

FREE GUIDED MEDITATIONS
Monday to Friday 10:30 & 19:00
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FEBRUARY

A Daily Dose of Buddhist Wisdom



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Sunday

1

**"You are the sky.
Everything else, it's
just the weather."**
- Pema Chödrön

Monday

2

**"Sometimes your joy is the
source of your smile, but
sometimes your smile can
be the source of your joy."**
- Thich Nhat Hanh

Tuesday

3

**"Do not dwell in the past,
do not dream of the
future, concentrate on
the present moment."**
- Buddha

Wednesday

4

**"We can never obtain
peace in the outer
world until we make
peace with ourselves."**
- Dalai Lama

Thursday

5

**"Samsara is the
tendency to find
fault with others."**
- Naropa

Friday

6

**"Instead of asking 'What is
the 'right' or 'wrong'
thing to do?' ask, 'What is
the wisest and most
compassionate thing to do?' "**
- Stephen Batchelor

Saturday

7

**"Everything that has a
beginning has an ending.
Make your peace with
that and all will be well."**
- Jack Kornfield

8

**"If we could see the whole
truth of any situation, our
only response would be
one of compassion."**
- Yongey Mingyur Rinpoche

9

**"Liberation is
experiencing reality
as it is."**
- Noah Rasheta

10

**"When we are looking for
happiness outside of
ourselves, we are looking
in the wrong place."**
- Akong Tulku Rinpoche

11

**"Nurturing your own
development isn't selfish.
It's actually a great gift to
other people. "**
- Rick Hanson

12

**"In taking life for
granted, we fail
to notice it. "**
- Stephen Batchelor

13

**"If we could see the
miracle of a single
flower clearly our whole
life would change."**
- Buddha

14

**"If you love someone but
rarely make yourself
available to him or her,
that is not true love."**
- Thich Nhat Hanh

15

**"All that we are arises
with our thoughts. With
our thoughts, we
make the world."**
- Buddha

16

**"The present moment is
filled with joy and
happiness. If you are
attentive, you will see it."**
- Thich Nhat Hanh

17

**"If we learn to open our
hearts, anyone, including
the people who drive us
crazy, can be our teacher."**
- Pema Chödrön

18

**"Wisdom says we are
nothing. Love says we
are everything. Between
these two our life flows."**
- Jack Kornfield

19

**"All suffering is caused by
ignorance. People inflict
pain on others in the selfish
pursuit of their own
happiness or satisfaction."**
- Dalai Lama

20

**"Resentment is when I
take poison and wait
for you to die. "**
- Rick Hanson

21

**Mandala of
Compassion
Weekend
Begins!**

22

**"Happiness will never
come to those who fail to
appreciate that which
they already have."**
- Buddha

23

**"The Buddhist principle
is to be everybody's
friend, not to have
any enemy."**
- Akong Tulku Rinpoche

24

**"Feelings come and go
like clouds in a windy
sky. Conscious breathing
is my anchor"**
- Thich Nhat Hanh

25

**"Let yourself become that
space that welcomes
any experience
without judgement."**
- Tsoknyi Rinpoche

26

**"The quieter you
become the more
you can hear. "**
- Ram Dass

27

**"What we call 'I' is just
a swinging door which
moves when we inhale
and when we exhale. "**
- Shunryu Suzuki

28

**"Happiness is not
something ready made.
It comes from your
own actions."**
- Dalai Lama

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