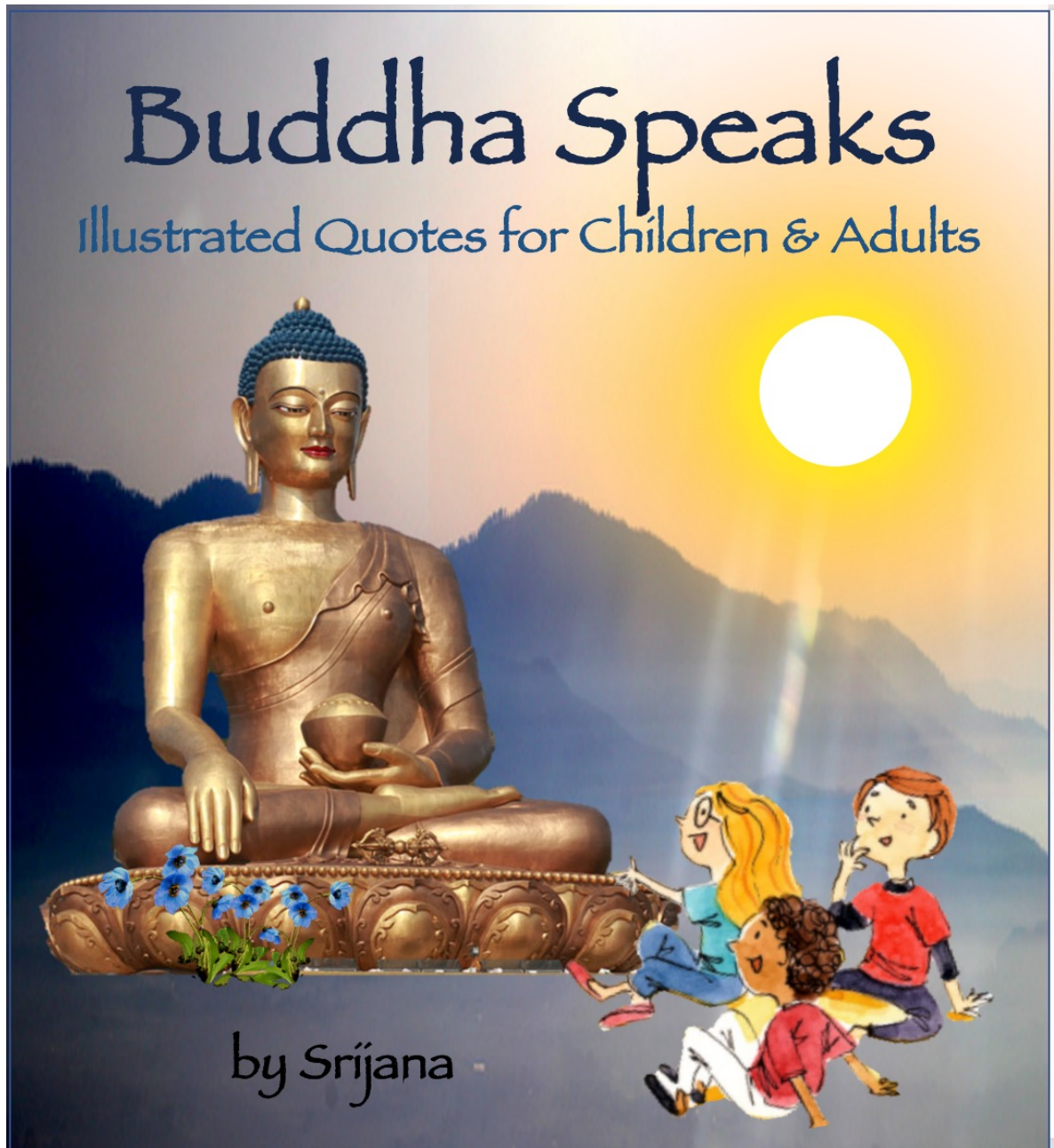


Manuscript

Buddha Speaks for Children and Adults

By Srijana



Buddha Speaks for Children and Adults

Book Concept

This book offers a rare opportunity for children and adults to have a meaningful conversation around everyday thought-provoking questions. Designed to empower and to build common-sense awareness, the quotes are designed to stimulate hearts and minds.

Each quote has a unique illustration, an idea nugget to invite a dialogue and a deep dive into practical life lessons about behavior, values, how to react, how not to react, how to find balance, and much more. Children Ages 5 – 1 years. Adults 12-100 years.

The quotes are illustrated so that the complexity of the Buddha's message is clear for the adult, who can unravel it for the child. Notes in the back of the book will help readers get started. The messages are practical, non-religious, compatible with any faith. Attractive images bring clarity to the Buddha's original meaning for easy understanding of advanced concepts in simple words.

These quotes are authentic words spoken by Shakyamuni Buddha, taken directly from the ancient Pali texts over two thousand years old. The translations are all new, never published before. I have carefully reframed them into plain English so that modern readers can fully comprehend. The quotes are completely unique, legally mine.

We will need an illustrator. These images are my provisional ideas. I envision a book with 36 quotes however this could change. I have many more potential quotes, to allow for some selective elimination.

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Buddha Speaks

For Children & Adults Contents

| | |
|-----------------------------------|-----------------|
| 1. Shadow of Your Thoughts | Dhammapada #2 |
| 2. Keep Good Friends | Dhammapada #376 |
| 3. The Mind Leads | Dhammapada #1 |
| 4. Don't Settle | Dhammapada #61 |
| 5. Point and Shoot | Dhammapada #33 |
| 6. Inner Treason | Dhammapada #42 |
| 7. A Leaky Mind | Dhammapada #13 |
| 8. All's Well that Ends Well | Dhammapada #120 |
| 9. Value Criticism | Dhammapada #76 |
| 10. Many Drops Make an Ocean | Dhammapada #122 |
| 11. Leave No Trace | Dhammapada #49 |
| 12. Like a Rock | Dhammapada #81 |
| 13. Invisible Work | Dhammapada #80 |
| 14. Instant Playback | Dhammapada #125 |
| 15. Ocean of Sludge | Dhammapada #121 |
| 16. Pay it Forward | Dhammapada #52 |
| 17. Tame Your Mind | Dhammapada #35 |
| 18. Polish Your Weaknesses | Dhammapada #239 |
| 19. Dare to Get Your Feet Wet | Dhammapada #85 |
| 20. What Goes Around Comes Around | Dhammapada #131 |
| 21. Words Can Wound | Dhammapada #133 |
| 22. The Law of Opposites | Dhammapada #223 |

Buddha Speaks

For Children & Adults Contents

| | |
|-------------------------------------|------------------------|
| 23. Shooting Themselves in the Foot | Dhammapada #66 |
| 24. Likes and Dislikes | Dhammapada #210 |
| 25. Setting Fate in Motion | Dhammapada #119 |
| 26. Peaceful Getaway | Dhammapada #99 |
| 27. No Place to Hide | Dhammapada #127 |
| 28. Be Flawless | Dhammapada #50 |
| 29. Misplaced Altruism | Dhammapada #166 |
| 30. Poker Face | Dhammapada #252 |
| 31. Grace Under Pressure | Dhammapada #399 |
| 32. Discernment | Dhammapada #207 |
| 33. Treasure Yourself | Dhammapada #157 |
| 34. Victory Leads to Despair | Dhammapada #201 |
| 35. Count to Ten | Dhammapada #233 |
| 36. Easy Life vs. Hard Life | Dhammapada #244 |
| 37. Be Awesome | Dhammapada #290 |
| 38. Strategic Partnership | Dhammapada #328 |
| 39. Fool's Double Whammy | Samyutta Nikaya 36.6 |
| 40. Stumbling Blocks | Samyutta Nikaya 46.38 |
| 41. Easily Fooled | Anguttara Nikaya 3.65 |
| 42. Avoid Extremes | Samyutta Nikaya 56.11 |
| 43. Flawless Words | Anguttara Nikaya 5.198 |



Shadow of Your Thoughts

Everything comes from your thoughts,
Led and controlled by the mind.
Speak or act with a calm mind
Happiness and well-being follow
Like a friendly shadow
Wherever you go.

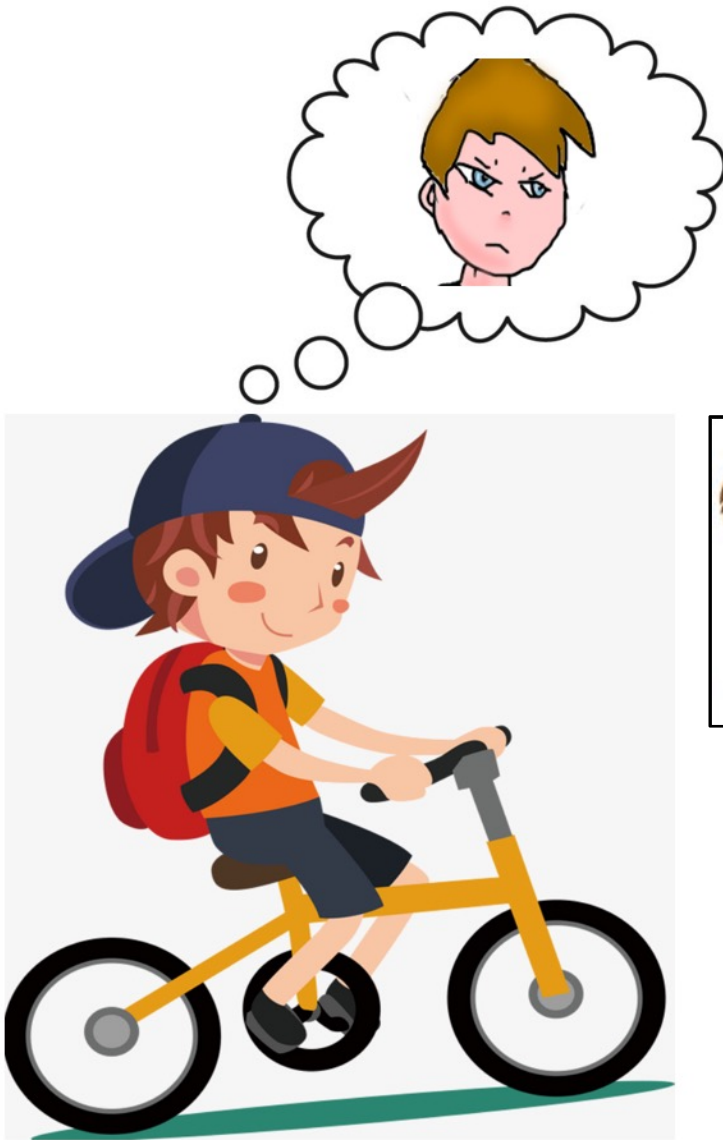
Pali Canon, Khuddaka Nikaya, Dhammapada #2



Keep Good Friends

Keep the company of good friends,
Supportive and friendly.
By living with integrity,
You can find happiness
To end suffering and stress.

Pali Canon, Khuddaka Nikaya, Dhammapada #376



The Mind Leads

Everything comes from your thoughts,
Led and controlled by the mind.
Speak or act with a confused mind,
Suffering and pain follow.
Like a foot on the pedal and hands on the grip
Take you for a ride.

Pali Canon, Khuddaka Nikaya, Dhammapada #1



Don't Settle

If you can't find a friend
Who is your equal or better,
Just go on your way alone,
Rather than team up with an idiot.

Pali Canon, Khuddaka Nikaya,
Dhammapadam #61



Point and Shoot

The mind is restless and unsteady,
Hard to control or defend.
A wise person guides the mind carefully,
Like a straight arrow flies to its mark.

Pali Canon, Khuddaka Nikaya,
Dhammapada #33



Inner Treason

Worse than an enemy,
More terrible than a thief,
A misguided mind
Will bring you the greatest harm.

Pali Canon, Khuddaka Nikaya,
Dhammapadam #42



A Leaky Mind

Just like rain leaks into
A poorly-roofed house,
Selfish desires seep
Into a poorly trained mind.

Pali Canon, Khuddaka Nikaya,
Dhammapada #13



All's Well that Ends Well

A good person may suffer difficulty
Early in the game.
But wise actions always ripen
Into fruitful benefits in the end.

Pali Canon, Khuddaka Nikaya,
Dhammapada #120



Value Criticism

If you happen to find a wise critic
Who points out your flaws,
Follow that person immediately,
As you would follow a great treasure.
It will be a benefit, not a mistake.

Pali Canon, Khuddaka Nikaya,
Dhammapada #76



Many Drops Make an Ocean

Don't underestimate the power of a good deed.
Thinking "It won't come back to me."
Just like a bucket of water
Fills one drop at a time,
Little by little, a good person accumulates merit.

Pali Canon, Khuddaka Nikaya,
Dhammapada #122



Leave No Trace

Just like a bee gathers nectar
And flies away without disturbing
The flower, its color or fragrance,
So we should travel
Through the world.

Pali Canon, Khuddaka Nikaya,
Dhammapada #49



Like a Rock

Solid rock stands
Unshaken by the wind,
A wise person is unmoved
By praise or blame.

Pali Canon, Khuddaka Nikaya,
Dhammapada #81

Invisible Work

Carpenters carve wood,
Sculptors shape clay,
Wise people discipline
And master themselves.

Pali Canon, Khuddaka Nikaya,
Dhammapadam # 80

Instant Playback

Offend an honest person,
Innocent and pure,
Your wrong comes right back to you
Like throwing dust against the wind.

Pali Canon, Khuddaka Nikaya,
Dhammapada # 125

Ocean of Sludge

Don't think a harmful act
Won't come back to haunt you.
Just like a bucket of water
fills one drop at a time,
Little by little,
A fool fills up with sludge.

Pali Canon, Khuddaka Nikaya,
Dhammapada # 121

Pay it Forward

Just like a beautiful flower
Radiates color and scent,
Well-spoken words
Matched with wise actions,
Bring great benefit.

Pali Canon, Khuddaka Nikaya,
Dhammapada # 52

Tame Your Mind

The mind is quick and elusive,
Hard to hold down,
Seizing on whatever it desires.
Yet taming the mind is essential
For happiness and well-being.

Pali Canon Khuddaka Nikaya,
Dhammapada # 35

Polish Your Weaknesses

One at a time
Moment by moment,
Like cleaning clear glass,
A wise person removes
Their own flaws.

Pali Canon, Khuddaka Nikaya,
Dhammapada # 239

Dare to Get Your Feet Wet

Few ever make it across
To the other shore.
Most just run endlessly
Back and forth along this side.

Pali Canon, Khuddaka Nikaya,
Dhammapada # 85

What Goes Around Comes Around

One who seeks happiness
By harming others,
Will ultimately win
No happiness in the long run.

Pali Canon, Khuddaka Nikaya,
Dhammapada # 131

Words Can Wound

Don't speak harshly to anyone.
They'll throw your words
Right back at you.
Angry talk is disturbing,
And invites retaliation.

Pali Canon, Khuddaka Nikaya,
Dhammapada # 133

The Law of Opposites

Beat anger by loving kindness,
Beat wrongdoing by goodness,
Beat selfishness by generosity,
Beat a liar by speaking the truth.

Pali Canon, Khuddaka Nikaya,
Dhammapada # 223

Shooting Themselves in the Foot

Idiots who go around
Doing harmful things.
Thinking only of themselves,
Are their own worst enemies.

Pali Canon, Khuddaka Nikaya,
Dhammapada # 66

Likes and Dislikes

Don't get entangled in feelings
of desire or avoidance.
You'll suffer equally
to want something you like
and to avoid something you hate.

Pali Canon, Khuddaka Nikaya,
Dhammapada # 210

Setting Fate in Motion

A thoughtless person doing harmful work
May see positive rewards for a time.
But when selfishness ripens into fruit,
Painful results are inescapable.

Pali Canon, Khuddaka Nikaya,
Dhammapada # 119

Peaceful Getaway

Wilderness is our favorite escape,
Where other people don't go.
Forests are a tranquil refuge
From sensory disturbance.

Pali Canon, Sutta Pitaka,
Khuddaka Nikaya, Dhammapada #99

No Place to Hide

Not in the sky, not in the ocean,
Not in a mountain cave,
Nowhere in the world
Can you escape
The consequences of your actions.

Pali Canon, Khuddaka Nikaya,
Dhammapada # 127

Be Flawless

Don't worry about other people's flaws.
Forget about their good or bad actions.
Instead think about
What you yourself have done,
And what you have not done.

Pali Canon, Khuddaka Nikaya,
Dhammapada # 50

Misplaced Altruism

Don't sacrifice your own moral well-being
For the sake of someone else's,
No matter how great it may seem.
Clearly knowing your own benefit,
Just be intent on the highest good.

Pali Canon, Khuddaka Nikaya,
Dhammapada # 166

Poker Face

Easy to see other people's faults,
Difficult to see your own.
We pinpoint the faults of others,
But hide our own flaws
Like a card cheat hides a bad hand.

Pali Canon, Khuddaka Nikaya,
Dhammapada # 252

Grace Under Pressure

Anyone who can endure
Without anger,
Abusive words, beating, and punishment
Who has patience as strong
As an army,
I call a true human being.

Pali Canon, Khuddaka Nikaya,
Dhammapada # 399

Discernment

Hang out with fools,
You'll be sorry for a long, long time,
Just like hanging out with an enemy.
Far better to hang out with wise people,
You'll be happy among your own family.

Pali Canon, Khuddaka Nikaya,
Dhammapada # 207

Treasure Yourself

If you know how precious you are,
You will take great care
To protect and guard yourself wisely
Every moment of the day and night.

Pali Canon, Khuddaka Nikaya,
Dhammapada # 157

Victory Leads to Despair

Winning creates anger and resentment.
The losers live with anguish.

To live a happy life,
And sleep peacefully
Give up both victory and defeat.

Pali Canon, Khuddaka Nikaya,
Dhammapada # 201

Count to Ten

Beware of allowing anger and irritation
To erupt in your mind.
Reject mental bitterness, and
Train your thoughts to be positive.

Pali Canon, Khuddaka Nikaya,
Dhammapada # 233

Easy Life vs. Hard Life

Life looks easy for one without conscience.
Who lies, and offends others,
Pushy and arrogant as a cunning crow.

Life is more difficult for one with conscience.
Sincere and careful, seeking the
Purest, best way for all.

Pali Canon, Khuddaka Nikaya,
Dhammapada # 244 – 245

Be Awesome

If by giving up small pleasures,
You could receive even greater happiness,
A wise person can forget the small pleasures
To experience the greatest joy.

Pali Canon, Khuddaka Nikaya,
Dhammapada # 290

Strategic Partnership

If you find a wise friend,
An intelligent companion,
Virtuous and faithful,
You should stay together,
Happy and mindful,
Overcoming all dangers.

Pali Canon, Khuddaka Nikaya,
Dhammapada # 328

Fool's Double Whammy

When shot by an arrow of pain,
A fool makes matters worse
By piling mental anguish on top of it,
As if he was shot by two arrows.
A wise person feels the sting
Of one arrow alone.

Pali Canon, Samyutta Nikaya 36.6
Sallatha Sutta

Stumbling Blocks

My friends, The five obstacles that
Damage the heart and deplete wisdom
Are: selfish greed, hatred, dullness,
distraction, and doubt.
These five hindrances corrupt the heart
And weaken wisdom.

Sutta Pitaka, Samyutta Nikaya 46.38,
SujatoSutta

Easily Fooled

Do not believe something just because
You've heard it over and over,
Even if it's a tradition, a rumor, a legend,
A sacred scripture, a logical analysis,
A probability, a thought,
Not based on someone's intelligence,
or your own opinion.

Only when you yourselves know
Something is blameless,
Praised by the wise, and when put into practice
Leads to well-being and happiness.
Then you should believe and follow it.

Pali Canon, Sutta Pitaka,
Anguttara Nikaya 3.65, Kālāma Sutta

Avoid Extremes

There are two extreme paths
To avoid, my friends.
One is indulging in the senses,
Which will distract you from your goal.
The other path to avoid is self-denial.

Austerity and self-affliction,
Are painful and ineffective.
The Middle Way gives you tranquility,
Vision, knowledge, and freedom.

Samyutta Nikaya 56.11,
Dhammacakkappavattana Sutta

Flawless Words

My friends, words infused with
These five qualities are
Impeccable and beyond reproach:

- If spoken at the right time.
- If spoken in truth.
- If spoken affectionately.
- If spoken beneficially.
- If spoken with a mind of good-will.

Pali Canon, Sutta Pitaka,
Anguttara Nikaya 5.198, Vaca Sutta