

Enlightened Quotes

WORDS OF WISDOM - by Ven. Shangpa Rinpoche

An injured person going to a crowded place has to be very careful with his movements. Otherwise, people may accidentally touch his injuries and cause him pain. Similarly, when we are surrounded by all kinds of people, we have to be very careful so that our mind will not be affected or influenced by other people's wrong acts. One should be just like the lotus flower, which grows in the mud and yet not contaminated by it.



Shantideva gave an example:

“If you want to protect your feet when you are walking, you do not have to cover the whole ground with leather. You just need to wear a good pair of shoes to protect your legs from injuries. Likewise, you just need to carefully observe and be aware of your mind, then you will not do any wrong. You will be safe in your application and practice of the Dharma.”

