

### Quotes by Gautam Buddha

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1. "Believe nothing, no matter where you read it, or who said it, no matter if I have said it, unless it agrees with your own reason and your own common sense"
2. "Doubt everything. Find your own light"
3. "Every morning we are born again. What we do today is what matters most"
4. "However, many holy words you read, however many you speak, what good will they do you if you do not act on upon them?"
5. "The mind is everything. What you think you become"
6. "Peace comes from within. Do not seek it without"
7. "Three things cannot be long hidden: the sun, the moon, and the truth"
8. "To keep the body in good health is a duty... otherwise we shall not be able to keep our mind strong and clear"
9. "The root of suffering is attachment"
10. "Holding on to anger is like grasping a hot coal with the intent of throwing it at someone else; you are the one who gets burned"
11. "You will not be punished for your anger; you will be punished by your anger"
12. "In the end, only three things matter: how much you loved, how gently you lived, and how gracefully you let go of things not meant for you"
13. "There is no path to happiness: happiness is the path"
14. "Your work is to discover your world and then with all your heart give yourself to it"
15. "The trouble is, you think you have time"
16. "If you truly loved yourself, you could never hurt another"
17. "It is better to travel well than to arrive"

18. "You only lose what you cling to"
19. "The past is already gone, the future is not yet here. There's only one moment for you to live, and that is the present moment"
20. "No one saves us but ourselves. No one can and no one may. We ourselves must walk the path"
21. "Thousands of candles can be lighted from a single candle, and the life of the candle will not be shortened. Happiness never decreases by being shared"
22. "A man is not called wise because he talks and talks again; but if he is peaceful, loving and fearless then he is in truth called wise"
23. "Better than a thousand hollow words, is one word that brings peace"
24. "Health is the greatest gift, contentment the greatest wealth, faithfulness the best relationship"
25. "Do not dwell in the past, do not dream of the future, concentrate the mind on the present moment"
26. "Hatred does not cease by hatred, but only by love; this is the eternal rule"
27. "There are only two mistakes one can make along the road to truth; not going all the way, and not starting"
28. "Those who are free of resentful thoughts surely find peace"
29. "Just as a snake sheds its skin, we must shed our past over and over again"