



Buddhist beliefs and quotes

- In Buddhism, compassion is called karuna. The Buddha taught that showing compassion to others is something all people can do, even if they find other parts of his teaching difficult to follow.
- Buddhists believe that they should show compassion to everyone.
- Buddhists believe that at every level of society, the key to a happier world is the growth of compassion. **The 14th Dalai Lama of Tibet,**
- Set your heart on doing good. Do it over and over again, and you will be filled with joy. **Gautama Buddha**
- Thousands of candles can be lighted from a single candle. Happiness never decreases by being shared. **Gautama Buddha**
- If you light a lamp for somebody, it will also brighten your path. **Gautama Buddha**
- When words are both true and kind, they can change the world. **Gautama Buddha**
- When a man has pity on all living creatures then only is he noble. **Gautama Buddha**
- A generous heart, kind speech, & a life of service & compassion are the things which renew humanity. **Gautama Buddha**
- In compassion lies the world's true strength. **Gautama Buddha**
- Fill your mind with compassion. **Gautama Buddha**
- Kindness is giving others happiness.
Compassion is removing others' bitterness.
Joy is freeing others from suffering. **Gautama Buddha**
- Kindness should become the natural way of life, not the exception. **Gautama Buddha**
- As rain falls equally on the just and the unjust, do not burden your heart with judgments but rain your kindness equally on all. **Gautama Buddha**
- In our interactions with others, gentleness, kindness, respect are the source of harmony **Gautama Buddha**
- Our problems are not solved by physical force, by hatred, by war.
Our problems are solved by loving kindness by gentleness, by joy **Gautama Buddha**

“Our prime purpose in this life is to help others and if you can’t help them, at least don’t hurt them.” – Dalai Lama,

The purpose of human life is to serve and to show compassion and the will to help others. Helping others is the secret sauce to a happy life.

Another one of the Four Sublime States is metta, or loving kindness. It is important as Buddhists want to develop this quality to help others to be free from suffering.

Metta is a more positive way of looking at life than karuna, as metta is about trying to show love to others before they need help. metta is positive as it involves acting before being prompted to do so by a bad situation. Metta leads people to be kinder, more considerate, and more helpful.

The Buddha's Words on Loving-Kindness

And who knows the path of peace:
Let them be able and upright,
Straightforward and gentle in speech,
Humble and not conceited,
Contented and easily satisfied,
Unburdened with duties and frugal in their ways.
Peaceful and calm and wise and skillful,
Not proud or demanding in nature.
Let them not do the slightest thing
That the wise would later reprove.

Let none deceive another,
Or despise any being in any state.
Let none through anger or ill-will
Wish harm upon another.
Even as a mother protects with her life
Her child, her only child,
So with a boundless heart
Should one cherish all living beings;
Radiating kindness over the entire world: