those in whose hearts AUM (*the sound used for meditation*)
reverberates, unceasingly,
are indeed blessed and deeply loved,

as one who *is* one with the Universal Self.

Katha Upanishad

The Lord of Love shines in the hearts of all.

Seeing him in all creatures, the wise forget themselves
in the *service of all*.

The Lord is their joy;
The Lord is their rest...

Mundaka Upanishad

Just as a caterpillar, having reached the *end of one blade*
of grass, kicks it, taking hold of another support, draws
itself to it,

so the individual soul,
kicking off this body, and rendering it, insentient,
gathers his faculties,

and reaches out from an old body,
to a new.

Brihadaranyaka Upanishad

But those who follow sacrifice as a way to the highest goal are fools,

for they understand that the sacrifice rests on inferior karma,

and they will go to old age, and death,

again.

Mundaka Upanishad

Of those who have been of good conduct, reach a good birth...

they who have been of bad conduct, soon do they attain bad births, of a horse or a pig.

Mundaka Upanishad

Brahman (God) cannot be *realized* by those who are subject to greed, fear, anger...

But those who pierce this *duality* (*the confusion Maya/ the Devil presents us*),

whose hearts are given to the Lord of Love,

He gives Himself, through His infinite grace.

Tejabindu Upanishad

The man who has not hatred for any creature, is friendly
and Compassionate, unconscious of what he has or is,

indifferent to pleasure or pain, patient, contented, ever
disciplined,

this man is dear to Me.

Bhagavad-Gita

Even if a man, whose conduct is evil, devotes himself to
Me (*The Lord*), and none other,

He should be considered good, if his
intention is right.

Very soon, he will become righteous
in soul, and gain internal peace.

Bhagavad-Gita

For the protection of good, and destruction of evil doers,
and for the re-establishment of the Dharma (*Moral Law*),

I come into being *in successive ages*.

(The duty of a Teacher, of a Wayshower, like Vishnu/Krishna).

Bhagavad-Gita

I need do nothing at all in three worlds, nor is there any
'god' I have not attained, and *yet* I am engaged in the
doing of works.

For were I not to engage in worlds tirelessly,
all men would follow that example,

and the worlds will fall into ruin,
were I not the *Worker of all works*.

(Duty of a Teacher, a Wayshower, as explained by
Vishnu as Krishna)

Bhagavad-Gita

They offer (*the brahmin preachersmen*) only various rituals
for obtaining their gods of
pleasure and power...

the Vedas have the three Guna's as
their concern.

Be free from those binding three powers.

Bhagavad-Gita

When a man puts away all the desires of his mind,
Oh Arjuna, and when his spirit finds comfort in itself...

He who has no
attachment on My side,

And who does not rejoice when
he obtains good or evil, his wisdom is firmly set...

He, whose senses are under control,
his wisdom is firmly set...

Bhagavad-Gita

Let no enlightened man unsettle the mind of the ignorant,
who are attached to their work.

Himself, doing all works with faith,

He should make others do as well.

Bhagavad-Gita

Just as the king's son, taken and brought up by savages, did
not know himself to be different from the others...

So our soul also may not know our Lord, appearing as
gracious Guru (*Teacher*),

Separated, the sorrowing soul, which is caught among the
savages of the five senses,

is unable to know its own greatness.

Saiva Siddhartha

They will unite with God, and they will never leave God
and God will never leave them,

and dwelling in them,
perceive God in everything.

Saiva Siddhartha

...when you feed the hungry, you save the Lord...

Those who realize the Universal Self within the heart, stand
firm, grow rich,

gather a family around themselves, and receive the love of
all.

Taittiriya Upanishad

Realizing this, makes our words pleasing, our breathing
deep, our arms ready to serve the Lord in all around,

Our feet ready to go to the help of everyone in need.

Realizing this, we the Lord of Love, in beast and bird,
in starlight and in joy,

in sexual energy, and in the grateful rain,
in everything the universe contains.

Taittiriya Upanishad

There are two selves, the separate ego, and the indivisible
Atman (*the Universal Self, the Spirit*).

When one rises above 'I and me and mine',
the Universal Atman is revealed as one's *real* self.

Katha Upanishad

In that state of Unity, there is neither father, nor mother
nor worlds, nor gods, nor even scriptures,
neither low caste, nor high...

Brihadaranyaka Upanishad

The senses, while that man lies dying, gather round
and mourn the soul's departure, when their *king* is
about to leave.

Brihadaranyaka Upanishad

...by the light of the heart, the Universal Self leaves the body

by one of its gates,

and when it leaves, prana (*vital force*) follows, and with it the vital powers of the body..

Brihadaranyaka Upanishad

Of course, the self-soul in leaving life, arrives at judgment.

As a person acts, so he becomes in life. Those who do good become good...good deeds make one pure, bad deeds make one impure...

We live in accordance with our deep desire. It is this desire at the time of death that determines what our next life is...

But not those who are free from desire; they are free because all their desires have found fulfillment in the Universal Self (*Atman, The Spirit*).

They do not die like the others, but having found fulfillment in Brahman, they merge with Brahman (*God*).

Brihadaranyaka Upanishad

Those who seek the Self (*Atman, the Spirit*) through meditation, self-discipline, wisdom, and faith in God (*Brahman*),

Travel at death by the *northern path*, free from the cycle of birth and death.

Prashna Upanishad

At the time of death, through the *subtle track*, that runs upward through the spinal channel,

the fifth force leads the 'selfless' soul up the ladder of evolution,
and the 'selfish' down.

But those who are both selfless
And selfish,
come back to this earth.

Prashna Upanishad

They *saw within* themselves, the Lord of Love, Who dwells in the heart of every creature.

Deep in the hearts of all,

He dwells, hidden behind the Guna's of law, energy, and inertia (*another way to describe the three Sattva, Rajas, and Tapas powers*),

He (*Brahman, God*) is the One. He it is who rules over time, space, causality.

...through life after life, believing itself to be a separate creature, until it sees its identity with the Lord of Love...

Conscious spirit and unconscious matter, both have existed since the dawn of time, with Maya (*the Deception of Appearances*) appearing to connect them, misrepresenting joy as outside us...

Meditate on Him, be absorbed in Him, wake up from this dream of separateness, know Him to be enshrined in your hearts always.

Svetashvatara Upanishad

(Uplifting, psalm-like positive urgings, of the Upanishads --- this one directs our devotion to the Universal Self (the Spirit, the Atman) --- and as always in Hinduism, offering us a glimpse of the spiritual physics behind the hope for us, for which we are called to take our step forward... in faith.)

Truth is victorious, never untruth.

The effulgent Universal Self (*The Atman, The Spirit*) shines in the secret chamber of the heart...beyond the reach of words and works is He,

but not beyond the reach of a pure heart...

The wise have obtain a state of unity...all separateness will fall away.

And we are united with the Lord of Love...when we leave

our body, the vital force returns to the cosmic womb, but
our work becomes a beneficial force in life,

to bring others
together in the Universal Self (*Atman, The Spirit*).

Mundaka Upanishad

The Lord is enshrined in the hearts of all

The Lord is the supreme reality.

Rejoice in him through renunciation.

Covet nothing. All belongs to the Lord.

Isha Upanishad

Oh God of light, lead us by the good path to eternal joy. You
know our Deeds...

Isha Upanishad

The magical show of name and form, of you and me, which
casts the spell of pain and pleasure, only when we pierce through
this magic veil (*Maya / Devil*) prepares for us, do we see the One
who appears as many.

Isha Upanishad

He has no need to repeat the mantra...when his mind sheds every selfish desire, he becomes free from duality...

Paramahamsen Upanishad

(The father asks the son to find the salt in sea water, to find the tree in a seed. Brahman in the individual is Atman (The Universal Self, The Spirit). 'You are that', his father tells him.

Chandogya Upanishad

Only through the destruction of ignorance by knowledge, only by that will true knowledge shine forth like the Sun, revealing the highest Atman *(The Universal Spirit)*.

Bhagavad Gita

Better than the yoga of mystical knowledge is meditation prayer. Better than prayer is renunciation of the fruits of action *(karma)* for with that renunciation, comes peace.

Bhagavad Gita

The Self is the ear of the ear, the eye of the eye...renouncing separate existence, the wise realize the deathless Universal Self.

Kena Upanishad

The study of Veda's, linguistics, rituals, and all the arts can be called lower knowledge.

The higher is that which leads to Self-realization.

Mundaka Upanishad

Action prompted by pleasure or profit cannot help anyone to cross this Sea. Seek a teacher who has realized the Universal Self.

To a student whose heart is full of love, who has conquered his senses, and passions, the Teacher will reveal the Lord of Love.

Mundaka Upanishad

The Lord of Love is the one Universal Self (*The Spirit, The Atman*) of all...Realize the Self hidden in the heart...And he may be known through love, but not through thought...

Mundaka Upanishad

The Lord of Love lies hidden in the heart. Realizing this, the wise forget themselves in seeking help for others.

Mundaka Upanishad

Those who realize the Universal Self enter into a state of peace that brings self-control and perfect patience. They see themselves in all things, and all things in themselves. Evil cannot overcome them. They overcome evil.

Brihadaranyaka Upanishad

See the divine in your mother and father, teacher and friend.
Never do what is wrong. Honor those who are worthy of honor.

Give with love, Give with joy, give with sympathy.

Taittiriya Upanishad

The Lord of Love is enshrined in the hearts of all. The Lord is the supreme reality. Rejoice in him through renunciation. Covet nothing.

Isha Upanishad

In this world, aspirants may find enlightenment by two different paths. For the contemplative, is the path of knowledge; for the active is the path of selfless-Action (*Sattva*).

Bhagavad Gita

Let them see how the work is holy, when the mind of the worker is set on the Highest.

Bhagavad Gita

Therefore, I tell you, be humble, be harmless, Have no pretensions, Be upright, forbearing...

Keeping the mind, and the body in cleanliness,

Tranquil, steadfast, Master of ego.

Standing apart from the things of the senses,
Free from self. Strive without ceasing, to know the Universal
Self.

Bhagavad Gita

He is the Supreme Lord who through his grace, moves us to
seek him in our hearts. He is the light that shines forever.

Shvetashvatura Upanishad

Those who work in the service of the Lord are freed from
the law of karma.

Shvetashvatura Upanishad

Mustered their senses and freed from anger, to be united
with the Lord of Love,

Is to be freed from all conditions.

Brahman (*God*) cannot be realized by those who are subject
to greed, fear, anger.

Tajabindu Upanishad

He observes no rites and ceremonies. And lives for the welfare of all.

For him, the Universe is in his garment,

And the Lord is not separate from him,

He has no need to repeat the mantras, is free from the deception of duality.

Pramahamis Upanishad

The Universal Self (*The Spirit, Atman*) is the ear of the ear...the eye of the eye...renouncing separate existence, the wise realize the deathless Self.

Kena Upanishad

The wise / the ignorant.

The first welcome what leads to abiding joy though painful at times.

The latter run goaded by their senses, after what seems to be pleasure.

Katha Upanishad

I will give you the Word of all Scriptures. Glorify all spiritual disciplines.

Express to attain which aspirants lead a life of sense-restraint and self-naughting.

Katha Upanishad

The Universal Self (*The Spirit*) cannot be known by anyone who desists not from unrighteous ways, controls his senses, stills not his mind.

Katha Upanishad

In the secret cave of the heart, two are seated by life's fountain. The separate ego drinks of the sweet and bitter stuff.

The Ego gropes in the darkness.

While the Self lives in light.

Katha Upanishad

Rituals are unsafe rafts for crossing the Sea of Life and Death (*Sea of Samsara*). Doomed to shipwreck are those who try to cross the Sea of Samsara on those poor rafts.

Universal Self is shining . Everything shines after Him. When one fails to realize the Brahman (*God*) in this life, before the physical sheath is shed, must again put on a body.

Katha Upanishad

When all the desires that surge in the heart are renounced, the mortal becomes immortal. From the heart, there radiates a hundred and one vital tracks.

Lord of Love, not larger than a thumb, enshrined in the hearts of all.

Katha Upanishad

Truth is victorious. Never Untruth. The wise obtain a state of Unity, see only resplendent Lord of Love, those who long for the Universal Self (*The Spirit*). Their work becomes a beneficial force in life to bring others together in the Self.

Mundaka Upanishad

Action prompted by pleasure of profit cannot help anyone to cross this Sea (*of Samsara of lives and deaths*). Seek a teacher show realized the Universal Self.

To a student whose heart is full of love, who has conquered his senses and passions, the teacher will revere the Lord of Love.

Mundaka Upanishad

The Shining Universal Self dwells hidden in the heart. Everything in the cosmos, great and small, and lives in the Universal Self.

He is the source of life.

Truth beyond the transience of this world. He is the goal of life.

Mundaka Upanishad

Those who leave this world, without knowing who they are or what they truly desire,

have no freedom here,
or hereafter.

Chandogya Upanishad

He who dwells in the heart of every creature, hidden behind the laws of pleasure and pain.

The individual self goes through life after life, believing himself to be a separate creature, until he sees his identity with the Lord of Love.

Shvetashvatara Upanishad

Conscious spirit and unconscious matter. Both have existed since the dawn of time, with Maya (*Deception*) appearing to connect them, misrepresenting joy as outside us.

Shvetashvatara Upanishad

Those who realize that all life is One, they sing in wonder “I am the first born in the universe. I am older than the gods. Who shares food with the hungry, protects me.”

Taittiriya Upanishad

Those who lack discrimination may quote the letter of the scripture, but they are really denying its inner meaning. Desire for the fruits of your labor must never be your motive for working.

To unite with heart with Brahman (*God*), then act, that is the secret of non-attached work.

Bhagavad Gita

If a man keeps following My teaching with faith in his heart, and does not make mortal reservations, he will be released from the bondage of karma

In every action, he will find Brahman (*God*).

Bhagavad Gita

He who does not worship God, cannot find happiness in this world

Bhagavad Gita

Who burns with the bliss and suffers the sorrow of every creature with his own heart?? Yes, Arjuna, the mind is restless...but it can be brought under control by constant practice.

All living creatures are led astray as soon as they are born, but the delusion that this relative world is real...But the doer of Good deeds, whose bad karma is exhausted are freed from this delusion about the world

Teacher Krishnan/Vishnu to Arjuna Bhagavad Gita

Countless gods are only My million faces.

Bhagavad Gita

Though a soul be soiled with the sins of a lifetime, let him but love Me, rightly resolved in utter devotion, holiness soon will refashion his nature.

Bhagavad Gita

(The interchanging of the Spirit, God, and the Teacher Wayshowers (Vishnu) in Hinduism is sometimes confusing, but you get used to it. (Christian custom does the same thing.)

I am the Atman (*the Universal Spirit*) that dwells in the hearts of all. I am Vishnu, Shiva, Indra.

Bhagavad Gita

Try to reach me by devoted concentration. If you lack the strength to concentrate, then devote yourself to works.

Bhagavad Gita

Compassionate, un-harmful, forbearing toward all,
having Truth as their strength, free from all impurity,

with a spirit surrendered to Me.

Devoid of pride, honoring others, fit, friendly, merciful,
endowed with imagination,

such indeed is the nature of the good and pure soul.

May we hear only what is good for all
May we see only what is good for all
May we serve you, Lord of Love, all our life.

Prashna Upanishad

Part of me is the God in every creature.

Give me your whole heart. Love and adore Me.

Fear no longer.

Bhagavad Gita

(We conclude our sampling of Hinduism, with Vishnu as Krishna, finishing his long teaching in the Bhagavad-Gita, with his detailed profile for us, of the sincere and saved soul, successful in life... to afterlife.)

That soul is ready for Oneness with Brahman (God),
And he who dwells united with Brahman,
Calm in mind, not grieving, not craving,
Regarding all men with equal acceptance,
He loves Me most dearly,

To love is to know Me, my innermost nature,
The truth that I am, through knowledge, he enters
At once to My being.

All that he does is offered before Me.
In utter surrender, My grace is upon him.
He finds the eternal, the place unchanging.

Bhagavad Gita

BUDDHIST SPIRITUAL ADVICE TO SOULS

Now, Brethren, if a log does not ground on this bank, or the further bank, does not sink in midstream... is not caught in an eddy, does not rot from within,

that log, Brethren, will float to the Ocean...

Likewise Brethren, if ye do not ground on this shore or that shore.....

then Brethren, ye shall tend toward Nirvana (*Salvation of Enlightenment*).

Parable of the Log

Finally, with a heavenly eye, purified and beyond the range of vision, I saw how beings vanish and come to be again...

I recognized that those who make evil use of body, speech,

and thought will obtain, after a breaking-up of the body at death,

a painful rebirth...

whereas with good use...

a favorable rebirth,

and to go to heaven.

Middle Length Discourse Majjhima Nikaya

Let the doors to Deathlessness, be opened to all,
who are able to hear.

The Noble Search, Ariyapariyesana Sutra
Majjhima Nikaya

Seeing people floundering like fish in small puddles,
competing with one another --- as I saw this, fear came into me.

The world was entirely without substance.

All the directions were *knocked out of line*. Seeking a haven
for myself...I felt discontent.

Guttatthaka Sutra, Kindred Discourses , Samyutta Nikaya

Few are souls that arrive at the other shore. The other
people run up and down the shore.

But those who, when the Teaching is given to them,
follow the Teaching,

Will pass over the dominion of death,
however difficult it is to pass.

Dharmapada

Blinded by this world, how few see clearly.
Just as birds who've escaped from the hunter's net,
Few are those, who make it to heaven.

Dharmapada

Let us love happily, not hating those who hate us.

Dharmapada

(Buddha had a parable of a flood.)

The man immersed in gathering blossoms, his heart
distracted, death sweeps him away, as a great flood,

a village asleep,

that drunk-on-his-sons-and-cattle man (*a man focused on
possessions*),

all tangled up in the mind, death sweeps him away, as a
great flood,

a village asleep.

Dharmapada

Seeing the world's deep misery, we went forth, and are now
free of cankers with well-tamed minds.

Cooled of passions, we have found deliverance.

Cooled of passions, we have found our freedom.

By rousing himself by earnestness, by restraint and control, the
wise may make themselves an island, which no flood can
overwhelm.

Lotus Sutra

Those who bridle their mind, which travels very far, and hides in
the chamber of the heart, will be free from bonds of Mara
(*Deception/Evil*).

Dharmapada

Do not speak harshly to anyone,

angry speech is painful,

blows for blows, will torch thee.

Dharmapada

The fields are damaged by weeds. Mankind is damaged by passion.

The fields are damaged by weeds. Mankind is damaged by hatred.

Dharmapada

Whatever beings are gathered here, be they terrestrial or celestial, may the all have peace of mind,

May they all radiate loving-kindness.

Let each man direct himself to what is proper, then let him teach others.

Let no one forget his own duty for the sake of another.

Dharmapada

Difficult to obtain is birth in human form,

Not to blame, not to strike, to live restrained under the law,
to be moderate in eating,

He who takes refuge in the Buddha, the Law, and the Order,

He who pays homage to those who deserve homage...

who have overcome the host of evils.
and crossed the river of sorrow.

Dharmapada

To support mother and father, to cherish wife and children, and to be engaged in peaceful occupation – this is the greatest blessing.

To be respectful, contented, grateful, and to listen to the Teaching (*the Dharma*) on due occasions -- this is the greatest blessing.

A mind unruffled by the vagaries of fortune, from sorrow freed, from defilements cleansed -- this is the greatest blessing.

Sutra Nipata

One should abstain from disputes, for they have no other goal than the gaining of praise.

You go about roaring, searching for an opponent,
saying this and only this is true.

Sutra Nipata

Those children of the world, lay followers, consummate in virtue, conviction, generous, free from stinginess, shine forth in any gathering,

Like the moon, when freed from a cloud.

Itivuttaka

Both the merit and evil that you as a mortal perform here, that's
what truly you own,
what you take when you go,
what follows behind you as a shadow.

Sutra Nipata

An evil deed, when done, doesn't --- like ready milk --- come out
right away. It follows the fool, smoldering like a fire hidden in the
ashes.

Dharmapada

*(A former prostitute, as recorded in 'Songs of the Sistrern',
relates):*

Intoxicated with my complexion, figure, beauty, and fame,
naughty with youth, I despised other women,

I worked my manifold magic, laughing at the crowd,

Having cast off all effluent's, cooled am I,

unbound now.

Theragatha

Be earnest, then, be mindful of pure virtue. With firm resolve
(the *Eight-Fold Path Right Instinct*) guard you own mind,

And make an end of Suffering.

Digha Nikaya

Difficult to obtain is birth in human form.

Not to blame, not to strike, to live restrained under the Teaching, to be moderate in eating.

Those who take refuge in the Buddha, in the Teaching, in the Community.

Those who pay homage to those who deserve homage,

Who have won out over the host of evils and crossed the flood of sorrow.

The Flower Adornment Sutra

(In staying close to the theme of his teaching, as he named the Teaching, 'the Middle Way', Buddha was stringent in his requirement for a controlled mind.)

The virtuous man delights in this world, and he delights in the next;

He delights in both...

Dharmapada

(Buddha did not damn fairly-earned wealth):

Using wealth earned through his efforts and enterprise, amassed through strength of his arm, he provides for family and friends, and wards off calamities coming, for whatever aim,

The wise 'Householder' (*that was the term Buddha used for followers outside the monastery-grove dwellers*) would desire wealth, that aim I have obtained.

I have done what will *not* lead to future distress.

Anguttara Nikaya

(Buddha did not damn this world, but he was willing to conjure some un-tasteful images of it.)

(the woman preparing a corpse) breaking a thigh and then another thigh, cracking open the head...

The fool returns over and over, to suffering and distress,

May I *never* lie with my head cracked open *again*.

Songs of the Brethren

(Buddha's warnings about watching our minds, were persistent):

I know not of any other single thing so conducive to great loss, as the untamed mind.

Anguttara Nikaya

(Buddha had many metaphors to go with this urging to put control of the mind in a first position of consideration.)

When anger arises, whoever keeps firm control, as if with a racing chariot, *him I call* a master charioteer.

Anyone else, a rein holder – that's all.

Dharmapada

Just where a peak-roofed house to be poorly roofed...the roof beams unprotected...the walls get soggy.

Now when the mind is protected, bodily actions, verbal actions, mental actions, are protected.

Anguttara Nikaya

The chariot maker shows a wheel he made in six months, has no flaw,

He was skilled in dealing with flaws of the wheel, now *(that he has become a follower)*, in flaws of the mind.

Anguttara Nikaya

I shall *fasten you, Mind*, like an elephant,
at a small gate.

I shall not excite you to evil. I shall bind you with
mindfulness, with purified self, shall cleanse you.

Restrained by the yoke of energy, *you* will not go far from here,
Mind.

Theragatha

...when the strings of the vina (*string instrument*) were
too taut,
was your vina in tune and playable?

too loose?

In the same way, some over-aroused persistence leads to
restlessness, overly slack to laziness.

You should determine the right pitch for your persistence.

Anguttara Nikaya

Suppose a man were to come along with a burning torch,
and saying, with this burning torch, I will light up the Ganges
River to make it boil, would he?

In the same way, others may address you in an affectionate or unaffectionate way, with a mind of good will or inner hate.
Our minds will be unaffected.

We will be sympathetic to that person.
that's how you should train yourselves.

Majjhima Nikaya

Silently shall I endure abuse, as the elephant in battle endures the arrow sent from the bow,

for the world is ill-natured.

Dharmapada

Let a man overcome anger by love, let him overcome evil by good,

Let him overcome greed by liberality,
the liar by truth.

Dharmapada

Radiating with *a mind* full of loving-kindness,

first one direction, then a second, a third and a fourth,

Irradiates the whole world with thought of loving-kindness.

Digha Nikaya

Those children of the world, lay followers, commensurate in virtue, conviction, generous, free from stinginess, shine forth in any gathering, like the moon, when freed from a cloud.

Itivuttaka

May creatures *all* abound in wellness and peace, may all be blessed with peace always, all creatures weak or strong,

an all-embracing love for all the universe, in its height and depths and breadth, unstinted love, unmarred by hate within, not rousing enmity.

So as you stand or walk, or sit or lie, meditate with all our might on this,

this deemed a state divine.

Sutra Nipata

Suppose a man by some profession...were to earn a half-kahapana, five, one hundred kahapana's...

Now what do you think. Would that man live sensitive to unalloyed bliss for a day, a night?

Pleasures are inconsistent, hollow, false, deceptive by nature.

Anguttara Nikaya

Do you know, Brahmin, what an outcast is?

Whosoever destroys and besieges villages, whoever, coveting anything, kills, whosoever deceives by uttering lies --- know him as an outcast.

Not by birth, is one an outcast.

Sutra Nipata

Many offerings I've made, poured upon the sacred
Flame, thus I'm purified,

I thought,
foolish worldling that I was.

Theragatha

If anyone find fault or abuse me or the teaching or the Order,
do not, followers, be offended, pause and think whether what
they say contains some truth.

Likewise, if someone were to glorify me, you should
not feel satisfied.

Examine the Truth of the matter.

Brahmajala Sutta, Digha Nikaya

A man who always lives with care, shows restraint while taking food,

he grows old slowly, and keeps his strength.

Sutra Nipata

I tell you, followers, there are two people who are not easy to repay: your mother and your father.

Even if you were to carry your mother on one shoulder, and your father on the other, for a 100 years.

Anguttara Nikaya

Yes, Kalama's, it is quite natural to doubt where doubting is proper. Do not accept a thing just because it is handed down.

Do not accept a thing just because of scriptural sanction.

You should reject a thing because you know a thing is harmful and will bring misery to yourself and others.

Anguttara Nikaya

Form (*of things you see in this world*) is like a glob of foam, feeling a bubble, perception a mirage, fabrications, a banana tree (*which is actually, hollow*), consciousness, a magic trick.

However, you observe them, appropriately examine them, they're empty, void, to whoever sees them appropriately,

its a magic trick, an idiot's babbling.

Sutta Nipata

(Buddha, himself, made it clear, that he would choose not to be too clear. He told overly-eager inquirers, at one time, after taking some leaves from a tree):

Which are more numerous, the few Simsapa leaves in my hand,
or those overhead, in the Simsapa forest?

In the same way, followers, those things that I have known with direct knowledge, but have not taught,
are far more numerous, than what I have taught.

Sutta Nipata

Well, Malunkyaputta, anyone who demands answers to such futile questions, which do not in any way, tend to real spiritual progress and edification, is like one who has been shot by an arrow,

and refuses to let the doctor pull it out, *so long as I do not know who shot me.*

A holy life, Malunkyaputta, does not depend on the knowledge that the world is eternal or not eternal, and so forth.

I have not elucidated purposely because *these profit not... nor* do they tend toward Supreme Wisdom, the Bliss of Nirvana (Enlightenment).

Majjhima Nikaya

There *must* be an escape. Impossible there should not be.
I will make the search and seek the way, from which from suffering finds *release*.

The Story of Sumedha, Jataka Chronicles

(Buddha often described it, as 'getting to the other Shore' of a swollen river of suffering, and spoke of his Teaching as helping souls get to the other Shore.)

If a man goes down river, swollen and swiftly flowing,
is carried away by the current,

How can he help others across?

But if a man knows the method and is skilled and wise, by
boarding a strong boat equipped with oars and rudder,

He can, with its help, *set others* across.

Sutra Nipata

(Buddha was not a believer in non-activism.)

I have perceived beings disappearing from one state,
And reappearing.

I beheld the base and the noble, the beautiful
and the ugly, and the happy passing,

According to their Deeds.

Majjhima Nikaya

Now, *a trifling deed* done by what sort of person takes
him to a hell.

An individual undeveloped in contemplating the body,
undeveloped in virtue, undeveloped in mind.

Anguttara Nikaya

Both merit and evil, that you as a mortal, perform here,

that's what's truly your own, what you take when you go,
what follows behind you like a shadow.

Samyutta Nikaya

Just like a blossom, bright colored but scentless, a
well-spoken word is fruitless, when not carried out.

Is fruitful when well carried out.

Dharmapada

If a man speaks out or acts with an evil thought, pain
follows him,

*As the wheel follows the foot of the ox,
that draws the carriage.*

Dharmapada

The thoughtless man, even if he can recite a large portion
(*of the Dharma Teaching*), *but is not a doer of it,*

is like a cowherd counting the cows of others.

Dharmapada

*(Buddha also brought a focus on one subject, that his fellow
Wayshower Teachers did not seem to emphasize: stress. As a
result, his observation of avoidance of 'craving' for all manner of
comfort and pleasure and goods, has a distinct relevance to us
moderns, today).*

Mind thus concentrated, purified, and bright, the Buddhist inclines toward the end of mental fomentations.

He discerns this is the origination of stress.

Digha Nikaya

Not even if it rained gold coins, would we have, our fill of sensual pleasures.

Stressful, they give little pleasure.

Dharmapada

Whatever beings assembled here, terrestrial or celestial, may they all radiate loving-kindness.

Sutra Nipata

If with uncorrupted mind, you feel good will for every being, you will become skilled from that,

But a noble one produces a mind of sympathy for all beings, and an abundance of merit.

Itivuttaka

As a mother, even at the risk of her own life, protects and loves her child, so let a man cultivate love,

without measure,

toward the whole world.

This state of mind is the best in the world.

Metta Sutra

(The lily seemed to Buddha a good image for the Buddhist soul.)

Upon a heap of rubbish cast upon the highway, the lily
will grow.

Thus the disciple of the truly enlightened Buddha
shines forth,

among the people who walk in darkness

Dharmapada

Un-smear'd (*by the mud of the pond*), like a lotus in water,
leader of others, by others valued.

Sutra Nipata

If you've given birth to a wish which cannot be expressed,
are suffused with heart,

your mind not enmeshed in sensual passions,

you've said to be *in the up-flowing stream*.

Dharmapada

Now suppose that there were an empty, hollow, water pot,
set on a stand, and a man were to come carrying a load of
water.

would he get a place to put his water? Yes, Lord.

In the same way, whenever mindfulness in the body,
is not developed,

Mara (*Evil*) gains entry, Mara gains a foothold.

Majjhima Nikaya

(The monkey tar-trap story, is a parable best remembered.)

Any monkey who is foolish and careless, comes by the tar
trap, and grabs it with his paw. He gets it stuck there, and
thinks, I will free my paw and grabs it with his other paw.

The hunter captures him right there.

In one, who wanders into what is not his territory,

Mara (*Evil*) gains an opening.

Samyutta Nikaya

Knowing this body is like a clay jar, securing this mind
like a fort,

attack Mara (*Evil*) with the *spear of discernment*,
then guard what's won.

Dharmapada

...Mara (*Evil*) gains *no* entry. Mara gains *no* foothold in the door.

Just as if there were a peaked house or a hall, thickly
plastered with fine clay,

If a man were to come in from the west...north...south...
from below, from above...

also fire would gain no entry.

Samyutta Nikaya 35.202

The accumulation of evil, is painful,

The accumulation of good is delightful.

Let no man think lightly of evil.

Dharmapada

...a follower reflects on his very body from the soles of the
feet on up,

from the crown of his head, on down...

hands, nails, teeth, skin, flesh, tendons, bones, bone marrow,

Such is its future, such is its unavoidable fate.

He who gives himself to vanity, and not to meditation,

Will, in time, envy him who has exerted himself in meditation.

Dharmapada

Kinsmen, friends, lovers salute a person who has been long away, and returns safe from afar.

Likewise *Good works* receive a person, who has done good and has gone from this world to the next.

Dharmapada

The fault of others is easily perceived, but that of your own self, is difficult.

Dharmapada

Go on this path. This will confuse Mara, the Tempter. If you go this way, you will make an end of pain.

You, yourself, must make an effort.

The Buddhas are *only* Teachers.

Let a person walk alone, let him commit no sin, having few wishes, like an elephant in the forest.

Dharmapada

The thirst of the thoughtless man grows like a creeper, he runs from life to life, like a monkey seeking fruit in the trees of the forest.

Dharmapada

For so long you were held in Samsara (*rebirth to rebirth*) although you well know its faults. An island you are to those swept along by the flood, a shelter to the stricken.

A refuge to those terrified by becoming the resource of those who desire release.

To enemy intent of ill, you are a good friend intent on good.

To one who constantly seeks for faults, you respond by seeking for virtues.

Mahayana Hymn of Compassion

Righteousness is feeble, the power of evil, constant.

Those who would taste hundreds of deep delights, must never surrender the thought of Enlightenment.

The thought of Enlightenment is a cure, made to destroy death in the world,

An unfailing treasure to relieve the world's poverty, a supreme balm to allay the world's sickness,

A tree under which may rest all creatures wearied with wandering over life's path, a bridge span to all wayfarers for passing over hard ways.

I *summon* the world today to the state of Enlightenment. what can vex the compassionate one who remains in the embodied life only for the welfare of others?

Path of Light and Love

I am the Buddha. I appear in the world like unto this great cloud.

To pour enrichment on all living things.
To free them from their misery.

To obtain the joy of peace.
Joy of the present world.
And joy of Enlightenment (*Nirvana/ Heaven*)

Never am I weary of pouring it out copiously on the world, like the enriching rain.

.

On honored and humbled, high and low,
Law-keepers and law-breakers,
Those of perfect character, and those of imperfect,
Orthodox and heterodox, quick witted and dull witted,

Equally I rain the law-rain.

Unwearingly.

The Rain Cloud

Doer of good will gather good. Doer of evil reaps evil.

Sewn is the seed. Thou shalt taste the fruit.

Samyutta Nikaya

For one swept along by aging, no shelters exist,

Keeping sight of this danger in death,

Do meritorious deeds that bring bliss.

Anguttara Nikaya

Avoid politics, and obey kings.

Mahavagga

By self is evil done; by self is one defiled.
By self is no evil done; by self is no one defiled.

...No one is purified, by another one.

Dhammapada

Make of yourself, a light.

Mahaparinibbana Sutta

(To cousin Ananda, Buddha explained his Advent, and the timing now for it, to come to a close.)

Ananda, I have fulfilled the duty of a real Teacher...there is nothing I have left esoteric...

Be a light into yourself, a refuge unto yourself,
Let the Dharma (*the Teaching*) be your only light.

Mahaparinibbana Sutta, Digha Nikaya

Therefore, Ananda, be islands unto yourselves...the Dharma (*the Teaching*) as your island...the Dharma as your refuge.

Digha Nikaya

Make an island of yourself. Work quickly. Be wise.

with impurities all blown away, unblemished,
You'll reach the divine realm of the noble ones...

Dharmapada

Work out your salvation, with zeal and earnestness.

Songs of the Sisters and Brethren

Here is a Bodhisattva. When he gives a gift, he does not
apprehend the gift, the donor, or the recipient;

This is called the perfection of giving.

The Large Sutra on Perfect Wisdom

(The voluntary re-incarnation of those who would help):

In order to help living beings, they descend into the hells...

They intentionally *become* courtesans to win men over...

In order to help living beings, they *become* captains and priests...

They fearlessly behold those who are masters,

And they *become* their servants, or slaves...

Vimalakirti-Nirdesa Sutra

Buddha's love that causes living beings to awaken from their sleep;

The love that is never exhausted because it acknowledges Nirvana (*Heaven*).

The love that is giving because it bestows the gift of Dharma (*the Teaching*),

Free of the tight fist *of a bad teacher...*

Mahayana's Vimalakirti Sutra

(Parable of the man trying to get his family to leave a burning house.)

The rich man, seeing that his sons had gotten out safely and all were seated on the open ground at the crossroads, and were no longer in danger, was greatly relieved...

In midst of birth and death, we undergo burning anxieties, delusions, and ignorance, delighting in and clinging to lesser doctrines...

The World-Honored-One (*Buddha*) causes us to ponder carefully, to *cast aside* such doctrines...

Lotus Sutra

In this way, the nations of the world, shall live in peace
and prosperity, the peoples shall flourish...

When the end of life comes, may shall be born in heavens
and shall increase the celestial multitudes.

Sutra of the Golden Light

Remaining loyal to the way of Teaching...only for the
sake of necessary means saving all creatures...pure in self
discipline, obedient to all precepts...

Though surrounded by family, remaining aloof from all worldly
pleasures...persuading the masses to cherish the virtue of
merits...

Accumulating all good Deeds.

Vimalakirti Sutra

If you desire Buddha-hood immediately, lay down the
banner of pride, cast away the club of resentment, and trust
yourself to the unique Truth...

Pride and obstinacy are simply fetters
to the coming life...

When you fall into an abyss, and someone has lowered a
rope to pull you out, should you hesitate to grasp the rope,

Because you doubt the power of the helper?

Has not Buddha declared 'I alone am the protector and savior?'

...our hearts ache and our sleeves are wet with tears,

Until we see face to face the tender figure of the One, who says to us,

I am your Father...

Dedication to the Lotus, Nichiren

What can vex the Compassionate one, who remains in the embodied life only for the welfare of others.

Even an evil doer sees happiness as long as his evil deeds do not ripen...

Even a good man sees evil days until his *good Deeds* ripen... then does the good man see good days.

Let no man think lightly of evil, saying in his heart, it will not come unto me...

Sutra Pitaka 69

Beings are *owners of their Deeds*, heirs of their Deeds, their Deeds, the womb from which they spring...

Middle Length Sayings MN 135 – 3 iii 203

(Although he called his generation --- and Kasappa and others would call subsequent generations --- to monastery groves, and a minimalized life, Buddha taught no 'inaction'. It would be the Deeds that counted for the layperson, in accumulating good karma. Buddha knew his listeners had a lifetime to make good, and to 'a Buddha', that was no time at all.)

Just like a fine line drawn in the water, with a stick, quickly vanishes...

The life of human beings...limited, trifling, of much stress and many despairs...

Anguttara Nikaya

Buddhists, if some were to give gifts of a hundred serving dishes of food in the morning... and at midday and the evening;

And another person were to develop a mind of good will --- even if it is only for the period of time to pull a cow's udder, this second action would be more fruitful than the first.

Samyutta Nikaya

Come look at this world, all decked out like a royal chemist,
where fools plunge in,

While those who know, don't cling.

Dharmapada

Which is greater. This little bit of dust picked up on the tip of my finger, or the great earth? In this way Buddhists, few are the beings reborn among the living. Far more are born elsewhere. Thus you should train yourselves. We should live carefully.

Whoever harasses an innocent man, a man pure, without blemish, the evil comes right back to the feel like the fine dust thrown against the wind.

Dharmapada

Fields are spoiled by weeds. People by passion. So what's given to those free of passion bears great fruit.

Dharmapada

The entirety of a mountain of gold of solid bullion even twice that, wouldn't suffice for one person. Knowing this, live evenly, in tune with the contemplative life.

When you see stress and from where it comes, how can you incline to sensual pleasures.

Dharmapada

Just as a sharp-blade of grass if wrongly held, wounds the very hand that holds it, the contemplative life, if wrongly grasped, drags you down to hell.

Dharmapada

Practice jhana (*deep meditation*), and don't be heedless. Don't take your mind-roaming in sensual strands. Don't swallow, heedless, the ball of iron of flame. Don't burn and complain 'this is pain'.

Dharmapada

Like a lake deep and calm, clear, unruffled and calm, so the wise become clear, calm on hearing the words of the Dharma (*the Teaching*).

Dharmapada

You are now like a yellowed loaf. Already, Yama's minions (*devils*) stand near. You stand at the door, to departure, but have yet to provide for the journey.

Make an island of yourself. Work quickly. Be wise.

Dharmapada

Un-startled, like a lion at sounds,

Un-snared, like the wind in a net,

Un-smearred, like a lotus in water,

Leader of others, but unled.

Sanyutta Nikaya

Three types, the one like a cloud without rain, one who rains locally, and one who rains everywhere....gives food, drink, clothing vehicles, to all of the miserable, the homeless, and beggars.

Ittivuttaka

Buddhism's Eight Fold path to salvation:

Right views

Right intentions

Right speech

Right action

Right livelihood

Right effort

Right mindfulness

Right concentration

Go on this path. This will confuse Mara (*Evil*), the Tempter. If you go this way, you will make an end of pain. *You yourself* must make an effort. The Buddha's are *only* Teachers.

Dharmapada

Oh Ananda, be lamps unto yourselves, Rely on yourselves. Who wearies not, but holds fast to the truth and law...shall cross this Sea of life (*Samsara*).

Mahaparinibbana Sutra

He abused me, he beat me, he defeated me, he robbed me. In those who harbor such thoughts, hatred will never cease.

As rain breaks through an ill-thatched house, passion will break through an unreflecting mind.

The virtuous man delights in this world. And he delights in the next.

Dharmapada

By rousing himself by earnestness, by restraint and control, the wise man may make for himself an island, which no flood can

overwhelm. The fool follows after vanity. The wise man keeps earnestness as his best jewel.

Dharmapada

It is good to tame the mind. Those who bridle the mind, which hides in the chamber of the heart, will be free from the bonds of Mara (Evil).

Dharmapada

Good souls walk warily under all circumstances. Few are the souls that arrive at the other shore. The other people run up and down the shore.

But those who listen when the Teachings have been given to them, follow and will pass over the dominion of death however difficult to cross.

Dharmapada

The accumulation of evil is painful. The accumulation of good is delightful. Let no man think lightly of evil.

Dharmapada

Let each soul direct itself to what is proper. Then let them teach others. Let no one forget their own duty for the sake of others.

Dharmapada

Be not a friend of the world.
Look on the world as a bubble.
Look on it as a mirage.

Dharmapada

Difficult to obtain this birth in human form. Not to blame,
not to strike, to live restrained under the Teaching.

To be moderate in eating.

Those who take refuge in the Buddha, in the Teaching, in the
Community.

Those who pay homage to those who deserve homage...who
have over the host of evils and crossed the flood of sorrow.

Dharmapada

The soul who gives themselves to vanity and does not give
themselves to meditation, will in time envy the soul who has
exerted themselves in meditation.

Dharmapada

Let a soul overcome anger by love, let them overcome evil
by good,

Let them overcome greed by liberality, let them overcome
the liar by truth.

Dhammapada

I do not call one high-caste because of origin.

...the poor who is free from all attachments, him I call indeed high-caste.

He I call high-caste who is tolerant among the intolerant.

He I call high-caste who has gone through and reached the other shore.

Dharmapada

In the body restraint is good, good is restraint in speech. He who rejects the baits of the world, he is called quiet.

Dharmapada

He who is of lusts and dogmas freed. Quit too of theories. This soul goes its stainless way.

Samyutta Nikaya

With all I am a friend, comrade to all and to all creatures kind and merciful.

Work out your good with zeal and earnest.

Songs of the Brethern and Sestern

For no longer are you held in Samsara (*Sea of life-death-life*), although you well know its faults. An island you are to those swept along by the flood, a shelter to the stricken.

A refuge to those terrified, becoming a resource of those who desire release.

To an enemy intent of ill, you a good friend intent on good.

To one who seeks faults, you respond by seeking virtues.

Mahayana Devotion.

When Bodhisattvas perceive the happiness of perfect tranquility, they are moved to love and sympathy for all beings.:

So long as they do not attain Nirvana, I will not attain it myself.

The Bodhisattva Commitment

Lankavatara Sutra

Because he saw that though they longed for happiness,
they made themselves no karma of happiness,

And though they hated pain, they willingly made themselves the
the karma of pain.

And though they coveted the joys of heavens, they
would *not* follow his commandments of earth...

For this he was moved to pity.

Because they had great riches that they could not bear to
give away...

For this he was moved to pity.

Because he saw the men of the world, plowing their fields,
sowing the seed, trafficking, huckstering, buying and selling,
and at the end winning nothing but bitterness...

For this he was moved to pity.

Buddha's Pity

Consideration towards slaves and servants, obedience
to mother and father, generosity towards friends and
acquaintances... priests and monks...

On each occasion, one should honor another man's sect
(*religion*),
for by doing so, one increases the influence of one's own
sect, and benefits the other man....

Concord is to be commended, so that men may hear
one another's principles...

Emperor Asoka Stone Inscription

CONFUCIAN SPIRITUAL ADVICE TO SOULS

The Odes of Teaching (*from before Confucius' time*) may be summed up in one of their phrases: Let our thoughts be correct.

Analects

Clever talk and dominating manner have little to do with being the Compassionate soul.

Analects

If you are half-hearted about being the Compassionate soul, you will hate no one.

Analects

What I do not wish others to do to me, I do not do to others.

Analects

To war against one own bad points, and not against those of others, would this be the best lessening of wrong doing.

Analects

The great soul is sparing in words, and prolific in deeds.

Analects

When one is strict with oneself , one seldom fails.

Analects

Compassion seldom remains alone. It is sure to attract neighbors.

Analects

Faced with what is right, to leave it undone, shows a lack of courage.

Analects

A good soul must be strong and resolute, for his burden is heavy and the road is long. A good soul takes Compassion as their burden.

Analects

The Compassionate soul never deserts Compassion for as long as it takes to eat a meal.

Analects

Always insisting that this guidance is not arduous, 'If I want to be compassionate, *then* Compassion is here.'

Analects

(Confucius emphasized that this effort is natural exercise of a happy soul in life),

It is Compassion that brings beauty to one's surroundings.

Analects

(But then Confucius pointed out that although Compassion was easy),

One who governs by moral force may be compared to the pole star, which occupies its place, while a host of other stars play homage (*revolve around*) to it.

Analects

Keep one's distance from 'gods' and spirits, while showing them respect.

Analects

(An observation on this, by one of his followers):

These things Confucius did not speak about: anomalies, prodigies, disorder, spirits.

Analects

Lead them by means of regulations, and keep order through punishments, and the people will evade them, and will *lack* any 'sense of shame.

Lead them through ('De') *moral force*, and deep order through rites, and they will *have* a sense of shame and will also *correct themselves*.

Analects

When you have offended Sky (*Heaven*), there is nowhere you can turn in your prayers.

Analects

Is there a man who for the space of one day can devote all of his strength to Compassion?

Analects

Having listened to a man's words, I go on to observe his Deeds.

Analects

A Compassionate person helps others to take their stand in so far as he himself wishes to take his stand, and gets others there, in so far as he himself wishes to get there.

Analects

Sky (Heaven) is the author of virtue in me. So, what can one powerful individual do against me?

Analects

The Compassionate soul is ashamed of his words outstripping his Deeds.

Analects

(Confucius reserved half of his teachings for those in power. Always seeing the welfare of the people as the purpose for good government, Confucius' enticement for rulers who practiced Compassionate government, was the image of a smiling populace where: Those who are nearby should be pleased. Those who are far off should be attracted.)

We must not presume that the Xia (*Dynasty before the Shang*) received the Mandate of sky for a fixed period of years...

It was because they did not reverently care for their virtue (*moral force*), that they really let their Mandate fall...

As he (*the young King Cheng*) functions as king, let him not --- because the common people do stray and do what is wrong --- presume to govern by harsh punishments...

Let him take his place in the primacy of *Compassion*.

(*At another occasion*):

Cultivate virtuous behavior and exercise *punishment with caution*, do not hold prejudice against widows and widowers, employ those who deserve trust, respect those who deserve respect...

And make the people *understand the reasons* behind all these.

Analects

Raise the upright and put them over the crooked, and you should be able to cause the crooked to become upright.

Analects

I have no hopes of meeting a real *Sage*. I would be content to meet a Compassionate soul.

Analects

Show yourself when the Way prevails in your society, but hide yourself when it does not. It is shameful to be rich and noble when 'The Compassionate Way' falls into disuse.

Analects

Make it your guiding principle to do your best for others, and to be trustworthy in what you say.

Analects

If a man remembers what is right at the sight of profit, is ready to lay down his life in the face of danger,

And does not forget sentiments he has repeated all his life, even when he has been in tough circumstances for a long time,

He may said to be a complete *Compassionate* (Ren), man.

The good soul is reverent and does nothing amiss, is respectful towards others and observant of the rites,
then all within Fours Seas are indeed his brothers.

Analects

I do not complain against Sky (Heaven), nor do I blame man. If I am understood at all, it is perhaps by Sky.

Analects

When 'The Way' falls into disuse in the state, he is still as straight as an arrow.

For souls of purpose and Compassion, it may happen that they have to accept death in order to have Compassion accomplished.

Analects

The Compassionate soul is troubled by their own lack of ability, not by the failure of others to appreciate them.

Analects

(Confucius even promised to any ruler, who practiced compassion 'Ren' and moral force 'De', that the people would come to them for rulership).

When they (*rulers*) love what is right...

When they love trustworthiness...

The common people from the four quarters will come,
with their children strapped on their backs

Analects

(Confucius follower Mencius picked up on Confucius' teaching two centuries later, and gave us much continued Confucian teaching...and continued to save much of that teaching for those in power:

Of an official who was dismissed three times, Mencius quoted):

If I am to serve men uprightly, where can I go and not be deposed three times?

Mencius

O Sky (*Heavens, God*), may you in your great majesty
Find in measured act and formal word,
Praise, not displeasing you, from mortal men

May we always fear the wrath of Sky
So keep his favor, And our Ways, even.

If you (*the government*) do not interfere with the busy seasons in the fields (*with calls for state labor*), then there will be more than enough grain than people can eat...

If the mulberry is planted in every homestead of five mu (*one-sixth-acre*), then those over fifty, can wear silk. If chickens, pigs and dogs do not miss their breeding season, then those who are seventy can eat meat...

Exercise due care over the education provided by village schools, and discipline the people by teaching them the duties proper to sons and younger brothers,

Then those whose heads have turned grey, will not be carrying loads on the roads,

And it is impossible for their prince not to be a 'true king'.

Mencius

The people on the other hand, will not have constant hearts if they without *constant means* ... they will go astray... How can Compassionate man in authority, allow himself to set a *trap* for the people?

Hence, when determining what means of support the people should have,

a clear-sighted ruler ensures that these are sufficient...

Mencius

If the whole realm within the four borders was ill-governed, what should be done about it?

(We are told the ruler changed the subject matter.)

Mencius

I heard that King Wen (*the original Zhou king*) was ten feet high ('foot' = 6 inches), while Tang (*a state king*) was nine. Now I am little more than nine foot four inches, yet all I can do is to eat rice. What should I do?

(Mencius jumped right in):

The trouble with a man is surely not his lack of strength but his refusal to make *an effort*...

The way is like a wide road. It is not at all difficult to find. The trouble with people is simply that they do not look for it.

Mencius

(Mencius taught much about the Spirit, called the Qi in Confucianism. To this end, Mencius reminded all individual souls):

Sky (*Heaven*), when it is about to place a great burden on a man, first tests his resolution...

Mencius

(With Mencius, the 'flood-like Qi' was a promise of power: 'it will fill the space between Sky (Heaven, God) and earth'.

But at the same time Qi's support had to be earned. It is born of accumulated rightness, and cannot be appropriated by anyone, through only a sporadic show of rightness.

Mencius promised Sky would send in 'flood-like' amounts of Qi (the Spirit) to help the Compassionate soul):

...When it operates in human beings there is the differentiation of good and evil... Humans have mostly 'clear' Qi, and hence are different from animals.

However, those whose Qi (Spirit) is 'turbid', are not far removed from animals.

Mencius

All things are complete in me, if I examine myself and find sincerity.

Mencius

The individual by retaining his heart and nurturing his nature, is serving Sky (Heaven, God).

Mencius

(As a follower of Confucius, Mencius added his comment to defining the Confucian good soul, the 'Junzi'):

Above, he is not ashamed to face Sky; below he is not ashamed to face man.

Mencius

(Later Confucian follower in the Han Dynasty time, Dong, continued to reserve half his Confucian teaching for those in power).

If he lacks the means to unite the people, even if he insisted on strict punishments and heavy penalties, the people will not submit.

This is called throwing away the state...

Under such circumstances, the ruler will lie down with a clod of earth for his pillow.

(Dong restated the Confucian guidance):

Sky (*Heaven, God*) is the great Overlord of the numerous spirits.

If you are not prepared to serve Sky, then even the assistance of one hundred spirits will not bring advantages.

(Confucian Wang Gen also built a 'Confucius cart', to tour villages, and thus became Confucianism's first lay preacher proselytizer to the masses, telling people of his own emotional

excitement on learning the 'Confucian Way', and his own story of how selfish desires fell away, after the Vision that brought him to his teaching).

If I can love myself, I cannot but love other people... this is *Compassion*. This is the way by which all things became one body...

If by this means I can rule a state, I can love the whole state... and if I can love All-Under-Sky, then all who have blood and breath cannot but respect their kin...

This is the Classic of the Mean's unceasing sincerity. This is Confucius's Way, that threads through all things.

This '*sense of shame*' before others is a vital matter. It does not mean being ashamed of your clothing or the food you eat, but ashamed that there should be a single humble man or woman, who does not enjoy the blessings that are his due.

Gan Yanwu

DAO SPIRITUAL ADVICE TO SOULS

The best soul is like water. Water is good: it benefits all things and does not compete with them. It dwells in lowly places that all disdain. This is why it is so near to the Dao.

Dao

Withdraw as soon as your work is done. Such is Heaven's Way.

Dao

No matter how luxuriously I see things stirring together, I see only their return to their root.

To return to the root is called the state of stillness.

This is said to be returning to Destiny.

The return to Destiny is to be with the Eternal.

This is called Enlightenment.

Dao

Manifest plainness. Embrace simplicity.

Reduce selfishness. Have few desires.

Dao

Hold fast to the great form Dao. The world will come to you.

Dao

Those who are close to the Dao, untie the tangle of things, to make them understandable to all.

They dim their lights to be accordance with the lights of others.

This is called the Mysterious Agreement. It is to be one with the Dao.

Dao

He who stands on tiptoes, does not stand firm.

Those who display themselves, do not shine.

Dao

There was something undefined and complete coming into existence before the Heaven and Earth, formless, standing alone, and undergoing no change, and in no danger of being exhausted.

It may be regarded as the Mother of all things. I do not know its name and I give it the designation of the Dao (*the Way*).

Dao

And weakness marks the course of the Dao's mighty deed. All things in Heaven spring from it.

Dao

To those who are not good to me, I am good.
To those who are not sincere, I am sincere.

Dao

The guarding of what is soft and tender, is the secret of strength.

Dao

Can you act without acting. Do without Doing. Taste without tasting.

Whether it is big or small, many or few, repay hatred with kindness? This is the Way of the Dao.

Dao

(The 'no-action type' of action, selfless type of action, that Daoism advocates, was often written up in 'The Dao' and 'The Zhuangzi', as the 'strength' of water, and the 'strength' of the female side of the mind):

Penetrating and far-reaching,
is the Mystic Virtue.

It is with all things
as they run their course
of reversal,
until all reach the Great Harmony.

Dao

(Later follower Zhuangzi, gives us a compilation of Dao teachings):

They proceeded according to the Dao, but did not lay any plans. They associated Compassion with all their doings, but did not rely on it. They pursued righteousness extensively, but did not *try to accumulate* it.

They responded to ceremonies, but did not conceal their opinion as to the troublesomeness of them.

They engaged affairs as they occurred, and did not decline them.

Zhuangzi

The experience of a few years does not extend to many.
The mushroom of the morning does not know what takes place in the beginning and end of the month.
The short-lived cicada does not know what takes place in the spring and autumn.

Zhuangzi

I will outwardly seem to bend to him. Inwardly, I will be a co-worker with Heaven. In this way, many will pronounce me simple.

Zhuangzi

Acting without action is what is called Sky-like (*Heaven-like*). Speech coming forth of itself is what is called a mark of true virtue.
Loving men and benefiting things is what is called Compassion.
Seeing wherein things that are different, yet agree, is what is called Great.
Conduct, free from ambition of being distinguished above others, is what is called being Generous.

Zhuangzi

Those who know the joy of Sky (Heaven) have no murmuring against Sky, nor any fault finding with men, and suffer no embarrassment.

Zhuangzi

Those whose minds are grandly fixed, emit a heavenly light. When they are constant, the human element leaves them,

But *Sky (Heaven)* will help them.

Those whom the human element has left, are called the people of Sky.

Those who Sky helps, are called the sons of Sky.

Zhuangzi

He ought to take pity on the malignant tendencies of others, to rejoice over their excellences, to put a stop to what is evil.

To receive insult without resenting it.

This is what is called a good man. *Sky (Heaven)* in its course, protects him.

Thai Shang

Dao followers have always said they do Compassion (Ren) and righteousness (De) not in empty form, but sincerely,

Because theirs is “conduct free from ambition ...
aloof from riches and honors ...

Zhuangzi

The reward for this sincerity-beyond-forms, is that
eventually the Dao person
‘sees where there is the deepest obscurity, ...
‘hears where there is no sound’.

Zhuangzi

*(Also, as always in Daoism, in return for this ‘letting-go’, we
are promised power which we cannot understand):*

Forget all things, yet possess all things.

Zhuangzi

The Dao person ‘follows the lines of his Sky-given nature,
and therefore suffers no calamity’.

Zhuangzi

To keep from being entangled by prevailing custom, to
shun all ornamental attractions in one’s self,

not to be reckless in (their) conduct to others...

To desire peace and repose of the world in order, to
preserve the lives of the people,

And to cease their action when enough had been obtained for the nourishment of others and themselves.

Zhuangzi

Can you rest where you ought to rest?

Can you stop when you have got enough?

Can you give over thinking of other men, and seek what you want in yourself alone?

Can you maintain an entire simplicity?

Can you become a little child?

This is the *regular method* of guarding the life.

Zhuangzi

(In regards to 'darkness, secrecy, spirits' Laozi explains):

Let a man understand this --- his relation to both men and spirits, and then he will do what is good in the *'solitude of one's self'*.

Zhuangzi

(Using images from 'The Dao', 'The Zhuangzi' describes the power of the successful Dao-soul in these unique 'Dao-power terms': the power of water, and the power of the female. This positive message of advice is closely followed up with warnings, for those who will not heed the call for simplicity and the non-action selfless-action, action that is free of greed and ambition.)

His movement is like that of water. He knows his masculine power, but maintains his female weakness --- becoming a channel into which all streams flow.

Men all prefer to be first. He prefers to be last.

Zhuangzi

(The 'close-furred fox' would become a standard Daoist symbol in the future, because this animal, elegant in its appearance in the wild, evidently also made an excellent coat-component. Here, 'The Zhuangzi' reminds us that the close-furred fox in its beautiful form, lives in fear day and night, through its whole life... because of humans looking for good coat material.)

One does not want to achieve the elegance of the close-furred fox.

Zhuangzi

I have been born in an age of disorder, and a man without principle twice comes, and tries to extend to me the stain of his disgraceful proceedings (*election to office*).

Zhuangzi

I shall be a co-worker with Sky (*Heaven*)...

When I speak of being a co-worker of Sky, it is because I know that the *King* who we style 'the Son of Sky', and myself are *equally* regarded by Sky, as its sons.

Zhuangzi

Compassion and righteousness (*spoken to convince others in hypocrisy*) were as 'lodging-houses of the former kings'; we should only rest in them for a night, not occupy them for long.

If men see us doing so, they will have much to say against us.

Zhuangzi

(Laozi goes on to suggest to Confucians, why people live in hypocrisy using empty concepts to fool other):

Those who think wealth is the proper thing, cannot give up their revenues;

those who seek distinction, cannot give up the thought of fame;

those who cleave to power, cannot give the handle of it to others.

While they hold their grasp, they are afraid of losing them...

But this painful (*insincere talk*) about Compassion and Righteousness excites my mind and produces in it, the greatest confusion.

Zhuangzi

(Daoism has sharp criticism for organized formal religion, specifically formal court Confucianism of the time.)

The bendings and stoppings in ceremony and music and the (*fake*) expression in the countenance of Compassion and righteousness, in order to comfort the minds of men --- these all show a failure...

Zhuangzi

They left the Dao (the Way), substituted the (*insincere*) 'Good', and pursued the course of Haphazard Virtue.

Zhuangzi

If you set up things against which men fret; if you accumulate what produces strife, and contention among men,

If you put their persons in such a state of distress that they have no rest or ease, even though you wish that they do not become criminals,

Can your wish for Goodness be realized?

Zhuangzi

Do not be a small man;

Return and pursue after the heavenly in you.

Do not be a superior man;

Follow the role of heavenly in you.

Be it crooked or be it straight, view the thing in the light of Sky (*Heaven*), as revealed in you.

Zhuangzi

Man's proper Truth is what he has received from Sky (*Heaven*), operating spontaneously and unchangeably.

If you earnestly cultivated you own person and carefully guarded your proper Truth, simply rendering to others what was due to them,

then you would avoid such entanglement.

Zhuangzi

The Spirit of people loves to love to be in harmony with others and hates selfish indulgence.

Zhuangzi

He who knows the Grand Completion of Heaven and Earth does not seek for it.

He loses nothing and abandons nothing.

He turns on himself and finds an inexhaustible store.

Zhuangzi

The Dao is free from all partiality, and therefore has no name.

Having no name, it therefore does nothing.

Doing nothing, there is nothing which it does not do.

Zhuangzi

When I heard your instructions, I continued as a simple rustic.

In the sixth year, the Spirit entered me, in the seventh, my nature as designed by Heaven (*Sky*) perfected.

In the eighth I knew no difference between life and death.

In the ninth, I attained the Great Mystery.

Zhuangzi

But the Creator in apportioning the awards of men, does not recompense for their own doings,

But recompenses them for the use of the Heavenly in them.

Zhuangzi

You occupy yourself with things as trivial as a hair, and remain ignorant of the Grand Rest of Things.

Zhuangzi

To regard Sky (*Heaven*) as their primal source, its

Attributes as the Root,

and the Dao as the Gate by which he enters into his inheritance.

To regard Compassion as the source of kindness,

Righteousness as the source of distinction, Propriety as the rule of all conduct,

and Music as the idea of harmony,

constitutes what we call the superior human.

Zhuangzi

Now the spirit of men loves purity,

But his mind disturbs it.

Classic of Purity

But the Creator in apportioning the awards of men, does not recompense them for their own doings,

But recompenses them, for the use of the Heavenly in them.

Zhuangzi

(In the 'The Zhuangzi', where Zi Gong meets a gardener, whom he observes toiling all day, to bring jars of water from the

river to his plot. Zi Gong offers the description to this gardener of a device used elsewhere, which can be built to easily leverage water from the river to irrigate. And there it starts):

The gardener put on an angry look, laughed, and said, 'I have heard from my teacher, where there are ingenious contrivances, there are sure to be subtle doings; and that where there are subtle doings there are sure to be a scheming mind.

But when there is a scheming mind in the breast, its simplicity is impaired.

When the pure simplicity is impaired, the Subtle Spirit become unsettled, and the unsettled Spirit is not the proper residence of the Dao.

Zhuangzi

(In addition to explaining the benevolent presence of the Subtle Spirit between Sky and humanity, Dao guidance also within its spiritual physics, explains reincarnation.)

Those who know the 'joy of Sky' (Heaven) during their life, act like Sky,

And at death undergo transformation like other things...

Zhuangzi

(The Guo Mountain Daoist sect featured the example of a filial son pleading and protesting to the Emperor of Sky, that he should not be summoned to Heaven, as he would have to leave his sick mother. Then, finally, he had to acquiesce on order, and died, after which the village elders knelt by the roadside and announced to the boy's mother):

Old woman, do not feel so bitter tonight,
your son has saved this village,
with his filial piety.

Zhuangzi

(‘The Zhuangzi’ features the spirit of the Yellow River himself. In the story, the spirit of the Yellow River is proud in the knowledge of his superiority to all smaller rivers, which are tributaries to him. The Yellow River decides to make a long survey of his dominion, but is surprised to find on reaching the coast, that he, himself, is actually a tributary, to a vast Sea.

The ‘Lord of the Sea’ meets him. It turns out that the Sea is a Daoist, and he explains to this now humbled River, that so it goes... with all knowledge):

A frog in a well cannot be talked with, about the Sea;
An insect of the Summer knows nothing beyond its own
Season.

Zhuangzi

(Daoists were interested in cosmos inquiry, but the inquiry into things, Daoists explained must always begin with humility.)

The feet of man on the earth trod but on a small space,
But going on to where he has not trod before, he
traverses a great distance easily;
So his knowledge is small, but going on to what he does
not know,
He comes to know what is meant by Sky (*Heaven, God*)...

Now ascending, now descending, then slipping from the
grasp, the Dao is yet a reality unchanged...

Why should we not inquire into it?

Zhuangzi

(Using terms not unfamiliar in tone to us, two thousand years later, 'The Zhuangzi' notes):

... man does not go beyond the minutiae of making presents and writing memoranda... But at the same time he wishes to aid in the guiding to the secret of the Dao, and of all things, in the incorporeity of the Grand Unity.

In this way he goes all astray in regard to the mysteries of space and time...

On the other hand, the perfect individual directs the energy of the spirit to what was before the Beginning...

Zhuangzi

To be separate from their primal source, constitutes what we call the Sky-like soul...

To regard 'Sky' as their primal source.

Its attributes as the root of their nature,

and the Dao as the Gate,

by which they enter into their inheritance.

Zhuangzi

(Daoism's Zhuangzi text offers us realization that we all have access to the 'Gate'. The Zhuangzi also cautions that those souls who have not actively made themselves eligible for the 'Dao Gate' may have their mean and selfish edges, 'ground' a bit by a 'Lathe of Sky'.)

('The Zhuangzi' explains that those 'sons of 'Sky' that remain constant, will then find that the Dao becomes their 'Guardian' when evils arrive, and that the soul which follows the teachings, will eventually be able to emit a light from 'Sky'. The descriptions assume the availability of what Daoism calls the 'Subtle spirit', Confucianism calls the 'Qi', Hinduism and Buddhism call the Atman or Spirit, and Judaism, Christianity, Islam call The Spirit)

The *Subtle spirit* goes forth in all directions, flowing on without limit, reaching to Heaven (*Sky*) above, and wreathing around the earth beneath.

It transforms and nourishes all things, and cannot be represented by any form.

Its name is the *Divinity in man*.

Zhuangzi

Men all prefer to be first;

He alone chooses to be last...

He does not store,

and therefore has a superabundance.

Zhuangzi

(The Dao text 'Pivot of Jade' gives us thoughtful detail of the Dao Teaching):

The employment of Sincerity looks like stupidity;

The employment of Silence looks like difficulty of utterance;

The employment of Gentleness looks like want of ability.

Pivot of Jade

JUDAIC SPIRITUAL ADVICE TO SOULS

So that you incline your ear to wisdom, and apply your heart to understanding.

Proverbs

Sing to the Lord a new song. For the Lord takes pleasure in his people.

He will beatify the humble with salvation.

Psalms

Blessed is the one who makes the Lord his trust,
And does not turn away to the proud, nor turns aside to lies.

Psalms

Enter into His gates with Thanksgiving, and his courts with praise.
Be thankful to Him, and bless His name.

Psalms

For the Lord God is a sun and shield.
The Lord will give grace and glory.
No good thing will He withhold.
From those who walk uprightly.

O Lord of Hosts,
Blessed is the man who trusts in You.

Psalms

The Lord is good.
A stronghold in the day of trouble.
And he knows those who trust in Him.

Nahum

And I know the thoughts I think toward you, says the Lord,
thoughts of peace,
and not of evil,
To give you a future and a hope.

Jerimiah

Call to Me, and I will answer you,

and show you great and mighty things,
which you do not know.

Jeremiah

In returning and rest, you shall be saved.
In quietness and confidence, shall be your salvation.

Isaiah

Those who wait on the Lord,
Shall renew their strength,
They shall mount up with wings, like eagles,
They shall run and not be weary,
They shall walk and not faint.

Isaiah

I dwell in the high and holy place,
With him who has a contrite heart, and humble spirit,
To revive the spirit of the humble,
To revive the heart of the contrite.

Isaiah

The Lord is my strength and song
And He has become my salvation.
He is my God, and I will praise Him.

My father's God , and I will exalt Him.

Exodus

Honor your father and mother, as the Lord has commanded you.
That your days may be long.

Deuteronomy

The Lord is my rock, my fortress and my strength.
In him will I trust, my shield and the horn of my salvation.
My stronghold and my refuge, My Savior.
You save me from violence.

Samuel

But He knows the way that I take,
When He has tested me,
I shall come forth as gold.

Job

Blessed is the man, who walks not in the counsel of the ungodly,
Nor stands in the path of sinners.
Nor sits in the seat of the scornful.

But his delight is in the Lord, and in His law he meditates day and night.

He shall be like a tree planted by the rivers of the water,
That brings forth its fruit in its season.
Whose leaf also shall not wither,
And whatever he does shall prosper.

Psalms

The law of the LORD is perfect,
refreshing the soul.
The statutes of the LORD are trustworthy,
making wise the simple.
The precepts of the LORD are right,
giving joy to the heart.
The commands of the LORD are radiant,
giving light to the eyes.
The fear of the LORD is pure,
enduring forever.
The decrees of the LORD are firm,
and all of them are righteous.

They are more precious than gold,
than much pure gold;
they are sweeter than honey,
than honey from the honeycomb.
By them your servant is warned;
in keeping them there is great reward.

But who can discern their own errors?
Forgive my hidden faults.
Keep your servant also from willful sins;
may they not rule over me.

Then I will be blameless,
innocent of great transgression.

May these words of my mouth and this meditation of my heart
be pleasing in your sight,
LORD, my Rock and my Redeemer.

Psalms

For the needy shall not always be forgotten,
The expectations of the poor shall not perish forever.

Psalms

I have called upon You, for You will hear me, O God.
Incline your ear to me, and hear my speech.
Show me your marvelous loving kindness by Your right hand.

O You, Who saves those who trust in You.

Psalms

Who can understand his own errors?

Cleanse me from secret faults.
Keep back Your servant also from presumptuous sins.
Let them not have dominion over me.
Then I shall be blameless,
And I shall be innocent of great transgression.

Psalms

The Lord is my shepherd, I shall not want.
He makes me lie down in green pastures,
He leads me beside the still waters.
He restores my soul. He leads me in paths of righteousness for
His namesake.

Yea, though I walk through the valley of the shadow of death.
I will fear no evil.
For You are with me. Your rod and your staff they comfort me.
You prepare a table before me in the presence of my enemies.
You anoint my head with oil, my cup runs over.

Surely goodness and mercy shall follow me all the days of my life,
And I shall dwell in the house of the Lord, forever.

Psalms

For His anger is but for a moment.
His favor is for life.
Weeping may endure for a night.
 But joy comes in the morning.

Psalms

The Lord is near, for those who have a broken heart.
And saves, such as have a contrite spirit.

Psalms

O Lord, You have searched me and known me.
You know my sitting down and my rising up.
You understand my thoughts afar off.

You comprehend my path and my path, and my lying down,
And are acquainted with all my ways.

Psalms

When wisdom enters your heart, and knowledge is pleasant to
you, discretion will preserve you.
Understanding will keep you.

Proverbs

Create in me a clean heart, O God, and put a new and right spirit within me.

Do not cast me away from your presence, and do not take your Holy Spirit from me.

Restore to me the joy of your salvation, and sustain in me a willing spirit.

Psalms

Delight thyself also in the LORD: and he shall give thee the desires of thine heart.

Commit thy way unto the LORD; trust also in him; and he shall bring it to pass.

And he shall bring forth thy righteousness as the light, and thy judgment as the noonday.

Rest in the LORD, and wait patiently for him: fret not thyself because of him who prospereth in his way, because of the man who bringeth wicked devices to pass.

Cease from anger, and forsake wrath: fret not thyself in any way to do evil.

Psalms

Trust in the Lord with all your heart, and lean not on your own understanding.

In all your ways acknowledge Him, and He shall direct your paths.

Do not be wise in your own eyes,

Fear the Lord and depart from evil.

It will be health to your flesh, and strength to your bones.

Proverbs

Let your eyes look straight ahead, and your eyelids look right before you.

Ponder the path of your feet, and let your ways be established.

Do not turn to the right or left,

Remove your foot from evil.

Proverbs

He who is slow to wrath, has great understanding.

Proverbs

God is our refuge and strength, a very present help in trouble.

Therefore we will not fear though the earth gives way,

Though the mountains be moved into the heart of the sea,

Though its waters roar and foam,
Though the mountains tremble at its swelling.

Proverbs

Pride goes before destruction, and a haughty spirit before a fall.
Better to be of a humble spirit with the lowly,
Than to divide the spoils with the proud.

Proverbs

A merry heart does good, like medicine,
But a broken spirit dries the bones.

Proverbs

Train up a child, in the way he should go,
and when he is old,
He will not depart from it.

Proverbs

Is there anything of which it may be said,

See, this is new.

It has already been in ancient times before us.

Ecclesiastes

Bless the LORD, O my soul: and all that is within me, bless his holy name.

Bless the LORD, O my soul, and forget not all his benefits:

Who forgiveth all thine iniquities; Who healeth all thy diseases;

Who redeemeth thy life from destruction; Who crowneth thee with lovingkindness and tender mercies;

Who satisfieth thy mouth with good things; so that thy youth is renewed like the eagle's.

The LORD executeth righteousness and judgment for all that are oppressed.

He made known his ways unto Moses, His acts unto the children of Israel.

The LORD is merciful and gracious, slow to anger, and plenteous in mercy.

He will not always chide: neither will He keep his anger forever.

He hath not dealt with us after our sins; nor rewarded us according to our iniquities.

For as the heaven is high above the earth, so great is His mercy toward them that fear Him.

As far as the east is from the west, so far hath He removed our transgressions from us.

Like as a father pitieth his children, so the LORD pitieth them that fear Him.

For he knoweth our frame; He remembereth that we are dust.

As for man, his days are as grass: as a flower of the field, so he flourisheth.

For the wind passeth over it, and it is gone; and the place thereof shall know it no more.

But the mercy of the LORD is from everlasting to everlasting upon them that fear Him, and His righteousness unto children's children;

To such as keep his covenant, and to those that remember His commandments to do them.

The LORD hath prepared His throne in the heavens; and His kingdom ruleth over all. Bless the LORD, ye His angels, that excel in strength, that do His commandments, hearkening unto the voice of His word. Bless ye the LORD, all ye His hosts; ye ministers of His, that do his pleasure.

Bless the LORD, all His works in all places of His dominion: bless the LORD, O my soul.

Psalm 103

He who observes the wind, will not sow.

And he who regards the clouds, will not reap.

As you do not know what is the way of the wind,
Or how the bones grow in the womb, or her who is with child.
So you do not know the works of God, Who makes all things.

In the morning sow your seed.
And in the evening do not withhold your hand,
For you do not know which will prosper, with this or that.
Or whether both will be good.

Ecclesiastes

The wolf who shall also dwell with the lamb.
The leopard shall lie down with the young goat.
The calf and the young lion, and the fatling together.
And a little child shall lead them.

Isaiah

Blessed is the man who trusts in the Lord
And whose hope is the Lord.
For he shall be like a tree planted by the waters.
Which spreads out its roots by the river,
And will not fear when fear comes,
But her leaf will be green
And will not be anxious in the year of drought,

Nor will cease from yielding fruit.

Jeremiah

Through the Lord mercies we are not consumed,

Because His Compassions fail not.

They are new every morning.

Great is Your faithfulness.

The Lord is my portion, says my soul.

Therefore I hope in Him.

He who dwells in the shelter of the Most High,

Will abide in the shadow of the Almighty.

I will say to the Lord, 'my refuge and my fortress, my God in whom I trust.'

Psalms

This *is* the day the LORD has made;

We will rejoice and be glad in it.

Save now, I pray, O LORD;

O LORD, I pray, send now prosperity.

Blessed *is* he who comes in the name of the LORD!

We have blessed you from the house of the LORD.

God *is* the LORD,

And He has given us light;

Psalms

The LORD is compassionate and gracious,
slow to anger, abounding in love.

He will not always accuse,
nor will He harbor His anger forever;

He does not treat us as our sins deserve
or repay us according to our iniquities.

For as high as the heavens are above the earth,
so great is His love for those who fear Him;

As far as the East is from the West,
so far has He removed our transgressions from us.

Psalms

In you, LORD, I have taken refuge;
let me never be put to shame;
deliver me in Your righteousness.

Turn Your ear to me,
come quickly to my rescue;
Be my rock of refuge,
a strong fortress to save me.

Since You are my rock and my fortress,
for the sake of Your name lead and guide me.
Keep me free from the trap that is set for me,
for You are my refuge.

Into Your hands I commit my spirit;
deliver me, LORD, my faithful God.

Psalms

Whoever dwells in the shelter of the Most High,
will rest in the shadow of the Almighty.

will say of the LORD,

“He is my refuge and my fortress,
my God, in whom I trust.”

In peace I will lie down and sleep,
for you alone, LORD,
make me dwell in safety.

Psalms

For My thoughts are not your thoughts,
neither are your ways My ways,
declares the LORD.

As the heavens are higher than the earth,

so are My ways higher than your ways,
and My thoughts than your thoughts.

Isaiah

Wait on the LORD: be of good courage, and he shall strengthen
thine heart: 'Wait, I say, on the LORD.'

Psalms

A righteous man knows the rights of the poor;
A wicked man does not understand such knowledge.

Proverbs

Those who are wise shall shine like the brightness of the
firmament.

And those who turn many to righteousness,
Like the stars forever.

Daniel

To everything there is a season.
A time for every purpose under the Sun.
A time to be born
A time to die,

A time to plant,
A time to pluck up what is planted.
A time to kill,
A time to heal.
A time to break down,
A time to build up.
A time to weep,
A time to laugh.
A time mourn,
A time to dance.
A time to cast away stones,
A time to gather stones.
A time to embrace,
A time to refrain from embracing.
A time gain,
A time to lose.
A time to keep,
A time to throw away.
A time to tear,
A time to sew.
A time to silence,
A time to speak.
A time to love,
A time to hate.
A time of war,

A time of peace.

What profit has the worker from that in which he labors?

I have seen the God-given task with which the sons of men are to occupied. He has made everything beautiful in its time.

Also He has put eternity in the hearts of men, so no one can find out the work God does, from the beginning to the end.

Ecclesiastes

I returned and I saw that under the Sun

The race is not to the swift,

Nor the battle to the strong,

Nor bread to the wise,

Nor riches to men of understanding.

Nor favor to men of skill,

But that time and chance happen to them all.

Ecclesiastes

CHRISTIAN SPIRITUAL ADVICE TO SOULS

Love your enemies and pray for your persecutors.
You'll become children of your Father in the Heavens.

God causes the sun to rise and both the bad and the good,
and sends rain on both the just and the unjust.

Tell me, if you love those who love you, why
should you be commended for that...

To sum up, you are to be unstinting in your generosity
in the way your heavenly Father is unstinting.

Matthew

You are to love the lord your God with all your heart, and all
your soul and all your mind.

This commandment is first and foremost.
And the second is like it:

You are to love your neighbor as yourself.

On these two commandments hang everything,
in the Law and the Prophets.

Matthew

Don't react violently against one who is evil,
When someone slaps you on the cheek, turn the other as
well.

When someone wants to sue you for your shirt,
let the person have your coat along with it.

Further, when anyone conscripts you for one mile, go an
extra mile. Give to the one who begs from you.

Matthew

For if you forgive others their failures and offences,
your heavenly Father will also forgive yours.

And if you don't forgive their failures and mistakes of
others, your Father won't forgive yours.

Matthew

With you, whoever wants to become great must be your slave,

And whoever among you wants to be number one,

is to be your slave.

Matthew

Thou hearest of me that I suffered, yet I did not suffer,
that I suffered not yet I did suffer...

One hanged was I, yet I was not hanged...

What it is that I intimate in a riddle, for I know you will understand.

Know me then as praise of the Word, the transfixing of the Word, the blood of the Word, the wound of the Word, the suffering of the Word...

And thus in my discourse have I distinguished the man, from myself.

(At the end of this discourse from Jesus, John Mark, who had been taken to the near Dimension by Jesus, during the Crucifixion, says):

And I went 'down', I laughed at them all, for what he had told me what they said concerning him, holding fast this one thing in myself,

That the Lord carried out everything symbolically;
for the conversion and salvation of man.

Acts of John

But among you, the one who serves you best will be your leader.

Out in the world, the master sits on a table and is served by the servants.

But not here. For I am your servant.

Luke

I give you a new directive. "Love each other, just as I've loved you, you are to love each other"

Peter asks, "Sir, how often should I forgive a brother who sins against me? Seven times?"

No! Jesus replies, seventy times seven.

Matthew

Do not make the kingdom of heaven a desert within you.

Apocryphon of John

Beware that no one lead you astray saying Lo here! And Lo there!,

for the Son of Man is *within* you.

Gospel of Mary

For I was hungry and you fed me; I was thirsty and you gave me water;

I was a stranger and you invited me into your homes, and naked and you clothed me,

sick and in prison, and you visited me.

(And then, for the others, Jesus said):

For I was hungry and you wouldn't feed me, thirsty, and you wouldn't give me anything to drink, a stranger, and you refused me hospitality,

naked and you wouldn't clothe me,

sick, and in prison, and you didn't visit me.

Matthew

Love your enemies. Do good to them. Lend to them. And don't be concerned about the fact that they won't repay.

Then your reward from heaven will be very great, and you will truly be acting as sons of God.

Luke

And patience develops the strength of character in us, and helps us trust God more each time we use it, until finally our hope and faith are strong and steady.

Then, when that happens, we are able to hold our heads high, no matter what happens, and know that all is well, for we know how dearly God loves us, and we feel his warm love everywhere within us,

Because God has given us the Spirit, to fill our hearts with His love.

Paul's letter to the Romans

I loved you in the same way the Father loved me. Live in my love.

If you observe my instructions, you will live in His Love.

I have told you all this so you will be the source of my happiness, and so you yourselves will be filled with happiness.

John

In the beginning there was the Divine Word and Wisdom.
The Divine Word (*Logos is the term usually used*) and
Wisdom was there with God, and it was what God was.
It was there with God from the beginning.
Everything came to be by means of the Word; nothing that
exists came by being without its agency.
In it was life and this life was the light of humanity.
Light was shining in darkness,
and darkness did not master it.

John

God blesses those people, who depend only on him.
They belong to the Kingdom
of Heaven!
God blesses those people
who grieve.
They will find comfort!
God blesses those people
who are humble.
The earth will belong
to them!

God blesses those people
who want to obey him
more than to eat or drink.

They will be given
what they want!
God blesses those people
who are merciful.
They will be treated with mercy!

God blesses those people
whose hearts are pure.
They will see him!
God blesses those people
who make peace.
They will be called
his children!

God blesses those people
who are treated badly
for doing right.
They belong to the kingdom
of heaven.

Sermon on the Mount

You are the light for the whole world.
A city built on top of a hill cannot be hidden, and no one
lights a lamp and puts it under a clay pot.
Instead, it is placed on a lampstand, where it can give light
to everyone in the house.

Make your light shine, so others will see the good you do and will praise your Father in heaven.

Don't store up treasures on earth! Moths and rust can destroy them, and thieves can break in and steal them.

Instead, store up your treasures in heaven, where moths and rust cannot destroy them,

and thieves cannot break in and steal them.

Your heart will always be where your treasure is.

Sermon on the Mount

I tell you not to worry about your life. Don't worry about having something to eat, drink, or wear.

Isn't life more than food or clothing?

Look at the birds in the sky! They don't plant or harvest. They don't even store grain in barns.

Yet your Father in heaven takes care of them. Aren't you worth much more than birds?

Can worry make you live longer? Why worry about clothes?

Look how the wild flowers grow. They don't work hard to make their clothes.

But I tell you that Solomon with all his wealth wasn't as well clothed as one of them.

God gives such beauty to everything that grows in the fields, even though it is here today and thrown into a fire tomorrow.

God will surely do even more for you!
Why do you have such little faith?

Sermon on the Mount

Don't worry and ask yourselves, "Will we have anything to eat? Will we have anything to drink? Will we have any clothes to wear?"

Only people who don't know God are always worrying about such things.

Your Father in heaven knows you need all of these.

But more than anything else, put God's work first and do what He wants.

Then the other things will be yours as well.

Don't worry about tomorrow. It will take care of itself.

You have enough to worry about, today.

Sermon on the Mount

Don't condemn others, and God won't condemn you. God will be as hard on you as you are on others!

He will treat you exactly as you treat them.

You can see the speck in your friend's eye, but you don't notice the log in your own eye.

How can you say, 'My friend, let me take the speck out of your eye,'

when you don't see the log in your own eye?

Sermon on the Mount

Ask, and you will receive. Search, and you will find. Knock, and the door will be opened for you.

Everyone who asks will receive. Everyone who searches will find.

And the door will be opened for everyone who knocks.

Would any of you give your hungry child a stone, if the child asked for some bread?

Would you give your child a snake if the child asked for a fish?

As bad as you are, you still know how to give good gifts to your children.

But your heavenly Father is even more ready to give good things to people who ask.

Sermon on the Mount

Go in through the narrow gate. The gate to destruction is wide, and the road that leads there, is easy to follow.

A lot of people go through that gate.

But the gate to life is very narrow.

The road that leads there, is so hard to follow, that only a few people find it.

Sermon on the Mount

Don't be afraid of people. They can kill you, but they cannot harm your soul.

Instead, you should fear God who can destroy both your body and your soul in hell.

Aren't two sparrows sold for only a penny?

But your Father knows when any one of them falls to the ground.

Even the hairs on your head are counted.

So don't be afraid! You are worth much more than many sparrows.

Sermon on the Mount

If you are tired from carrying heavy burdens, come to me and I will give you rest.

Take the yoke I give you. Put it on your shoulders and learn from me.

I am gentle and humble, and you will find rest.

This yoke is easy to bear, and this burden is light.

Sermon on the Mount

(Jesus replied to followers, who, themselves, failed at healing):

It is because you don't have enough faith! But I can promise you this.

If you had faith no larger than a mustard seed, you could tell this mountain to move from here to there.

And it would. Everything would be possible for you.

Matthew

(Jesus told his followers that this story will show you what the Kingdom of Heaven is like):

One day a king decided to call in his officials and ask them to give an account of what they owed him. As he was doing this, one official was brought in who owed him 50,000 silver coins. But he didn't have any money to pay what he owed.

The king ordered him to be sold, along with his wife and children and all he owned, in order to pay the debt.

The official got down on his knees and began begging, 'Have pity on me, and I will pay you every cent I owe!' The king felt sorry for him and let him go free. He even told the official that he did not have to pay back the money.

But as this official was leaving, he happened to meet another official, who owed him 100 silver coins.

So he grabbed the man by the throat. He started choking him and said, 'Pay me what you owe!' The man got down on his knees and began begging, 'Have pity on me, and I will pay you back.' But the

first official refused to have pity. Instead, he went and had the other official put in jail until he could pay what he owed.

When some other officials found out what had happened, they felt sorry for the man who had been put in jail. Then they told the king what had happened.

The king called the first official back in and said, 'You're an evil man! When you begged for mercy, I said you did not have to pay back a cent.

Don't you think you should show pity to someone else, as I did to you?'

The king was so angry that he ordered the official to be tortured until he could pay back everything he owed.

That is how my Father in heaven will treat you, if you don't forgive each of my followers with all your heart.

Matthew

You are the salt of the earth, but if the salt loses its flavor, how shall it be seasoned?

It is then good for nothing but to be thrown out and trampled underfoot.

Sermon on the Mount

Give to him who asks you, and from him who wants to borrow from you, do not turn away.

Sermon on the Mount

Our Father who are in heaven, hallowed be Thy Name.
Your kingdom come, Your will be done,
On earth as it is in heaven.
Give us this day our daily bread.
And forgive us our debts, as we forgive our debtors.
And do not lead us into temptation, but deliver us from evil,
For Thine is the kingdom and the power and the glory,
For ever Amen.

Sermon on the Mount

For your heavenly Father knows you need these things. But seek first the Kingdom of Heaven, and His righteousness, and all these things shall be added to you.

Matthew

Behold I send you out as sheep among wolves. So be as clever as snakes, and as gentle as doves.

Matthew

Give, and it shall be given to you: good measure, pressed down, shaken together, and running over will be put into your bosom.

For with the same measure that you use, it will be measured back to you.

Luke

You don't light a lamp and put it under a clay pot or under a bed. Don't you put a lamp on a lampstand?

There is nothing hidden that will not be made public. There is no secret that will not be well known.

If you have ears, pay attention!

Listen carefully to what you hear!

The way you treat others will be the way you will be treated—and even worse.

Mark

Have faith in God! If you have faith in God and don't doubt, you can tell this mountain to get up and jump into the sea, and it will.

Everything you ask for in prayer will be yours, if you only have faith.

Matthew

Whenever you stand up to pray, you must forgive what others have done to you. Then your Father in heaven will forgive *your* sins.

Mark

Love your enemies, and be good to everyone who hates you. Ask God to bless anyone who curses you, and pray for everyone who is cruel to you.

If someone slaps you on one cheek, don't stop that person from slapping you on the other cheek. If someone wants to take your coat, don't try to keep back your shirt.

Give to everyone who asks and don't ask people to return what they have taken from you. Treat others just as you want to be treated.

If you love only someone who loves you, will God praise you for that?

Even sinners love people who love them.

If you lend money only to someone you think will pay you back, will God be pleased with you for that? Even sinners lend to sinners because they think they will get it all back.

But love your enemies and be good to them. Lend without expecting to be paid back. Then you will get a great reward, and you will be the true children of God in heaven.

He is good even to people who are unthankful and cruel. Have pity on others, just as your Father has pity on you.

Sermon on the Mount

What will you gain, if you own the whole world but destroy yourself, or waste your life?

Luke

But a certain Samaritan, as he journeyed, came where he was. And when he saw him, he had Compassion on him, and went to him and bandaged his wounds, pouring on oil and wine, and he set him on his own animal, brought him to any inn, and took care of him.

On the next day, when he departed, he took out two denarii, gave them to the innkeeper, and said to him, 'Take care of him, and whatever more you spend, when I come again, I will repay you.'

Luke

Then he said, What is the Kingdom of God like? And to what shall I compare it?

It is like a mustard seed, which a man took and put in his garden, and it grew and became a large tree, and the birds of the air nested in its branches.

Luke

God is Spirit, and those who worship Him, must worship in spirit and Truth.

John

That's how it is! The people of this world look out for themselves better than the people who belong to the light.

My disciples, I tell you to use wicked wealth to make friends for yourselves.

Then when it is gone, you will be welcomed into an eternal home.

Anyone who can be trusted in little matters can also be trusted in important matters. But anyone who is dishonest in little matters will be dishonest in important matters.

If you cannot be trusted with this wicked wealth, who will trust you with true wealth? And if you cannot be trusted with what belongs to someone else, who will give you something that will be your own?

You cannot be the slave of two masters.

You will like one more than the other or be more loyal to one than to the other. You cannot serve God and money.

Luke

Servants don't deserve special thanks for doing what they are supposed to do. And that's how it should be with you.

When you've done all you should, then say, "We are merely servants, and we have simply done our duty."

Luke

(Jesus told his disciples a story about how they should keep on praying and never give up):

In a town there was once a judge who didn't fear God or care about people. In that same town there was a widow who kept going to the judge and saying, "Make sure that I get fair treatment in court."

For a while the judge refused to do anything. Finally, he said to himself, "Even though I don't fear God or care about people, I will help this widow because she keeps on bothering me. If I don't help her, she will wear me out."

The Lord said:

Think about what that crooked judge said.

Won't God protect his chosen ones who pray to him day and night? Won't he be concerned for them?

He will surely hurry and help them.

Luke

The light has come into the world, and people who do evil things are judged guilty because they love the dark more than the light.

People who do evil hate the light and won't come to the light, because it clearly shows what they have done.

But everyone who lives by the Truth will come to the light, because they want others to know that God is really the One doing what they do.

John

What good is it my brothers, if someone says he has faith but does not have works?

Can that faith save him?

If a brother or sister is poorly clothed and lacking in daily food, and one of you says to them, 'Go in peace, be warmed and filled, without giving them the things needed for the body, what good is that?

So also faith by itself, if it does not have works, is dead.

James

As the Father has loved me, so have I loved you.

Abide in my love. If you keep the commandments, you will abide in my love, just as I have kept my Father's commandments and abide in His love.

These things I have spoken to you, that my joy may be in you, and that your joy may be full.

John

Remember this: Whoever sows sparingly will also reap sparingly, and whoever sows generously will also reap generously.

Each of you should give what you have decided in your heart to give, not reluctantly or under compulsion, for God loves a cheerful giver.

And God is able to bless you abundantly, so that in all things at all times, having all that you need, you will abound in every good work.

Paul's Letter to Corinthians 2

Now that you have purified yourselves by obeying the Truth so that you have sincere love for each other, love one another deeply, from a pure heart.

1 Peter

Therefore everyone who hears these words of mine and puts them into practice is like a wise man who built his house on the rock.

The rain came down, the streams rose, and the winds blew and beat against that house; yet it did not fall, because it had its foundation on the rock.

But everyone who hears these words of mine and does not put them into practice, is like a foolish man who built his house on sand.

The rain came down, the streams rose, and the winds blew and beat against that house, and it fell with a great crash.

Matthew

(Jesus said to the woman by the well):

Even now the true worshipers are being led by the Spirit to worship the Father according to the Truth. These are the ones the Father is seeking to worship him.

God is Spirit, and those who worship God must be led by the Spirit to worship him according to the Truth.

John

I cannot do anything on my own. The Father sent me, and He is the one who told me how to judge.

I judge with fairness, because I obey Him, and I don't just try to please myself.

John

However, when the Spirit of Truth comes, it will guide you into all truth.

For it will not speak on its own authority, but whatever it hears it will speak, and the Spirit of Truth will tell you things to come.

John

(Jesus came across a prostitute who was to be stoned to death.

They kept on asking Jesus about the woman. Finally, he stood up and said),

“If any of you have never sinned, then go ahead and throw the first stone at her!”

(Then he bent over and began writing on the ground. The people left one by one, beginning with the oldest.

Finally, Jesus and the woman were there alone.

Jesus stood up and asked her)

“Where is everyone? Isn't there anyone left to accuse you?”

“No sir,” the woman answered.

Then Jesus told her, “I am not going to accuse you either. You may go now, but don't sin anymore.”

John

I have set the example, and you should do for each other exactly what I have done for you. I tell you for certain that servants are not greater than their master, and messengers are not greater than the one who sent them.

You know these things, and God will bless you, if you do them. If you love me, you will do as I command.

John

Then I will ask the Father to send you the Holy Spirit who will help you and always be with you.

The Spirit will show you what is Truth. The people of this world cannot accept the Spirit, because they don't see or know it.

John

But you know the Spirit, who is with you and will keep on living in you. I have much more to say to you, but right now it would be more than you could understand.

The Spirit shows what is Truth and will come and guide you into the full Truth. The Spirit doesn't speak on its own.

John

“So you are a king,” Governor Pilate said.

“You are saying that I am a king,” Jesus told him. “I was born into this world to tell about the Truth. And everyone who belongs to the Truth knows my voice.”

John

Bearing with one another and forgiving one another, if anyone has a complaint against another, even as Jesus forgave you, so you must forgive one another.

Paul's letter to Colossians

And not only that, but we also glory in troubles, for troubles bring perseverance, and perseverance, character, and character, hope.

Paul's letter to Romans

For as many as are led by the Spirit of God, these are the sons of God.

For you did not receive the spirit of bondage, again to fear, but you received the Spirit of adoption by which we cry, 'Father'.

Paul's Letter to the Romans

Rejoicing in hope, patient in trials, continuing steadfastly in prayer.

Paul's letter to the Romans

But if we hope for what we do not see, then we eagerly wait for it with perseverance. Likewise, the Spirit also helps in our weaknesses.

For we do not know what we should pray for as we ought, but Spirit Himself makes intercession for us with groaning's which cannot be uttered.

Now, He who searches the hearts knows what the mind of the Spirit is, because He makes intercession for the saints according to the will of God.

And we know that all things work together for good, for those who love God.

Paul's Letter to the Romans

But what happens when we live God's way? He brings gifts into our lives, much the same way that fruit appears in an orchard—things like affection for others, exuberance about life, serenity.

We develop a willingness to stick with things, a sense of Compassion in the heart, and a conviction that a basic holiness permeates things and people.

We find ourselves involved in loyal commitments, not needing to force our way in life, able to marshal and direct our energies wisely.

Paul's Letter to the Galatians

Stand therefore, having girded your waist with Truth, having put on the breastplate of Righteousness, and having shod your feet with the preparation of the gospel of Peace.

Above all, taking the shield of Faith with which you will be able to quench all the fiery darts of the wicked one, and take the helmet of Salvation, and the sword of the Spirit, which is the word of God.

Praying always with the prayer and supplication of the Spirit, being watchful to this end with all perseverance and supplication of the saints.

Paul's Letter to the Ephesians

For God has not given us the spirit of fear, but of power and of love and of a sound mind.

Paul's Second Letter to Timothy

Now little children, let us not love in word or tongue only, but in Deed and Truth.

1 John

He who does not know love, does not know God, for God is love.

1 John

See that no one renders evil for evil to anyone, but always pursues what is good both for yourselves and for all.

Paul's letter to the Thessalonians 1

Let us therefore come boldly to the throne of grace, that we may obtain mercy and find grace to help in the time of need.

Letter from Paul's disciples to Jewish followers

But do not forget to do good and to share, for with our sacrifices, God is well pleased.

Letter from Paul's disciples to Jewish followers

So then neither is he who plants anything, nor he who waters, but God who gives all increase.

Paul's letter to Corinthians 1

Now the Lord is Spirit, and where the Spirit of the Lord is, there is liberty.

Paul's letter to Corinthians 2

But the one thing I do, forgetting those things which are behind, and reaching forward to those things which are ahead.

Paul's letter to Philippians

Be anxious for nothing but in everything in prayer and supplication and thanksgiving, let your needs be known.

Paul's letter to Philippians

Finally, brethren, whatever things are true, noble, just, pure, lovely and of good report, virtuous, praiseworthy, meditate on these things.

Paul's letter to Philippians

ISLAM'S SPIRITUAL ADVICE TO SOULS

(In the revelations to Muhammad that became the Quran, the Godhead is always expressed in plural.)

Did ye think that We created you in jest, and that ye would not be called back to Us *in account*.

Quran 23

(Resurrection Day is the time of that 'account'):

That day shall ye be brought to judgment, not an act of yours that ye hide will be hidden.

Then he that will be given his Record in his right hand will say, 'Ah, here! Read me my record.

Quran 69

(And then this particular soul, is left to say):

Ah, would that my record had not been given to me,

And that I *never realized* how my account stood.

Quran 69

(And so it ends for the unheeding soul. But the Quran is persistent in presenting the guidance, for a successful in life to afterlife, to avoid that outcome.)

Pray regularly, spend out of the gifts,

We have bestowed,
for their sustenance, secretly and openly,

And turn off evil, with goodness, for such is the final attainment of the eternal home.

Quran 13

(The unusual image of a loan to God is occasionally used, in teaching charity):

Who will loan to God, a beautiful loan?'

Quran 2

Spend of your substance for the love of Him (God), for your Kin,
for orphans, for the needy,

for the wayfarer, for those who ask, for the ransom of slaves...

Quran 2

God is with you, and will never put you in loss for your good Deeds.

Quran 47

If any do good, good will accrue to them...

Quran 27

But for those who believe to work Deeds of righteousness --- to them shall we give a Home in Heaven --- Lofty mansions beneath which flow rivers...

Quran 29

...the mutual rivalry for piling up the good things of this world diverts you from the more serious things.

Quran 102

(The Quran teaching, on other hand, does not distain wealth. It says of its Prophet, Muhammad):

He despised not wealth, but used it for others.

Quran C 25

If ye disclose acts of charity, even so it is well,

But if ye *conceal* them, and make them reach those *really* in need, that is *best* for you:

It will remove from you some stains of evil.

And God is well acquainted with what ye do.

Quran 2

Ye shall have your capital sums: Deal not unjustly.

Quran 2

For me I have been *commanded* to serve the Lord...to be of those who bow to in Islam ("*Submission*") to God's Will,

And to rehearse the Quran, and if any accept guidance, they do it for the good of their own souls,

And if any stray, say,

'I (*Muhammad*) am only a Warner!'

Quran 27

O Prophet. Truly We have sent thee as a Witness, a Bearer of glad tidings, and a Warner, and as one who invites God's grace by His leave, spreading Light.

Then give the glad tidings to the Believers,

that they shall
have from God, a very great Bounty.

Quran 33

(The Quran had its statement on the perfectness of Prophets):

Never did we send an Apostle or a Prophet, before thee,

But when he framed a desire, Satan threw some vanity
in his desire...

Quran 22

Let not false pretenses or superstitions, degrade the position of
women.

Quran C 237

But God, in His infinite mercy and love, Who forgives and guides
individuals and nations, and turns to good even what seems to us
evil, never forsakes the struggling soul that turns to Him.

Nor the groups of men and women who join together to obey His
will and law, and strengthen each other in unity and truth...

C 6

Let the women live in the same style as ye (*men*) live, according
to your means: annoy them not, so as to restrict them.

Quran 65

How can compulsion advance religion? Our duty is to seek the path of goodness, kindness, up righteous conduct and charity.

To grasp at no advantage from a brother's need,

To stand by the word that is pledged, to bear true witness, and remove all cause of misunderstandings in our dealings as between man and men.

Quran C 52

As do the men of faith. Each one of them believeth in God, His angels, His books, His apostles,

We make no distinction between one and another of His apostles.

Quran 2

Say we believe in what was revealed by Abraham, Isaac, Jacob, Moses, Jesus, and the Prophets. We make no distinction in religion, other than submission to God.

Quran 3

Would you go to Heaven, without God's testing?

Quran 3

Those who spend freely, whether in prosperity or in adversity,
Who restrains anger, and pardon all men, for God loves those
who do good.

Quran 3

Fight in the cause of God those who fight you, but do not
transgress limits, for God loveth not transgressors.

Quran 2

And fight them, until there is no more tumult or oppression,
and there prevail justice and faith in God,

But if they cease, let there be *no hostility* except to those
who practice oppression.

Quran 2

But fear God, and know that God is with those who *restrain*
themselves.

Quran 2

If they withdraw from you, but fight you not, and instead
send you guarantees of peace,

Then God hath opened *no way*

for you to war against them.

Quran 4

Let there be no compulsion, in religion.

Quran 2

(The Quran anticipated that there would be those, who shouted in the name of its teaching, but do it falsely):

And there are those who put up a mosque
by way of mischief and infidelity...

Quran 9

One day He will gather them together and say,

‘Oh ye assembly of Jinns (*spirits, devils*), much toll did ye take of men.

Their friends among them will say, ‘Our Lord, we made profit from each other: but alas we reached our term ---

which Thou didst appoint for us.

Quran 6

We have decreed Death to be your common lot,
and We are not frustrated from changing your forms,

And creating you again in forms ye know not.

Quran 56

Those who incurred the wrath of God,
those of whom some he transformed into apes and swine.

Quran 5

From the earth did We create you, and from it shall
We bring you forth again.

Quran 20

Oh mankind, if ye have doubt about the Resurrection,
consider that We created you our of dust, then out of
sperm,

Then out of a leech-like clot, then out of a morsel
of flesh, partly formed, and partly unformed,

In order that We may manifest Our Power to you.

Quran 22

Therein come down the angels and the Spirit, by God's
permission, on every errand.

Quran 97

God has decreed 'It is I and My Apostles who must prevail
for God is One, full of strength, able to enforce His Will...

For such, He has written Faith in their hearts, and strengthened them with a Spirit from Himself.

Quran 58

The Spirit cometh by command of my Lord:

Of knowledge, it is only a little that is communicated to you,
O men.

Quran 17

(The Quran reports that Satan (Iblis) on creation of humanity, said to God):

I am *not* one to prostrate myself to man,

Whom Thou didst create from sounding clay, from mud molded into shape.

Quran 15

(Then, on rebuke from God, Satan said):

O my Lord. Give me respite, till the Day the dead are raised.

Quran 15

(And sure enough, God forgives him. And immediately, on getting what he wants, from God's act of mercy and grace, Satan (Iblis) turns again... and says):

Oh my Lord. Because Thou hast put me in the wrong, I will
make wrong fair-seeming to them on earth,

And I will put them all in the wrong.

Quran 15

(And on judgement, Satan says to all of us):

It was God who gave you a promise of Truth: I too promised,
but I failed in my promise to you.

I had no authority over you,
except to call you, but ye listened to me.

Reproach me not, But reproach your own souls. I cannot
listen to your cries,

Nor can ye listen to mine.

Quran 14

By the Fig, (*Buddha's Tree of Enlightenment*)
And the Olive, (*Jesus' Mount of Olives*)
And the Mount of Sinai (*Moses*)
And this City of Security (*Jerusalem*)
We have indeed created man in the best of moulds,

The we do debase him, to be the lowest of the low,
Except as do righteous deeds: for they shall have a

Reward unfailing...

Quran 95

(To the Jewish People):

Dwell securely in the land of promise. But when the second of the warnings came, we gathered you together as a mingled crowd.

Quran 17

The Society thus organized must live under laws, that would guide their everyday life, based on eternal principles of righteousness and fair-dealing, cleanliness and sobriety, honesty and helpfulness, one to another,

--- yet shaped into concrete forms, to suit times and circumstances,

and the varying needs of average men and women...orphans to be protected; marriage, divorce, and widowhood to be regulated....

And the rights of women, apt to be trampled under foot, now clearly affirmed.

Quran C 50

One day, We will ask Hell, 'Art thou filled to the full?'

Hell will say 'Are there any more to come?'

Quran 50

God is the Light of the heavens and the earth,
The Parable of his Light is as if there were a Niche,
and within a Lamp enclosed in a Glass.

The Glass as it were a brilliant star, lit from a blessed
Tree, an Olive, neither of the East,

Nor of the West,
whose oil is well-nigh luminous, though fire scarcely
touches it.

God doth guide whom He will, to his Light. God does set
forth parables for men: and God doth know all things.

Lit is such a Light in houses which God hath permitted
to be raised to honor,

For the celebration in them of His name,
in them, is He glorified.

Quran 24

And Jesus shall be a Sign for the coming of the Final Hour
of judgment.

Quran 43

Those for whom the Good Record from Us, have gone
before, will be removed far there from.

Not the slightest sound will they hear of Hell. In what their souls desired, in that will they dwell.

The Great Terror will bring them no grief....

Before this, we wrote in the Psalms, after the Message given to Moses: 'My servants, the righteous, shall inherit the earth.'

Quran 21

Verily this Quran is a Message for people who would truly worship God. We sent thee, as a Mercy for all creatures.

Verily We have created man for toil and struggle,

Thinketh he, that None have power over him?

Quran 90

God will not be merciful, to those who are not merciful to mankind.

Mohammad Quotation Bukhari 9

God is our Lord and your Lord: for us is the responsibility for our Deeds, and for you, your Deeds.

There is no contention between us and you.

God will bring us together, and to Him is our final goal.

Quran 42

It is not righteousness that you turn your faces toward East or West (*in the practice of various religions*), but it is righteousness to believe in God...

To be steadfast in prayer and practice regular charity,

and to be firm and patient in pain or suffering or adversity.

Quran 2

Say the Spirit has brought the revelation from thy Lord in Truth, in order to strengthen those who believe, and as a guide and glad tidings to Muslims.

Quran 16

And cover not Truth with Falsehood, nor conceal the Truth when ye know.

Quran 2

Truth must triumph.

C 147

Your Lord says, Call on Me, and I will answer you.

Quran 40

Hold firm with patience in faith, in the hereafter, and sing His praises even in the busy marts of this world, but chiefly in the stillness of the night.

Quran C 228

The day that He assembles you all for a day of assembly --- that will be a day of *mutual loss and gain*.

And those who believe in God and work righteousness, He will remove from them their ills, and He will admit them to gardens beneath which Rivers flow, to dwell there forever.

Quran 64

The good soul should wait and should never lose patience.

Quran C 248

God showed him the Way, but man doth willfully reject the Right. Man but chooses Chains and Yokes and a blazing fire within his own soul.

Not so the devotees of Right: they attain the mystic Fountain of Kafur: for purely out of love for God, they do good to God's creatures, and serve them.

Quran C 256

But those who believe and work righteousness, no burden do we place on any soul, but that which it can bear.

Quran 7

And do you bring thy Lord to remembrance in thy very soul, with humility and reverence, and not in loud word.

Quran 7

And be steadfast in patience, for verily God will not suffer the reward of the righteous to perish.

Quran 11

Nor say anything, I shall be sure to do tomorrow, without adding 'So Please God'.

Quran 11

Let us avoid evil, but not pay back evil in its own coin.

Quran 23

And no one will be granted such goodness, except those who exercise patience and self-restraint.

Quran 51

All Apostles who were sent before you were men, who ate food and walked the streets.

People ask why angels not sent. The day they see angels, no joy will there be for sinners.

Quran 25

Behold! The angels said, O Mary;
God giveth thee Glad tidings of a word from Him: his name will be Jesus Christ.

Quran 3

Abraham was not a Jew, nor yet a Christian;
But he was true in Faith
And bowed his will to God's

Quran 2

We gave Moses the Book and followed him up with a succession of Apostles, we gave Jesus, son of Mary, clear signs and strengthened him in the Spirit.

He Angel Gabriel said to Mother Mary: Nay, I am only a Messenger from thy Lord, to announce to thee the gift of a Holy son...

Thy Lord saith, that is easy for Me, and We wish to appoint him a sign into men and mercy from Us.

Quran 19

The same religion has He established for you, as that which He enjoined on Noah – That which we have sent by inspiration to thee – and that which He enjoined on Abraham, Moses, and Jesus:

Namely that ye should remain steadfast in Religion, and make no divisions therein.

Quran 42

Many were the forms in which their meaning was delivered, according to the needs of the time, and the understanding of the people...

And manifold were the lives of the Messengers...but they all witnessed One Truth: of God's unity, might, grace, love.

Quran C 8

...a people who were given the Quran steeped in ignorance, brave and free,

but without cohesion or union, simple and rude, but with easy familiarity with nature....

cruel, yet with a rough sense of equality...

Quran C 12

And what was revealed to Abraham, Ishmael, Isaac, Jacob, and the tribes, and the in the Books given to Moses, Jesus, and the Prophets, from their Lord,

We make no distinction, between
one another, and to God we bow our will.

Quran 3

(Muhammad himself, said):

I am no bringer of new-fangled doctrine, among the
Apostles,

Nor do I know what will be done with me or with
you.

I follow but that which is revealed to me in inspiration
I am but a Warner, open and clear.

Quran 46

Muhammad was no more than an Apostle: many were the
Apostles that passed away before him.

Quran 3

*(To that end, Muhammad and the Quran said all Prophets sent by
God were men, and also said of Jesus):*

If Christians go back to Jesus, he was but a man and a
servant of God:

He came to still the jarring sects, not to create
a new one: he preached the One True God, his Lord.

Quran 43

(to Muslims, Christians, Jews):

So give up *disputing*, and join in devotion to God...The Truth must prevail: resist it not.

Quran 43

Oh Mary, God giveth thee glad tidings of a Word from Him, his name will be Jesus Christ, the son of Mary, held in honor, in this world, and the hereafter.

Quran 3

(The Quran goes on to explain that Jesus was strengthened in the Spirit (Sura 2), sent the Gospel to teach (Sura 57), brought the dead to life (Sura 3), and that, generally):

We wish to appoint him as a sign unto men, and a Mercy from Us.

Quran 19

When any is born, Satan touches him at both sides of his body, with two fingers,

except Jesus, whom Satan attempted to touch.

Muhammad Quotation Bukhari 4

God will say, oh Jesus, son of Mary, didst thou say unto men, worship me and my mother, as 'gods' in derogation of God.

He will say: Glory to Thee. Never could I say
what I had no right to say.

Quran 5

*(The Quran says that Christians err, to say that Jesus was killed on
the cross.)*

Nay, God raised him up Himself.

Quran 4

The good men and true, who succeeded Abraham, received the
gifts of revelation and guidance, and kept alive God's Message...

We gave him Isaac and Jacob: all three we guided,
and before him we guided Noah, and among his progeny,
David, Solomon, Job, Joseph, Moses, and Aaron...

Quran 6

*(The Jewish people are likewise honored, as the Quran quotes
God):*

Oh Children of Israel. Call to mind the special favor
which I bestowed upon you,

And that I preferred you to
all others for My Message....

And remember that We gave

Moses the Scripture and the Criterion.

Quran 2

...Noah survived the flood by his faith, in a world of unbelief.
David sought justice, and sang God's praises;

Solomon by wisdom subdued the refractory: Job was patient
in suffering;

Idris (*Enoch*) and Zulkifli (*Ezekiel*) were true in constancy,
amid temptation:

Jonah turned to God after a short misunderstanding; Zakaria
(*Zechariah*) were exemplars of devoutness: and Mary of
chastity. All men and women of God form one united
brotherhood.

Quran 21

The people of Moses and the people of Jesus were given
revelations, but alas!

They played false with their own
lights, and in their selfishness, made narrow God's
universal message.

Quran 2

The Jews say Christians have naught to stand upon, and
the Christians say, the Jews have naught to stand upon,

Yet they study the same Book.

Quran 2

Will ye dispute with us about God, seeing that He is our Lord
and your Lord,

and that we are responsible for our doings,
and ye for yours,
and that we are sincere in our faith in Him?

Quran 2

(And so it came to be in Muhammad's Advent, that the Christian and Jewish preachersmen authorities, decided that Muhammad had no validity as a Prophet, in a replay of the events of the Jesus Advent, some 600 years earlier, when the Jews decided, Jesus had no validity as a Prophet.)

To every people was sent an Apostle: when an Apostle comes before them, the matter will be judged between them with justice, and they will not be wronged.

Quran 10

(Having chastised Jews and Christians, for not accepting the Apostleship of Muhammad, Muslims are told):

Dispute not with People of the Book *(Jews and Christians)*...

But say, we believe in the Revelation which has come down

to us,

And in that which came down to you.

Quran 29

(And Muslims are cautioned):

Lest you should say, the Book was sent down to two Peoples before us, and our part we remained unacquainted with all that they learned by assiduous study;

Or lest that you should say if the Book had only been sent to us, we should have followed its guidance, better than they.

Quran 6

The People of the Book went wrong: the Jews in breaking their covenant, and slandering Mary and Jesus, and in their usury and injustice;

And the Christians in raising Jesus the Apostle to equality with God. God's revelation is continued in the Quran....

Quran 4

We refuse *not* social intercourse with the men and women—

The People of the Book.

Quran 5

(Always referring to those who had a Wayshower writings (scriptures), the Jews and the Christians, as 'Peoples of the Book', the Quran urged Muslims, Jews, Christians),

O People of the Book *come to common terms.* As between us, and you, that we worship none but God”

Quran 3