

## Encouraging Counsel

*Do good deeds, avoid causing harm and purify your mind.  
These are the teachings of the Buddha.*

*It is generosity that one can rely on  
for one's happiness, wealth, and humanity.  
Living in harmony, too, is a real refuge  
in that it makes one pleasing,  
delightful and  
free from destructive states of mind.*

*Let there be only  
a few things that you attend to,  
a few words that you say,  
and a few hours that you spend sleeping.*

*Love solitude,  
be willing to learn,  
and seek good friends.*

*These are the six factors contributing to good dhammas.*

*Continuous mindful awareness leads to insightful understanding  
of the causal relationship between mind and body,  
their impermanence,  
unreliability and  
insubstantiality.*

*Such wisdom leads to lasting peace.*

*This meditation center should be a quiet place  
where beings strengthen faith,  
practice generosity,  
live in harmony,  
calm and liberate the mind.*