

*The Buddhist Library*

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*Our life is shaped by our mind; we become what we think. Suffering follows an evil thought as the wheels of a cart follow the oxen that draw it.*

*Our life is shaped by our mind; we become what we think. Joy follows a pure thought like a shadow that never leaves.*

*"He was angry with me, he attacked me, he defeated me, he robbed me" -- those who dwell on such thoughts will never be free from hatred.*

*"He was angry with me, he attacked me, he defeated me, he robbed me" -- those who do not dwell on such thoughts will surely become free from hatred.*

*For hatred can never put an end to hatred; love alone can. This is an unalterable law. People forget that their lives will end soon. For those who remember, quarrels come to an end.*

*The Dhammapada*

FOR MORE INFORMATION CONTACT: BUDDHIST LIBRARY, 440 KING STREET, P.O. BOX 20101, FREDERICKTON, NEW BRUNSWICK, E3B 6Y8