

Losing other people's respect is not so bad. Losing respect for oneself is a big loss.

Mindfulness (Sati) is the best tool to explore the mind. Just as a magnifying glass allows you to see the details of very small things, Sati allows you to see even the most subtle details in your mind.

The deepest knowledge can only be gained by life itself.

A homeless person goes round in circles, all alone and with no dignity. A mind without awareness is just the same, drifting around here for a while, there for a while, without dignity.

If your mind always encourages you to do wholesome deeds, it really becomes your friend. Anybody who can make his mind a true friend will have a highly developed and mature mind.

If you keep up the practice of mindfulness, the pieces of knowledge you gather will start falling into place and you will grow in mental and spiritual wisdom. Make mindfulness your home and become an expert in living!