**MS-Kindred Souls**

**A group of people holding stars and a bowl of fire

Description automatically generated**

**By Srijana (Jane Barthelemy)**[**janebar108@live.com**](mailto:janebar108@live.com)

**Kindred sayings in 12 chapters:**

1. **They Came to Change the World**
2. **Golden Rule**
3. **Impermanence**
4. **Lifestyle: Food, Body, Clothes**
5. **Entitlement, Privilege, Money**
6. **Web of Consciousness, Karma**
7. **Generosity**
8. **True Power of Integrity and Virtue**
9. **Seven Deadly Sins**
10. **Discipline, Inner Strength, Tolerance**
11. **Secret Teachings of Enlightenment**
12. **Last Days, Don’t Wait for Tomorrow**

**A black and white symbol

Description automatically generated**

**Introduction**

**Yeshua planted powerful seeds of Christ Consciousness and spiritual awakening through his words and actions and words. He lived a very short life, less than 35 years.**

**Yeshua’s sayings, probably in Aramaic, were written down by his followers in various codices. These sayings of Yeshua come from the Bible New Testament and two lost gospels: The Gospel of Thomas and the Book of Thomas the Contender.**

**Some sayings were assembled into the New Testament during the four centuries after his crucifixion. The earliest version of the New Testament is believed to be the 4th-Century Codex Sinaíticus in Greek. The New Testament contains several hundred favorite sayings of Yeshua, including “Do Unto Others” and “Do Not Judge”.**

**Another collection of hidden texts with sayings of Yeshua were found at Nag Hammadi in Southern Egypt in 1945. Thirteen leather-bound papyrus codices buried in a sealed jar were found by a local farmer. They are Coptic translations of Greek Gnostic documents. The texts likely came from an Egyptian monastery and were hidden after Gnostic literature was categorically rejected by decree of Christian authorities in 367 CE.**

**Gautama Buddha lived in India about 500 years before Christ. Born to be a King, he refused that role in life, and instead devoted himself to teaching the Dharma Path of spiritual liberation to all people. Gautama Buddha was part of an ancient tradition of countless other “Buddhas”, meaning “Enlightened Being”, spanning thousands of years. He lived to the ripe old age of 80, and left a vast library of wisdom teachings effectively rebirthing a “religion” that’s not a religion, because it has no God.**

**Kindred sayings of the Buddha are from the voluminous Tibetan Kangyur, now being translated by a team of experts at 84000.co, and the huge Pali Canon transcribed onto palm leaves several centuries after the Buddha’s passing. Together, these vast volumes are far larger than the Christian Bible and are believed to outline the secrets to Enlightenment.**

**A black and white symbol

Description automatically generated**

1. **They Came to Change the World.**

**Both Masters used metaphors of fire and light to describe their mission and its lasting impact.**

***When Jesus spoke again to the people, he said, “I am the light of the world. Whoever follows me will never walk in darkness, but will have the light of life.” Yeshua*  
John 8:12**

***“I am the light of the world. I spread the light of knowledge wisdom; I conquer the darkness of ignorance. I hold the torch; I am the bright light.” Buddha*  
Tibetan Kangyur, ༄༅། །ཤེས་ཕྱིན་ཁྲི་པ། །  
Dasa­sahasrika­prajña­paramita 26.234**

***Jesus said, “I’ve cast fire on the world, and look, I’m watching over it until it blazes.” Yeshua*  
Gospel of Thomas 10,**

***Jesus said: “I will des[troy this] house, and none shall able to build it [again].”*  
Gospel of Thomas 71**

***Jesus saith, “Many of you think that I have come to establish peace upon the earth. I will not bring peace, but dissension, fire, sword, and war. Families will be divided because of me, friends shall cease from one another, nations shall join in battle. Yea, those who would follow me must be willing to forsake all and to stand alone if they would inherit the kingdom of my Father.” Yeshua*Gospel of Thomas, Saying 8,** [**The Lost Books of The Bible**](https://thelostbooks.org/)[**https://thelostbooks.org/the-sayings-of-jesus/**](https://thelostbooks.org/the-sayings-of-jesus/)

***Jesus said, “He who is near me is near the fire, and he who is far from me is far from the kingdom.”*Gospel of Thomas Saying 82, tr. Mark M. Mattison**

**Jesus said, “I stood in the middle of the world and appeared to them in the flesh. I found them all drunk; I didn’t find any of them thirsty. My soul ached for the children of humanity, because they were blind in their hearts and couldn’t see. They came into the world empty and plan on leaving the world empty. Meanwhile, they’re drunk. When they shake off their wine, then they’ll change.”Thomas Saying 28**

***Jesus said, “I’ll give you what no eye has ever seen, no ear has ever heard, no hand has ever touched, and no human mind has ever thought.” Yeshua*  
Gospel of Thomas 14**

**Jesus said: “I am the light that is over them all. I am the All; the All has come forth from me, and the All has attained unto me. Cleave a (piece of) wood: I am there. Raise up the stone, an ye shall find me there.” Yeshua  
Gospel of Thomas 77**

***“I came so they can have real and eternal life, more and better life than they ever dreamed of.” Yeshua*John 10:10,**[**The Message Bible**](https://www.biblestudytools.com/msg/john/10-10.html)

***“There is a light within a man of light, and it gives light to the whole world. If it does not give light, there is darkness.” Yeshua*  
Gospel of Thomas, Saying 24**

***“The truth is the light that enlightens all who come into the world.” Yeshua*  
Nag Hammadi, Gospel of Truth**

***“You are the light of the world. A city set on a hill cannot be hidden. Nor do people light a lamp and put it under a basket, but on a stand, and it gives light to all in the house.”*Matthew 5:14-16**

***John answered and said to them all, “As for me, I baptize you with water; but One is coming who is mightier than I, and I am not fit to untie the thong of His sandals; He will baptize you with the Holy Spirit and fire.”*Luke 3:16, New American Standard Bible**

**On Separating the wheat from the chaff:**

***“I baptize you with water to show that your hearts and lives have changed. But there is one coming after me who is greater than I am, whose sandals I am not good enough to carry. He will baptize you with the Holy Spirit and fire.***

***He will come ready to clean the grain, separating the good grain from the chaff. He will put the good part of the grain into his barn, but he will burn the chaff with a fire that cannot be put out.”*  
Matthew 3:12-13,**[**New Century Version**](https://www.biblestudytools.com/ncv/matthew/3-11.html)

**How did the Buddha “Turn the Wheel of Dharma”, to Change our Destiny Path Forever?**

**Ancient legends in India foretold that a great Raja or King would conquer the world, and he would be called the “The Wheel-Turning King” (Rajacakkavattin) and he would be unconquerable. His power to alter human destiny is symbolically expressed by the Wheel (Cakka) which once turned, can never be turned back. The Cakka was a wheel-like weapon used in wars in ancient India. The Dharma Wheel is a metaphor for the teachings or sacred path of Buddhism. The Buddha taught people how to re-train body, mind, and spirit to harmonize with the great *trichiliocosm*, meaning the vast multiverse of infinite realms, interconnectedness, and perfection in Buddhism.**

**After the Buddha “Turned the Wheel of Destiny”, all the wrong thinking and evil actions would vanish, and all beings would be able to achieve perfect ascension to Nirvana.**

**At that time the Blessed One spoke these verses:**

* ***“The wheel of Dharma has been turned,***
* ***Which is profound, hard to behold, and subtle.***
* ***It is not understood by the extremists,***
* ***Nor by the demons.*  
  *26.­219***
* ***“The Protector of the World***
* ***Has turned the wheel that is like***
* ***An illusion, a mirage,***
* ***A dream, an echo, or a moon reflected in water.*  
  *26.­222***
* ***“It leads beyond conditioned phenomena;***
* ***It is not nihilistic and neither is it permanent,***
* ***But cuts through all views‍—***
* ***So is the wheel of Dharma described.*  
  *26.­223***
* ***“It is free from existence and nonexistence,***
* ***Beyond self and no self,***
* ***A teaching that is naturally unborn‍—***
* ***That is what we call the wheel of Dharma.***

**English translation from Tibetan by the Dharmachakra Translation Committee under the supervision of Chökyi Nyima Rinpoche, under the patronage and supervision of 84000: Translating the Words of the Buddha,** [**https://84000.co/translation/toh95#UT22084-046-001-chapter-26**](https://84000.co/translation/toh95#UT22084-046-001-chapter-26)**, From Chapter 26, TURNING THE WHEEL OF DHARMA, The Play in Full (Lalitavistara), རྒྱ་ཆེར་རོལ་པ།, The Play in Full, འཕགས་པ་རྒྱ་ཆེར་རོལ་པ་ཞེས་བྱ་བ་ཐེག་པ་ཆེན་པོའི་མདོ།**

**A black and white symbol

Description automatically generated**

**The Fire Sermon**

**I have heard that on one occasion the Blessed One was staying in Gaya, at Gaya Head, with 1,000 monks. There he addressed the monks:**

***“Monks, the All is aflame. What All is aflame? The eye is aflame. Forms are aflame. Consciousness at the eye is aflame. Contact at the eye is aflame. And whatever there is that arises in dependence on contact at the eye — experienced as pleasure, pain or neither-pleasure-nor-pain — that too is aflame. Aflame with what? Aflame with the fire of passion, the fire of aversion, the fire of delusion. Aflame, I tell you, with birth, aging & death, with sorrows, lamentations, pains, distresses, & despairs.***

***“The ear is aflame. Sounds are aflame…***

***“The nose is aflame. Aromas are aflame…***

***“The tongue is aflame. Flavors are aflame…***

***“The body is aflame. Tactile sensations are aflame…***

***“The intellect is aflame. Ideas are aflame. Consciousness at the intellect is aflame. Contact at the intellect is aflame. And whatever there is that arises in dependence on contact at the intellect — experienced as pleasure, pain or neither-pleasure-nor-pain — that too is aflame. Aflame with what? Aflame with the fire of passion, the fire of aversion, the fire of delusion. Aflame, I say, with birth, aging & death, with sorrows, lamentations, pains, distresses, & despairs.***

***“Seeing thus, the well-instructed disciple of the noble ones grows disenchanted with the eye, disenchanted with forms, disenchanted with consciousness at the eye, disenchanted with contact at the eye. And whatever there is that arises in dependence on contact at the eye, experienced as pleasure, pain or neither-pleasure-nor-pain: With that, too, he grows disenchanted.***

***“He grows disenchanted with the ear…***

***“He grows disenchanted with the nose…***

***“He grows disenchanted with the tongue…***

***“He grows disenchanted with the body…***

***“He grows disenchanted with the intellect, disenchanted with ideas, disenchanted with consciousness at the intellect, disenchanted with contact at the intellect. And whatever there is that arises in dependence on contact at the intellect, experienced as pleasure, pain or neither-pleasure-nor-pain: He grows disenchanted with that too. Disenchanted, he becomes dispassionate. Through dispassion, he is fully released. With full release, there is the knowledge, ‘Fully released.’ He discerns that ‘Birth is ended, the holy life fulfilled, the task done. There is nothing further for this world.'”***

**SN 35.28, PTS:**[**S iv 19**](https://www.accesstoinsight.org/tipitaka/sltp/SN_IV_utf8.html#pts.019)**, CDB ii 1143, Adittapariyaya Sutta: The Fire Sermon  
Translated from the Pali by Thanissaro Bhikkhu, https://www.accesstoinsight.org/tipitaka/sn/sn35/sn35.028.than.html**

**Meaning:  
When you are no longer fascinated with the physical world, when you no longer cling to it, this is the end of death and rebirth. i.e. Enlightenment.**

**– \*\*Adittapariyaya Sutta (SN 35.28)\*\*: (**[**https://www.accesstoinsight.org/tipitaka/sn/sn35/sn35.028.than.html**](https://www.accesstoinsight.org/tipitaka/sn/sn35/sn35.028.than.html)**)**

**A black and white symbol

Description automatically generated**

### ****Golden Rule****

***“The protector who, with thoughts of love*  
*For all these beings, sustains them always*  
*Just as he would his only child-  
He will bring you well-being.” The Buddha*  
The Kangyur | Discourses | General Sütra Section  
The Mahāsütra “On Entering the City of Vaisālī”, 1.13**

***“Those who have cultivated kindness,*  
*Who are learned and honest,*  
*And flawless with respect to the points of training,*  
*Are never far from the transcendence of suffering.” The Buddha*  
The Application of Mindfulness of the Sacred Dharma, 2.209  
Saddharma smrtyupasthana**

**“This is my commandment: love each other just as I have loved you.  No one has greater love than to give up one’s life for one’s friends.” YeshuaJohn 15:12-13, Common English Bible**

**“Even as a mother protects with her life her child, her only child, So with a boundless heart should one cherish all living beings; Radiating kindness over the entire world: Spreading upwards to the skies, And downwards to the depths; Outwards and unbounded.” The BuddhaSutta Nipata 1.8 Metta Sutta, tr. Amaravati Sangha**

**“A new command I give you: Love one another. As I have loved you, so you must love one another. By this everyone will know that you are my disciples, if you love one another.” YeshuaJohn 13:34-35**

**“It’s easy to see other people’s faults, difficult to see our own.  
We love to pinpoint the faults of others, but hide our own flaws.  
Like a poker face hides a bad hand.” The Buddha  
Khuddaka Nikaya, Dhammapada # 252**

***“Do not judge, so that you may not be judged.”*  
Matthew 7:1**

***“Why do you look at the speck of sawdust in your brother’s eye and pay no attention to the plank in your own eye? 4How can you say to your brother, ‘Let me take the speck out of your eye,’ when all the time there is a plank in your own eye? 5You hypocrite, first take the plank out of your own eye, and then you will see clearly to remove the speck from your brother’s eye.” Yeshua*Matthew 7:3-5, New International Version**

**“Treat others as you want them to treat you.” YeshuaLuke 6:31, Living Bible”**

**So in everything, do to others what you would have them do to you, for this sums up the Law and the Prophets.” YeshuaMatthew 7:12**

**“We all fear violence, We all fear death.   
Treat others as you’d wish, Others treat you. Do not attack or entice harm.” The BuddhaPali Canon, Khuddaka Nikaya, Dhammapada # 129**

***“Love is a gateway to the light of the Dharma, for it surpasses all things created by merit based on material*things.” The Buddha  
Tibetan Kangyur, The Play in Full, 4.11, 84000.co**

***“But to you who are listening I say: Love your enemies, do good to those who hate you,  bless those who curse you, pray for those who mistreat you.  If someone slaps you on one cheek, turn to them the other also. If someone takes your coat, do not withhold your shirt from them.  Give to everyone who asks you, and if anyone takes what belongs to you, do not demand it back.” Yeshua*  
Luke 6:27-30**

***“If you ask what is ‘Great Loving Kindness’ it is an action in which the Tathagatas engage on behalf of all sentient beings, treating enemies and friends identically.*  
*That is called ‘Great Loving Kindness’.” The Buddha*Tibetan Kangyur, ༄༅། །ཤེས་ཕྱིན་ཁྲི་པ། །, Dasa­sahasrika Prajñaparamita 2.7, Tr 84,000.co (Tathagata is an enlightened person, a Buddha)**

***“You have heard that it was said, ‘Eye for eye, and tooth for tooth.’ But I tell you, do not resist an evil person. If anyone slaps you on the right cheek, turn to them the other cheek also.  And if anyone wants to sue you and take your shirt, hand over your coat as well.” Yeshua*Matthew 5:38-40**

***“Cultivate an all-embracing mind of love for all throughout the universe, in all its height, depth and breadth — Love that is untroubled and beyond hatred or enmity. As you stand, walk, sit or lie, so long as you are awake, pursue this awareness with your might: It is deemed the Divine State here.” The Buddha*Karaniya Metta Sutta, The Hymn of Universal Love, translated from the Pali by Acharya Buddharakkhita,**[**https://www.accesstoinsight.org/tipitaka/kn/khp/khp.9.budd.html**](https://www.accesstoinsight.org/tipitaka/kn/khp/khp.9.budd.html)

**“Tell us, who are the spiritual teachers? Those who never relinquish loving kindness toward all beings.” The Buddha  
The Kangyur | Discourses | General Sütra Section, The Questions of Brahmaviseşacintin, 1.101, 84000.co**

***“Hatred can never end through revenge*  
*Hatred ends only by loving kindness.*  
*This is the oldest Truth* *and Law of Nature.” The Buddha*Khuddaka Nikaya, Dhammapada #5**

**“Those who give up slander, which constantly separates friends, and delight in appreciation – those beings go to the higher realms.” The BuddhaTibetan Kangyur, The Shorter Data Sutra, 1.8, 84000.co**

**A black and white symbol

Description automatically generated**

**3. Impermanence**

**“One who understands this body is perishable like suds, who sees form as an illusion, can cut the flower-darts of desire, and be invisible to death.” The Buddha  
Pali Canon, Khuddaka Nikaya, Dhammapada # 46“**

***“As it was in the days of Noah, so it will be at the coming of the Son of Man. For in the days before the flood, people were eating and drinking, marrying and giving in marriage, up to the day Noah entered the ark; and they knew nothing about what would happen until the flood came and took them all away.” Yeshua*  
Matthew 24**

***“What good will it be for someone to gain the whole world, yet forfeit their soul? Or what can anyone give in exchange for their soul?” Yeshua*  
Matthew 16:26**

**“Wealth is like a rushing river. A home is like a ferry boat. One’s body resembles a flower. Life itself is like a water bubble.” The Buddha  
Tibetan Kangyur | Discourses | General Sütra Section, The Four Factors, 1.10, 84000.co**

***“Do not follow after the past or hope for the future! What is past has ceased to exist; The future has not yet arrived.” The Buddha***

**Tibetan Kangyur | Discourses | General Sütra Section, Auspicious Night, 1.10, 84000.co**

**“Heaven and earth will pass away, but my words will never pass away.” Yeshua  
Luke 21:33**

**“In the night the reflection of the moon appears on clear, undisturbed water, but it is empty of a moon and there is nothing to grasp. Know that all phenomena are like that.” The Buddha  
Tibetan Kangyur | Discourses | General Sütra Section, The King of Samadhis Sutra, 9.26, 84000.co**

**“All things are like foam, Essence less like water bubbles, Neither permanent nor having self. They are similar to magical illusions and mirages.” The Buddha  
The Kangyur | Discourses | General Sütra Section, Questions on Selflessness, 1.33, 84000.co**

***“Universal Mind is like a great ocean, its surface ruffled by waves and surges but its depths remaining forever unmoved. In itself it is devoid of personality and all that belongs to it, but by reason of the defilements upon its face it is like an actor a plays a variety of parts,” The Buddha*Lankavatara Sutra, Chapter 5 The Mind http://www.purifymind.com/LankavataraSutra.htm**

***Jesus said: “He who has known the world has found a corpse, and he who has found a corpse, the world is not worthy of him.” Yeshua*  
Gospel of Thomas 56**

***“True nature does not diminish, nor does it increase. The realm of reality also does not diminish, nor does it increase. The realm of sentient beings does not diminish, nor does it increase. It is not defined, nor is it purified. Why is this? Because these things do not exist and cannot be apprehended. They are nothing at all, as they amount to nothing more than mere conventions.” The Buddha*  
Tibetan Kangyur, The Dwelling Place of Mañjuśrī, 1.28, Manjuśri vihara**

***“Life is uncertain; death is certain.*  
*Death carries off a man busy picking flowers with a besotted mind, like a great flood does a sleeping village.*  
*There are those who do not realize that one day we all must die.*  
*But those who do realize this settle their quarrels.”*  
Khuddaka Nikaya, Dhammapada # 286**

***“Some people haven’t yet noticed we’re all here on the verge of dying.*  
*Those who get it end their squabbles.” The Buddha*  
Khuddaka Nikaya, Dhammapada # 6**

***Jesus said, “Often you’ve wanted to hear this message that I’m telling you, and you don’t have anyone else from whom to hear it. There will be days when you’ll look for me, but you won’t be able to find me.” Yeshua*  
Gospel of Thomas Saying 38**

***“Form, feeling, perception, intention, and consciousness*  
*Are not bound, are not freed, and are not real.*  
*Therefore, the uncowed ones set out for awakening.*  
*This is the finest armor of the best people.” The Buddha*  
The Perfection of Wisdom in Eighteen Thousand Lines, 84.21, Astadasasahasrika prajnaparamita**

***“Phenomena expressed by means of various names are not actually present in those very phenomena. Whatever is not present is empty. That which is empty does not exist. What does not exist cannot be expressed. The inexpressible is awakening.” The Buddha*  
84000.co, Infinite Jewels,1.32, Ranakoti**

***The disciples said to Jesus, “Tell us about our end. How will it come?”***

***Jesus said, “Have you discovered the beginning so that you can look for the end? Because the end will be where the beginning is. Blessed is the one who will stand up in the beginning. They’ll know the end, and won’t taste death.”*Gospel of Thomas 18**

***“Everything that comes from the mortal will perish, because it came from the perishable. But that which comes from the Eternal never perishes, but becomes indestructible. Many people have become lost because they didn’t know this divergence, and they perished.” Yeshua*  
Book of Thomas the Contender, #22**[**https://www.gospelsofjesus.com/2016/03/the-wisdom-of-jesus-anointed-of-god.html**](https://www.gospelsofjesus.com/2016/03/the-wisdom-of-jesus-anointed-of-god.html)

***“Since all entities are impermanent,*  
*One should cultivate the clear understanding of non-attachment.*  
*Since the mind is the cause for the arising of wisdom,*  
*Do not look for the Buddha elsewhere.” The Buddha*The Kangyur | Discourses | General Sütra Section, The Strap on Wisdom at the Hour of Death, 1.13&1.14**

***Thomas replied, “Master, is it good for us to have peace amongst each other?”*  
*The Savior replied, “Yes, it is useful. And it is good for you because material things among humans will dissolve. Because the vessel of the flesh will decompose, when it is broken down it will turn into the other material forms we see around us.”*  
Book of Thomas the Contender, #25-26**

***“Do not follow after the past*  
*Or hope for the future!*  
*What is past has ceased to exist;  
The future has not yet arrived.” The Buddha*  
The Kangyur | Discourses | General Sütra Section, Auspicious Night, 1.10**

**A black and white symbol

Description automatically generated**

**4. Lifestyle, Food, Body, Clothes**

***“So my counsel is: Don’t worry about things—food, drink, and clothes. For you already have life and a body—and they are far more important than what to eat and wear. Look at the birds! They don’t worry about what to eat—they don’t need to sow or reap or store up food—for your heavenly Father feeds them.” Yeshua*Matthew 6:25-26**

***“A wise one doesn’t accumulate things, Having a higher destination of freedom, Taking food carefully, Traveling a road others can’t see. Like a bird’s tracks vanish into thin air.” The Buddha*Pali Canon, Khuddaka Nikaya, Dhammapada # 92**

***“Nothing outside a person can defile them by going into them. Rather, it is what comes out of a person that defiles them.” Yeshua*  
Mark 7:15**

***“O foolish one! What is the use of wearing matted hair? What is the use of your wearing a garment made of antelope skin? In you, there is a forest (of moral defilements); you clean yourself only externally.” The Buddha*Khuddaka Nikaya, Dhammapada 394**

***“Going nude with dreadlocks, fasting, sleeping on bare ground,*  
*Smearing your face with mud or twisting the body like a pretzel,* *Can never purify you if you haven’t faced your own fears.” The Buddha*  
Khuddaka Nikaya, Dhammapada # 141**

***“It’s better to eat a red-hot lump of burning metal than to live a life unrestrained* *in thought, word, and action, eating a monk’s sacred food donated by generous people.” The Buddha*Khuddaka Nikaya, Dhammapada # 308**

***“Now then, you Pharisees clean the outside of the cup and dish, but inside you are full of greed and wickedness.  You foolish people! Did not the one who made the outside make the inside also? But now as for what is inside you—be generous to the poor, and everything will be clean for you.” Yeshua*  
Luke 11:37-41 New International Version**

***“Many who wear a monk’s saffron robes*  
*Yet hold evil thoughts and disgusting disposition,*  
*Unrestrained in thought word and deed,*  
*Are reborn in Hell*  
*Because of their selfish actions.” The Buddha*  
Khuddaka Nikaya, Dhammapada # 307**

***…”When bodhisattva great beings practice the perfection of wisdom, they are fully aware that when they inhale breath mindfully, they are inhaling breath mindfully. They are fully aware that when they exhale breath mindfully, they are exhaling breath mindfully. They are fully aware that when they inhale a long breath, they are inhaling a long breath, and that when they are exhaling a long breath, they are exhaling a long breath.” The Buddha*Tibetan Kangyur, The Perfection of Wisdom in Twenty-Five Thousand Lines,**[**https://84000.co/translation/toh9#UT22084-026-001-1609**](https://84000.co/translation/toh9#UT22084-026-001-1609)

***…“When bodhisattva great beings practice the perfection of wisdom, they discern that this same body is full of manifold impurities, from the soles of the feet upward, from the hairs [of the head] and the brain downward, and from the hairs of the body, the nails, and the skin inward.” The Buddha*Tibetan Kangyur, The Perfection of Wisdom in Twenty-Five Thousand Lines, https://84000.co/translation/toh9#UT22084-026-001-1609**

***“Accept hunger and thirst at times, And embrace pain and pleasure at other times. Avoid being exploited like a servant for the sake of wealth, And do not let yourself be controlled by anger.” The Buddha*  
Tibetan Kangyur, Verses of Naga King Drum, 1.66, 84000.co**

***“I abstain from the night-time meal. As I am abstaining from the night-time meal, I sense next-to-no illness, next-to-no affliction, lightness, strength, & a comfortable abiding. Come now. You too abstain from the night-time meal. As you are abstaining from the night-time meal, you, too, will sense next-to-no illness, next-to-no affliction, lightness, strength, & a comfortable abiding.” The Buddha*Kitagiri Sutta: At Kitagiri, MN 070,** [**https://www.accesstoinsight.org/tipitaka/mn/mn.070.than.html**](https://www.accesstoinsight.org/tipitaka/mn/mn.070.than.html)

***“And how, friend, is one moderate in eating? In this a monk takes his food properly considering, not for sport, for intoxication, for adornment or beautification, but purely for the maintenance and nourishment of this body, for keeping it unharmed, as an aid to the practice of the holy life, thinking: ‘I shall put an end to the old feeling, and not produce any new feeling. Thus I shall keep going, incur no fault, and live at ease. That, friend, is how one is moderate in eating.” The Buddha*Sutta Nipatta 135.120, Sariputto Sutta: Sariputta,** [**https://www.accesstoinsight.org/ati/tipitaka/sn/sn35/sn35.120.wlsh.html**](https://www.accesstoinsight.org/ati/tipitaka/sn/sn35/sn35.120.wlsh.html)

***“When you fast, do not look somber as the hypocrites do, for they disfigure their faces to show others they are fasting. Truly I tell you, they have received their reward in full. But when you fast, anoint your head with oil and wash your face, so that it will not be obvious to others that you are fasting, but only to your Father, who is unseen; and your Father, who sees what is done in secret, will reward you.” Yeshua  
Matthew 6:16***

**On Eating Meat:**

***The Blessed One said, “I said that meat that is unallowable for three reasons should not be eaten. What are the three? I said that meat that was actually seen by oneself to have been procured for oneself is unallowable meat and should not be eaten; meat about which one has heard from someone reliable, ‘This has been procured for you,’ is unallowable meat and should not be eaten; and meat, about which a conjecture such as ‘This may have been procured for me by some means’ comes to one’s mind, is unallowable meat and should not be eaten.***

***“Monks, I said meat that is allowable for three reasons can be eaten. What are the three? I said that meat that was not actually seen by oneself to have been procured for oneself is allowable meat and can be eaten; meat, about which one hears from someone reliable, ‘This was not procured for you,’ is allowable meat and can be eaten; and meat, about which a conjecture such as ‘This was procured for me by some means’ does not come to one’s mind, is allowable meat and can be eaten.” The Buddha*Tibetan Kangyur, Chapter on Medicines 10.25,**[**https://84000.co/translation/toh1-6#UT22084-001-006-6901**](https://84000.co/translation/toh1-6#UT22084-001-006-6901)

***(To enter samadhi) “They must sever thoughts of lust, not partake of wine or meat, and eat cooked rather than raw foods. Ananda, if cultivators do not sever lust and killing, it will be impossible for them to transcend the triple realm.” The Buddha*The Sutra of the Foremost Shurangama at the Great Buddha’s Summit  
https://sanmore.org/book2pdf/images/pagely8.pdf**

***Jesus said: “If the flesh has come into being because of the spirit, it is a marvel; but if the spirit (has come into being) because of the body, it is a marvel of marvels. But as for me, I marvel at this, how this great wealth has settled in this poverty.” Yeshua*  
Gospel of Thomas 29**

***“Mindfulness of the body is a gateway to the light of the Dharma, for it leads to physical isolation. Mindfulness of sensations is a gateway to the light of the Dharma, for it leads to the cessation of all sensations. Mindfulness of the mind is a gateway to the light of the Dharma, for it leads to a precise understanding of the mind’s illusory nature. Mindfulness of phenomena is a gateway to the light of the Dharma, for it leads to unimpaired wisdom.” The Buddha*  
84000.co, The Play in Full 4.21**

***Jesus said: “Wretched is the body which depends upon a body, and wretched is the soul which depends on these two.”*  
Gospel of Thomas 87**

***Jesus said: “Why do you wash the outside of the cup? Do you not understand that he who made the inside is also he who made the outside?”*  
Gospel of Thomas 89**

***His disciples asked him: “Is circumcision useful or not?” He replied: “If it were useful then they would be born already circumcised. On the other hand, true circumcision in the spirit is entirely beneficial.”*  
Gospel of Thomas 52**

***“If they welcome you when you enter any land and go around in the countryside, heal those who are sick among them and eat whatever they give you, because it’s not what goes into your mouth that will defile you. What comes out of your mouth is what will defile you.” Yeshua*  
Gospel of Thomas 14**

***“Do not worry from morning to evening and from evening to morning about what you will wear.” Yeshua*  
Gospel of Thomas 37**

**A black circle with four crosses

Description automatically generated**

**5. Entitlement, Privilege, Money**

**“It’s easier for a camel to squeeze through the eye of a needle than for a rich person to enter God’s kingdom.” Yeshua**[**Ma**](https://www.biblestudytools.com/ceb/mark/10-25.html)[**tthew 19:24**](https://biblehub.com/matthew/19-24.htm)

**“The path to worldly success is one thing, the path to freedom is another. A follower of the Dharma Path should forget fame and riches, and cultivate solitude instead.” The Buddha  
Pali Canon, Khuddaka Nikaya, Dhammapada # 75**

***“Don’t store up treasures here on earth where they can erode away or may be stolen. Store them in heaven where they will never lose their value and are safe from thieves.” Yeshua*  
Matthew 6:19-20, Living Bible**

**It is the law of humanity that, though one acquires hundreds and thousands of worldly goods, one still falls into the power of the lord of death. The end of all that has been hoarded up is to be spent ; the end of what has been lifted up is to be cast down ; the end of meeting is separation ; the end of life is death. The Buddha  
https://archive.org/stream/in.ernet.dli.2015.283948/2015.283948.Udanavarga-From\_djvu.txt, Udanavarga 21-22**

***“What is giving away material wealth? It is giving away whatever has been accumulated and benefiting others through material things.***

***“What is not hoarding? It is renouncing material wealth and seeing it as harmful to the maintenance of correct conduct. The Buddha***[***40.­83,***](https://84000.co/translation/toh127)**ཏིང་ངེ་འཛིན་གྱི་རྒྱལ་པོའི་མདོ།, The King of Samādhis Sūtra, Samādhi­rāja­sutra,**[**https://84000.co/translation/toh127#UT22084-055-001-4548**](https://84000.co/translation/toh127#UT22084-055-001-4548)

***“Now then, you Pharisees clean the outside of the cup and dish, but inside you are full of greed and wickedness.  You foolish people! Did not the one who made the outside make the inside also? But now as for what is inside you—be generous to the poor, and everything will be clean for you.” Yeshua*Luke 11:37-41 New International Version**

***“Not by birth is one an outcast; not by birth is one a brahman. By deed one becomes an outcast, by deed one becomes a brahman.” The Buddha*  
Vasala Sutta: Discourse on Outcasts, #27,**[**https://www.accesstoinsight.org/tipitaka/kn/snp/snp.1.07.piya.html**](https://www.accesstoinsight.org/tipitaka/kn/snp/snp.1.07.piya.html)

***“There is nothing concealed that will not be disclosed, or hidden that will not be made known. What you have said in the dark will be heard in the daylight, and what you have whispered in the ear in the inner rooms will be proclaimed from the roofs.” Yeshua*  
Luke 12**

**Then Sundarika the brahmin went up to the Buddha, and said to him: “Sir, in what caste were you born?”**

**“Don’t ask about birth, ask about conduct.  
For any wood can surely generate fire.  
A steadfast sage, even though from a low class family,  
is a thoroughbred checked by conscience.” The Buddha**[**Sundarika Sutta (SN 7.9)**](https://suttacentral.net/sn7.9/en/sujato)**:**

**“Again, the kingdom of heaven is like a merchant looking for fine pearls.When he found one of great value, he went away and sold everything he had and bought it.” Yeshua  
Matthew 13.45**

***King Pasenadi Kosala asks: “With regard to these four castes: …would there be any distinction or difference among them in that respect?”***

***“In the same way, great king, in the power that is kindled by persistence and generated by exertion, I say that there is no difference with regard to the release of one and the release of another.” The Buddha*(Release means passage to Nirvana)Kannakatthala Sutta,** [**https://www.accesstoinsight.org/tipitaka/mn/mn.090.than.html**](https://www.accesstoinsight.org/tipitaka/mn/mn.090.than.html)

***“Just as sand does not become food simply because a child says so when young children playing on a main road build sand pies and give them names, saying “This one is milk, this one is meat, and this one is curd,” so it is with the four classes [varṇās], as you, the Brahmin, describe them.” The Buddha*śārdūlakarṇāvadānam, https://suttacentral.net/divy33/san/vaidya**[**https://en.wikipedia.org/wiki/Buddhism\_and\_caste**](https://en.wikipedia.org/wiki/Buddhism_and_caste)

***And he answered them, “Whoever has two tunics is to share with him who has none, and whoever has food is to do likewise.” The Buddha*Luke 3:11, English Standard Version**

***Jesus said: “Blessed are ye poor, for yours is the kingdom of heaven.” Yeshua*  
Gospel of Thomas 54**

***Jesus said, “The Father’s kingdom can be compared to a merchant with merchandise who found a pearl. The merchant was wise; they sold their merchandise and bought that single pearl for themselves.***

***“You, too, look for the treasure that doesn’t perish but endures, where no moths come to eat and no worms destroy.” Yeshua*  
Gospel of Thomas 76: The Parable of the Pearl**

***“I rejoice in those who live in solitude, Neither praising themselves nor criticizing others.” The Buddha*  
The King of Samadhis Sutra, 26.14, 84000.co**

***“If you have money, do not lend at interest, but give [it] to him from whom you will not receive it back.” Yeshua*  
Gospel of Thomas 95**

***“If one trains in being impartial To all beings without exception, And if the mind is cultivated in that impartiality, One will become an all-surpassing victorious one.” The Buddha*  
The Kangyur | Discourses | Heap of Jewels, Simha’s Questions, 1.37**

***“The kingdom is like a person who has a hidden treasure in his field, (of which) he knows nothing. And [after] he had died, he left it to his [son]. (But) the son did not know (about it either). He took over that field (and) sold [it]. And the one who had bought it came, and while he was ploughing [he found] the treasure. He began to lend money at interest to whom he wished.” Yeshua*  
Gospel of Thomas 110**

***“Whoever has become rich should be king. And the one who has power should renounce (it).” Yeshua*  
Gospel of Thomas 82**

***Jesus said: It is not possible for a man to ride two horses or draw two bows, and it is not possible for a servant to serve two masters; or he will honor one and insult the other. A man does not drink old wine and immediately desire to drink new wine; and they do not pour new wine into old skins, lest they burst, nor do they pour old wine into new skins, lest it spoil. They do not sew an old patch on a new garment, for a rip will occur.” Yeshua*  
Gospel of Thomas 48**

***“The wealth of people, when clutched in tightened fists, is like a drop of quicksilver. Yet, when given to the poor and helpless to fulfill their needs, its glory flourishes.” The Buddha*The Third Well-Spoken Branch: An Exact Account of How All the Victorious One’s Teachings Extant Today in the Land of Snow Mountains Were Put into Print 1.3.12, 84000.co**

***Jesus said: “There was a rich man who had many possessions. He said: I will use my possessions that I may sow and reap and plant, and fill my barns with fruit, that I may have need of nothing. These were his thoughts in his heart. And in that night he died. He that hath ears, let him hear.” Yeshua*  
Gospel of Thomas 63**

**A black and white symbol

Description automatically generated**

**6. Web of Consciousness, Karma**

**The “WEB” of infinite interconnected consciousness pulses through time, space, and the multiverse. In Buddhism this is called “Dependent Co-Arising”, meaning things don’t just happen independently. They’re all dependent. Intimately connected within the larger reality. Events don’t come into existence by themselves. Everything that happens in the world is a result of complex interrelationships to other conditions and causes. There are no coincidences. Our multiverse is alive and in constant motion. Both Jesus and the Buddha understood this concept.**

***“No good tree bears bad fruit, nor does a bad tree bear good fruit. Each tree is recognized by its own fruit. People do not pick figs from thornbushes, or grapes from briers. A good man brings good things out of the good stored up in his heart, and an evil man brings evil things out of the evil stored up in his heart. For the mouth speaks what the heart is full of.” Yeshua*  
Luke 6:43-45**

***“If one is keen to learn, learning will flourish.*  
*With learning, wisdom flourishes.*  
*With wisdom, the meaning of things becomes clearer,*  
*And when one grasps the meaning of things, one reaches happiness.” The Buddha*  
Tibetan Kangyur, The Collected Teachings on the Bodhisatva, 11.23, 84000**

***“By your words you will be justified, and by your words you will be condemned.” Yeshua*  
Matthew 12**

***“A good person may suffer misfortune***

***Early in the game.***

***But wise actions always ripen***

***Into fruitful benefits in the end.” The Buddha***

***Khuddaka Nikaya, Dhammapada # 120***

***“Do not be deceived: God cannot be mocked. A man reaps what he sows.Whoever sows to please their flesh, from the flesh will reap destruction; whoever sows to please the Spirit, from the Spirit will reap eternal life.” Yeshua*  
Galatians 7-8, Apostle Paul, Chapter 6 verse 7,**

***“Here, student, some woman or man is a killer of living beings, murderous, bloody-handed, given to blows and violence, merciless to living beings. Due to having performed and completed such karmas, on the dissolution of the body, after death, he reappears in a state of deprivation, in an unhappy destination, in perdition, in hell.” The Buddha*  
 Majjhima Nikäya 135:5**

***“But I tell you, don’t be angry with anyone. If you are angry with others, you will be judged. And if you insult someone, you will be judged by the high court. And if you call someone a worthless idiot, you will be in danger of the fire of hell.” Yeshua*  
Matthew 5:22**

***“Just like a beautiful flower*  
*Radiates color and scent,*  
*Well-spoken words*  
*Matched with wise actions,*  
*Bring great benefit.” The Buddha*  
Khuddaka Nikaya, Dhammapada # 52**

***The Blessed One responded,*  
*“Monks, these two (men) themselves performed the actions‍—which have accrued a heap of karma, whose results have matured, which follow their course like an irrigation channel, which inevitably come to be‍—so who else will experience the actions they themselves have performed and accrued? Monks, actions which have been performed and accrued do not ripen upon the external elements. They do not ripen upon the element of water, upon the element of fire, nor upon the element of wind. Likewise, virtuous and nonvirtuous actions which have been performed and accrued come to fruition upon the aggregates, elements, and seats of the senses of the one who performed them, for:***

***“Actions never waste away,*  
*Not even after one hundred eons.*  
*When the time and the conditions are right, they alight upon embodied (living) beings.” The Buddha,*  
Tibetan Degé Kangyur 1, VinayavastuPravrajyāvastu 4.67**

***“Where there is attachment, suffering thrives.” The Buddha*  
Advice to a King (1), 1.5, 84000.co**

***Jesus said: “They do not gather grapes from thorns, no pluck figs from camel thistles; these do not yield fruit. A good man brings forth a good thing from his good treasure; a bad man bring forth evil things from his evil treasure in his heart, and he says evil things; for out of the abundance of his heart he brings forth evil things.” Yeshua*  
Gospel of Thomas 45**

***His disciples said to him: On what day will the reawakening of the dead (sleeping) come into being? And on what day will the new world come? He said to them: “That which ye await has come, but ye know it not.” Yeshua*  
Gospel of Thomas 51**

***“Woe to those without God, without hope, relying on things that won’t happen.” Yeshua*  
Book of Thomas the Contender 48**

***“Let go of the past,***

***Let go of the future,***

***Let go of the present moment,***

***You’ll go with a free heart***

***Beyond birth and death.” The Buddha***

***Khuddaka Nikaya, Dhammapada # 348***

***“Woe to those who trust in the flesh and the prison that will perish. How long will they be blind? How long will they assume the eternal will also perish? They have set their trust upon the material world, and their god is this material existence. They are destroying your souls.” Yeshua”*  
Book of Thomas the Contender 49-50**

***“A mindful person who spends***

***One moment with a wise one,***

***Will recognize the Truth,***

***Just like a discerning palate***

***Savors the true flavor in a soup.” The Buddha***

***Khuddaka Nikaya, Dhammapada # 65***

**A black circle with four crosses

Description automatically generated**

**7. Generosity**

***“It is the motivation that is great, and not the gift. Giving a great gift, Säriputra, without the proper motivation, is simply crude. However many gifts one might give, one’s mind will not be purified.” The Buddha*The Collected Teachings on the Bodhisattva, 6.17, 84000.co**

***“But now as for what is inside you—be generous to the poor, and everything will be clean for you.” Yeshua***[**Luke 11:41**](https://www.biblegateway.com/passage/?search=Luke%2011%3A41&version=NIV)

***“Remember this: Whoever sows sparingly will also reap sparingly, and whoever sows generously will also reap generously.” Yeshua***[**2 Corinthians 9:6**](https://www.biblegateway.com/passage/?search=2%20Corinthians%209%3A6&version=NIV)

***“Eliminating rigidity and aggression purifies generosity.*  
*Making the mind more loving purifies discipline.*  
*Strengthening one’s capacity for acceptance purifies patience.*  
*When you desire buddha wisdom, diligence is developed.” The Buddha*  
Tibetan Kangyur, Excerpt from The Questions of Sāgaramati, 2.46, Sagara mati pariprccha, 84000.co**

***“Be careful not to practice your righteousness in front of others to be seen by them. If you do, you will have no reward from your Father in heaven.***

***“So when you give to the needy, do not announce it with trumpets, as the hypocrites do in the synagogues and on the streets, to be honored by others. Truly I tell you, they have received their reward in full. But when you give to the needy, do not let your left hand know what your right hand is doing, so that your giving may be in secret. Then your Father, who sees what is done in secret, will reward you.” Yeshua***

***“Give, and it will be given to you. A good measure, pressed down, shaken together and running over, will be poured into your lap. For with the measure you use, it will be measured to you.” Yeshua*Luke 6:38**

***“When bodhisattvas, as they practice generosity, give by relinquishing the gift, the giver, the recipient, the context of giving, and the purpose of the gift, [they] rely on nothing and do not remain fixed on anything. They have no attachment, do not hope for anything, do not focus on anything, and do not truly observe anything.” The Buddha*  
The Teaching on the Indivisible Nature of the Realm of Phenomena, 1.50, Dharmadhātuprakrtyasambhedanirdeśa, 84000.co**

***“Just like a beautiful flower***

***Radiates color and scent,***

***Well-spoken words***

***Matched with wise actions,***

***Bring great benefit.” The Buddha***

***Khuddaka Nikaya, Dhammapada # 52***

**A black circle with four crosses

Description automatically generated**

**8. True Power of Integrity and Virtue**

**“And you will know the truth, and the truth will set you free.”   
John 8:32**

***“Never underestimate the power of a good deed.***

***Thinking it won’t come back to you.***

***Just like a bucket of water***

***Fills one drop at a time, little by little,***

***A good person accumulates virtue.” The Buddha***

***Khuddaka Nikaya, Dhammapada # 122***

***“He that is slow to anger is better than the mighty, and he that ruleth his spirit than he that taketh a city.” Yeshua***[**Proverbs 16:32**](https://www.biblegateway.com/passage/?search=Proverbs%2016%3A32&version=KJ21)

***“Better than ruling the Earth,***

***Better than going to Heaven,***

***Better than ruling the Universe,***

***Is to attain supreme inner knowledge.” The Buddha***

***Khuddaka Nikaya, Dhammapada # 178***

**“The sweet smell of flowers  
Can’t go against the wind,  
Nor sandalwood, jasmine, or rose.  
But the fragrance of true integrity  
Infuses the whole world.” The Buddha  
Khuddaka Nikaya, Dhammapada # 54**

***“With God, all things are possible.”*  
Matthew 19:26**

***“One might defeat an army of thousands,*  
*But the one who wins self-mastery*  
*is by far the greatest hero.” The Buddha*  
Khuddaka Nikaya, Dhammapada # 103**

***“Having abandoned the destruction of life, the recluse Gotama abstains from the destruction of life. He has laid aside the rod and the sword, and dwells conscientious, full of kindness, compassionate for the welfare of all living beings.” The Buddha*  
Digha Nikaya 1:1.8, Bhikkhu Bodhi**[**https://www.accesstoinsight.org/tipitaka/dn/dn.01.0.bodh.html**](https://www.accesstoinsight.org/tipitaka/dn/dn.01.0.bodh.html)

***“Put your sword back in its place,” Jesus said to him. “All who use the sword will die by the sword.” Yeshua*Matthew 26:52**

**Those who desire little will know happiness, And those who are content are the mighty and holy. Those with discipline are forever adorned, And those of weak discipline are the scorned.” The Buddha   
The Debate Sutra, 1.16, 84000.co**

***“Better than a thousand words***

***Empty and disconnected,***

***Say just one***

***That brings peace and calm.” The Buddha***

***Khuddaka Nikaya, Dhammapada # 100***

***“Just like a bee gathers nectar***

***And flies away without disturbing***

***A flower, its color or fragrance,***

***So we should travel through the world.” The Buddha***

***Khuddaka Nikaya, Dhammapada # 49***

**“Therefore, whoever ignores one of the least of these commands and teaches others to do the same will be called the lowest in the kingdom of heaven.  
But whoever keeps these commands and teaches people to keep them will be called great in the kingdom of heaven.” Yeshua  
Matthew 5:19**

**“Whoever gives this sutra to others  
Or recites just a single word,  
For millions of eons he shall never stray  
Either from its words or its meaning,  
And thus attain limitless eloquence and virtue.”**

**Whoever hears this teaching and puts it into practice  
Shall not only be an unsurpassable guide of humans,  
But a being without equal,  
Inexhaustible like the ocean.”**

**Tibetan Kangyur, ༄༅། །ཤེས་ཕྱིན་ཁྲི་པ། །  
Daśa­sāhasrikā­prajñā­paramita 27.23 – 27.24**

***“Why do you call me, ‘Lord, Lord,’ and do not do what I say? As for everyone who comes to me and hears my words and puts them into practice, I will show you what they are like. They are like a man building a house, who dug down deep and laid the foundation on rock. When a flood came, the torrent struck that house but could not shake it, because it was well built. But the one who hears my words and does not put them into practice is like a man who built a house on the ground without a foundation. The moment the torrent struck that house, it collapsed and its destruction was complete.” Yeshua*Luke 6**

**“This teaching is found in all the sutras of all the Buddhas and is presented to meet the varied dispositions of being, but it is not the Truth itself. These teachings are only a finger pointing towards Noble Wisdom. They are like a mirage with its springs of water which the deer take to be real and chase after. So with the teachings in all the sutras: They are intended for the consideration and guidance of the discriminating minds of all people, but they are not the Truth itself, which can only be self-realized within one’s deepest consciousness.” The BuddhaLankavatara Sutra, Chapter 2,** [**http://www.purifymind.com/LankavataraSutra.htm**](http://www.purifymind.com/LankavataraSutra.htm)

***“Just like rain leaks into***

***A poorly roofed house,***

***Selfish desires seep***

***Into a poorly trained mind.” The Buddha  
Khuddaka Nikaya, Dhammapada # 13***

***“The mind is fickle and unsteady,***

***Hard to control or defend.***

***A wise person aims the mind carefully,***

***Like a straight arrow flies to its mark.” The Buddha***

***Khuddaka Nikaya, Dhammapada # 33***

***“Blessed is the wise person who searched for Truth, and when he found it, he rested upon it forever, and did not fear those who sought to dislodge him.” Yeshua*  
The Book of Thomas the Contender # 24**

***“Tell us, who is happy in the world? Those who have no grasping. The Buddha*  
The Questions of Brahmaviseşacintin, 1.110, 84000.co**

***He said, “The human being is like a wise fisher who cast a net into the sea and drew it up from the sea full of little fish. Among them the wise fisher found a fine large fish and cast all the little fish back down into the sea, easily choosing the large fish. Anyone who has ears to hear should hear!” Yeshua*  
Gospel of Thomas 8**

***“There is no giving away and no grasping, No arising and no destruction.* *There is no giving to others or taking back,* *And because of the sameness of all phenomena, I too am pure.” The Buddha*  
The Miraculous Play of Manjuśrī, 1.149, 84000.co**

***Jesus said: When you bring forth that in yourselves, that which you have will save you. If you do not have that in yourselves, that which you do not have in you will kill you.” Yeshua*  
Gospel of Thomas 70**

***“One can find inspiration by thinking, ‘I will live by diligence, thereby inspiring others to be diligent.’ In this case, diligence means to be indefatigable in assisting all beings in the accumulation of merit.” The Buddha*  
The Seal of Engagement in Awakening the Power of Faith, 1.192, Šraddhābalādhānāvatāramudrā, 84000.co**

***Jesus said, “Look, a sower went out, took a handful of seeds, and scattered them. Some fell on the roadside; the birds came and gathered them. Others fell on the rock; they didn’t take root in the soil and ears of grain didn’t rise toward heaven. Yet others fell on thorns; they choked the seeds and worms ate them. Finally, others fell on good soil; it produced fruit up toward heaven, some sixty times as much and some a hundred and twenty.” Yeshua*  
Gospel of Thomas 9**

***Jesus said: “Blessed is he who is as he was before he came into being. If you become my disciples and hear my words, these stones shall minister to you. For you have five trees in Paradise which do not move in summer or in winter, and their leaves do not fall. He who knows them shall not taste death.” Yeshua*  
(Know thyself) Gospel of Thomas 19**

***“When a compassionate person gives the Dharma Constantly and correctly to others without hopes of material gain, And keeps a loving heart with pure intention-This is the fourth path of purification by the learned.” The Buddha*  
Tibetan Kangyur | Discourses | General Sütra Section, Not Forsaking the Buddha, 1.42**

***“For one who does not know himself knows nothing. But one who knows himself has already achieved the deep knowledge of the Omniscient.” Yeshua*  
Book of Thomas the Contender 5**

**A black and white symbol

Description automatically generated**

**9. Seven Deadly Sins**

***“Give up one thing, my friends, I guarantee you’ll be free forever.***

***Anger***

***Those enraged with anger end up in a grueling existence.***

***Those with insight let it go, Free from the cycle of Life and death.” The Buddha***

***Khuddaka Nikaya, Itivuttaka #4***

**“Out of the heart come evil intentions, murder, adultery, fornication, theft, false witness, slander. These are what defile a person, but to eat with unwashed hands does not defile.” Yeshua  
MATTHEW 15.19-20**

***“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.” The Buddha***

***Khuddaka Nikaya, Dhammapada # 127***

***“Keeping the mind undistracted, Always remember that victorious one; Always develop the mind of loving kindness, And you will not experience fear.” The Buddha*Tibetan Kangyur, Dispelling the Darkness of the Ten Directions, 1.33, 84000.co**

***“Watch out for false prophets.They come to you in sheep’s clothing, but inwardly they are ferocious wolves. By their fruits you will recognize them.”Yeshua*Matthew 7**

***“A harsh word is the sharpest weapon, Attachment the deadliest poison. Hatred is the fiercest fire,*And ignorance the blackest darkness.” The Buddha  
Tibetan Kangyur, Delta Sutra, 1.4, 84000.co**

***“For everything in the world—the lust of the flesh, the lust of the eyes, and the pride of life—comes not from the Father but from the world. The world and its desires pass away, but whoever does the will of God lives forever.” Yeshua*John 2:16-17**

***“Desire fetters this world, And the absence of desire releases it. If craving is completely abandoned, That which is called Nirvāna is attained.” The Buddha*  
The Delta Sutra, 1.40, 84000.co**

***“Every kingdom divided against itself will be ruined, and every city or household divided against itself will not stand. If Satan drives out Satan, he is divided against himself. How then can his kingdom stand?” Yeshua*  
Matthew 12**

**“Attachment, anger, and delusion: These are the three worldly poisons. The blessed Dharma is without poison; The Dharma truth conquers poison.” The BuddhaThe Kangyur | Discourses | General Sütra Section, Šrīgupta Sūtra, 1.86, 84000.co**

***“You brood of vipers, how can you who are evil say anything good? For the mouth speaks what the heart is full of.*A good man brings good things out of the good stored up in him, and an evil man brings evil things out of the evil stored up in him.” Yeshua  
Matthew 12**

***“My friends, Five obstacles that***

***Corrupt the heart and weaken wisdom.***

***Are sensual desire, hatred, dullness, distraction, and doubt.***

***These five hindrances damage the heart and deplete wisdom.” The Buddha***

***Saɱyutta Nikāya 46.38***

**“With great wisdom I am the skillful doctor, A great healer of the wounds of disturbing emotions. For all those afflicted with disturbing emotions, I am the remover of pain.” *The Buddha*Tibetan Kangyur, ༄༅། །ཤེས་ཕྱིན་ཁྲི་པ། །, Dasa­sahasrika­prajña­paramita 26.234, 84000.co**

**“Do not be afraid of karma and disturbing emotions.  
Do not be afraid of the demon of wrong understanding.  
For those who connect with this, there are no obstacles.  
Just as you wish, you will manifest awakening.” The Buddha  
Tibetan Kangyur, The Absorption of the Thus-Gone One’s Wisdom Seal, 1.62, Tathagata jnana mudra samadhi, 84000.co**

***“Gentlemen, so long as the continuum of disturbing emotions remains uninterrupted, you must spin like a waterwheel through the cycle of five migrations.” The Buddha*Tibetan Degé Kangyur 1, Vinayavastu Pravrajyāvastu**[**4.­59**](http://read.84000.co/translation/toh1-1.html)**, Scaring Away A Crow 4.1**

***“There’s no fire like desire,***

***No stranglehold like hatred,***

***No trap like ignorance,***

***No torrent like craving.” The Buddha***

***Khuddaka Nikaya, Dhammapada # 251***

***Beat anger by loving kindness,*  
*Beat wrongdoing by goodness,*  
*Beat selfishness by generosity,*  
*Beat a liar by speaking the truth.” The Buddha*  
Khuddaka Nikaya, Dhammapada # 223**

***“Fear does not exist within the mind; It appears from a combination of factors. Look at the inconceivable array of hideous forms (demonic) arising out of non existent action!” The Buddha***

**The Exposition on the Universal Gateway, 1.47, Samantamukhaparivarta, 84000.co**

***“Woe to those gripped by the forces of evil demons.” Yeshua*  
Book of Thomas the Contender 62**

***“Do not be controlled by the afflictions, But come under the power of wakefulness. Those endowed with wakefulness Will be happy in this life and beyond.” The Buddha*The Application of Mindfulness of the Sacred Dharma, 2.275, Saddharma smrtyupasthana, 84000.co**

***“The mind thinks all kinds of things, And what follows is the utterance of words. The evil that speech and mind create is born in the body, be getting suffering.* *Without reflecting on benefit or harm, the unintelligent act negatively. Thus they become vessels of suffering And in this way become afflicted.” The Buddha*The Questions of Pratibhänamati1.110 – 1.111, Pratibhānamatipariprcchā, 84000.co**

***“If people don’t get what they want, their desires burn; But even if they do get what they want, it is never enough. However, when desires consume someone who is unable to handle them, That is when these terrifying desires bring the most pain.” The Buddha*The Play in Full, 16.28, 84000.co**

***“The bodhisattvas do not give rise to the intentions from which the afflictions of desire, aversion, and delusion originate. Instead, they give rise to the intentions from which morality, concentration, insight, liberation, and the liberated wisdom vision originate. This is called right intention.” The Buddha*The Teaching of Aksayamati, 1.310, Akşayamatinirdeśa, 84000.co**

**A black circle with four crosses

Description automatically generated**

**10. Discipline, Inner Strength, Tolerance**

***“There will be in the future, monks undeveloped in body, virtue, in mind, in discernment. They will give full ordination to others and will not be able to discipline them in heightened virtue, heightened mind, heightened discernment.” The Buddha*  
 Anguttara Nikäya 5:79**

***“Many false prophets will arise and lead many astray. And because lawlessness will be increased, the love of many will grow cold.” Yeshua*  
Matthew 24:11-12**

***“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 gas and hands on wheel***

***Drive your life.” The Buddha***

***Khuddaka Nikaya, Dhammapada #1***

***“Everything comes from your thoughts,***

***Led and controlled by the mind.***

***Speak or act with a calm mind***

***Happiness and well-being follow***

***Like an unwavering shadow***

***Wherever you go.” The Buddha***

***Khuddaka Nikaya, Dhammapada #2***

# ***The Parable of the Net***

***“…The kingdom of heaven is like a net that was thrown into the sea and gathered fish of every kind. When it was full, men drew it ashore and sat down and sorted the good into containers but threw away the bad. So it will be at the end of the age. The angels will come out and separate the evil from the righteousand throw them into the fiery furnace. In that place there will be weeping and gnashing of teeth.” Yeshua*  
Matthew 13 -47**

***“Wilderness is our favorite hangout,***

***Where the worldlings don’t go.***

***That’s where we get away***

***To be free of sensory stimulation***

***And enjoy peace.” The Buddha***

***Khuddaka Nikaya, Dhammapada # 99***

***“Many who wear a monk’s robes, Unworthy, holding selfish thoughts and disgusting disposition, Unrestrained in thought word and deed are reborn in ‘the downward-path’, the nether world, hell, because of their self-serving actions. The Buddha*  
Khuddaka Nikaya, Dhammapada # 307**

***“Truly I tell you, if you have faith as small as a mustard seed, you can say to this mountain, ‘Move from here to there,’ and it will move. Nothing will be impossible for you.” Yeshua*  
Matthew 17:20**

***“He who has done some wrong may curb it through virtue to bring light to this life, As the sun and moon appear from behind clouds. All accumulation ends in depletion; All climbs end in falls; All meetings end in separation; All life ends in death.” The Buddha***

**Degé Kangyur, vol. 1 (’dul ba, ka), folios 1.a–131.a., The Chapters on Monastic Discipline, The Chapter on Going Forth, The Two Novices**

**“Just like rain leaks into a poorly-roofed house, selfish desires seep into a poorly trained mind.” The BuddhaKhuddaka Nikaya, Dhammapada # 13**

***“Anyone who can endure***

***Without anger,***

***Abusive words, beating, and prison***

***Who has patience as strong as an army,***

***I call a true human being.” The Buddha***

***Khuddaka Nikaya, Dhammapada # 399***

***“Rainwater can’t penetrate A well-constructed house.*  
*So desires and passions can’t disturb a mind well-trained in tranquility.” The Buddha*  
Khuddaka Nikaya, Dhammapada # 14**

***“Through effort, watchfulness, restraint and self-control,*  
*A wise person becomes an island that no flood can overwhelm.” The Buddha*Khuddaka Nikaya, Dhammapada # 25**

**“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.” The Buddha  
Khuddaka Nikaya Dhammapada # 35**

***“Be aware of which is right in front of you; then you will be able to grasp what is out of your sight. For there is nothing hidden that will not be known.” Yeshua*  
The Gospel of Thomas 5**

***“Those who are brave with respect to wrong views Are equanimous toward everything conditioned. They understand wrong views, And comprehend authentic views.” The Buddha*  
The Prophecy Concerning Strīvivarta, 1.153, Strivi varta vyakarana, 84000.co**

***“The truth is not revealed to the world, but to those who seek it.” Yeshua*  
Gospel of Philip**

***“May there be among you a man of understanding! When the fruit was ripe, he came quickly, his sickle in his hand, and reaped. He that hath ears to hear, let him hear! Yeshua*  
Gospel of Thomas 21**

***“Just as the shining precious palaces of the planets in the sky Move through the air but are not sullied by it, They practice the Dharma in this world for the benefit of beings, But they are not sullied by it, just as water does not cling to lotuses.” The Buddha*The Ten Bhümis, 1.424, Daśabhūmika, 84000.co**

***A black circle with four crosses

Description automatically generated***

**11. Secret Teachings of Enlightenment**

***“Whoever tries to save his life will lose it, but whoever loses his life will preserve it.” Yeshua*  
Luke 17:33**

***“All things are rooted in the will. All things come to actual existence through attention. All things arise from contact. All things converge on feelings. Of all things the foremost is concentration. All things are mastered by mindfulness. Of all things the highest is wisdom. In all things the essence is liberation. All things merge in the Deathless. And Nibbaana is the ending of all things.” the Buddha*Anguttara Nikaya, 23. The Roots of Everything,**

[**https://www.accesstoinsight.org/lib/authors/nyanaponika/wheel238.html**](https://www.accesstoinsight.org/lib/authors/nyanaponika/wheel238.html)

***“Do not be afraid of those who kill the body but cannot kill the soul. Rather, be afraid of the One who can destroy both soul and body in hell.” Yeshua*Matthew 6**

***“And furthermore, Monks, whatever great rivers there are—such as the Ganges, the Yamunā, the Aciravatī, the Sarabhū, the Mahī—on reaching the great ocean, give up their former names and are classed simply as ‘great ocean’” The Buddha*Pahārāda Sutta  (AN 8:19),**[**https://www.dhammatalks.org/suttas/AN/AN8\_19.html**](https://www.dhammatalks.org/suttas/AN/AN8_19.html)

***“By knowledge of the whole world,*  
*The whole world as it truly is,*  
*He is released from all the world,*  
*In all the world he is unattached.***

***The all-conquering heroic sage,*  
*Freed from every bond is he;*  
*He has reached that perfect peace,*  
*Nibbāna which is free from fear.” The Buddha*  
Itivuttaka 112,** [**https://dhammatalks.net/suttacentral/sc2016/sc/en/iti112.html**](https://dhammatalks.net/suttacentral/sc2016/sc/en/iti112.html)

***And when the Pharisees had demanded of Him when the Kingdom of God should come, He answered them and said, “The Kingdom of God cometh not with outward show. Neither shall they say, ‘Lo, it is here!’ or ‘Lo, it is there!’ For behold, the Kingdom of God is within you.” Yeshua*Luke 17:20-21, 21st Century King James Version**

***“Friends, just as the mighty ocean has but one flavor, that of salt, the Universal Teaching has one flavor, the flavor of freedom.” The Buddha*Pali Canon, Khuddaka Nikaya, Udana 56**

***“Totally calm within himself, a bhikkhu would not seek peace from another. For one who is at peace with themselves, there is nothing to hold on to, still less to put down. As in the middle of the ocean, there are no waves, but all is still, so they would be still, unmoving.” The Buddha*  
Tuvaṭakasutta—Laurence K Mills,**[**https://suttacentral.net/snp4.14/en/mills**](https://suttacentral.net/snp4.14/en/mills)**?  
 (“Bikkhu” means a true practitioner, a monk)**

***“May my conduct, even in the worldly existence,*  
*Be free of karma, kleśas, and the actions of Mars,*  
*Just as the lotus is unstained by water,*  
*And the sun and moon are unobstructed in the sky.” The Buddha*  
Tibetan Kangyur, The Stem Array, 56.91, 84000.co  
(Kleshas are mental states that cloud the mind such as anxiety, fear, anger, jealousy, desire, depression, etc.and may foster unwholesome actions.)**

***“Those who understand selflessness all day long, Who are mindful of emptiness as they walk, Who bear the beautiful aromatic flowers of the aspects of enlightenment, Those dedicated ones will attain supreme enlightenment.” The Buddha*Tibetan Kangyur, Excerpt from The King of Samādhis Sütra, 6.26, Samādhirājasūtra, 84000.co**

***“Carelessness is the basis for cyclic existence, But the careful go beyond cyclic existence. Therefore, give up carelessness, And you will always be happy.” The Buddha*Tibetan Kangyur, The Application of Mindfulness of the Sacred Dharma, 4.B.1116, Saddharma smrtyupasthana, 84000.co**

***“Jesus said to him, ‘I am the way, and the truth, and the life. No one comes to the Father except through me.'”*  
John 14:6**

***Jesus said to her, “I am the resurrection and the life. The one who believes in me will live, even though they die;  and whoever lives by believing in me will never die. Do you believe this?”*John 11:25-26**

***“Monks, in this Teaching that is so well proclaimed by me and is plain, open, explicit, and free of patchwork, those monks who are mature in Dhamma, mature in faith, are all headed for full Enlightenment.***

***“Monks, in this Teaching that is so well proclaimed by me and is plain, open, explicit and free of patchwork, those who have simply faith in me, simply love for me, are all destined for heaven.”***

***Satisfied, the monks rejoiced in the words of the Blessed One.*MAJJHIMA NIKAYA 22.46-47, tr Nyanaponika Thera,**[**https://www.accesstoinsight.org/tipitaka/mn/mn.022.nypo.html**](https://www.accesstoinsight.org/tipitaka/mn/mn.022.nypo.html)

**A black and white symbol

Description automatically generated**

***“He grows disenchanted with the intellect, disenchanted with ideas, disenchanted with consciousness at the intellect, disenchanted with contact at the intellect. And whatever there is that arises in dependence on contact at the intellect, experienced as pleasure, pain or neither-pleasure-nor-pain: He grows disenchanted with that too. Disenchanted, he becomes dispassionate. Through dispassion, he is fully released. With full release, there is the knowledge, ‘Fully released.’ He discerns that ‘Birth is ended, the holy life fulfilled, the task done. There is nothing further for this world.'”*Adittapariyaya Sutta, SN 35.28, (https://www.accesstoinsight.org/tipitaka/sn/sn35/sn35.028.than.html) .**

***“It is my resolve to board that ship and cross the ocean of cyclic existence. Then I will ferry innumerable beings across this ocean, This sea of suffering so hard with its waves of anger, to cross Monsters of passion, and maelstroms of enmity.” The Buddha*The Play in Full, 15.94, Lalitavistara, 84000.co**

***“The Pharisees and the scribes have received the keys of knowledge, but they have hidden them. Neither have they entered, nor have they allowed to enter those who wish to. You, however, be as shrewd as serpents and as innocent as doves!” Yeshua*  
Gospel of Thomas 40**

***“The Dharma is peace and pacification, because it is free of desire. It does not become an object, because it is free of words and letters; it is inexpressible, and it transcends all movement of mind.” The Buddha*The Teaching of Vimalakīrti, 3.6, Vimalakīrtinirdeśa, 84000**

***“Like the animals, every human body is born into ignorance. Does it not appear to stand above other creatures? This is the reason that those from above are not seen among the visible, but they are seen by their heart, and by the fruit that nourishes them. Yet the visible bodies live by consuming animals like themselves, which results in a changing body. These changes lead to decomposition and death, and no prospect of life after that – because of that animal body.” Yeshua*  
Book of Thomas the Contender 10**

***Jesus said: “If a blind man lead a blind man, both fall into a pit.” Yeshua*  
Gospel of Thomas 34**

***“To be mindful is the way to freedom.*  
*Lazy and unmindful, the way to death.*  
*Those who are mindful are free.*  
*Those who are not are as good as dead.” The Buddha*  
Khuddaka Nikaya, Dhammapada # 21**

***“Blessed Thomas, certainly this visible light illuminates for your benefit not so you could stay here, but so that you might leave here. Then whenever the chosen give up the material body, this light will return back to its Origin, and the Origin will accept it, since it is a devoted servant.” Yeshua*  
Book of Thomas the Contender 15**

***Jesus said, “Blessed is the one who came into being before coming into being. If you become my disciples and listen to my message, these stones will become your servants; because there are five trees in paradise which don’t change in summer or winter, and their leaves don’t fall. Whoever knows them won’t taste death.” Yeshua  
Gospel of Thomas19***

***Lord, now does the one who sees the vision see it in the soul or in the spirit?’***

***In response the Savior said, “They don’t see in the soul or in the spirit, but the mind, which exists between the two is [what] sees the vision.” Yeshua  
Gospel of Mary***

***And he said, “Whoever discovers the meaning of these sayings won’t taste death.” Yeshua*Gospel of Thomas 1, Mark Mattison**

***They said to him: Tell us who thou art, that we may believe in thee. He said to them: “You test the face of heaven and earth, and him who is before you you do not know, and you know not to test this moment.”*  
Gospel of Thomas 91**

***Jesus said, “This heaven will disappear, and the one above it will disappear too. Those who are dead aren’t alive, and those who are living won’t die. In the days when you ate what was dead, you made it alive. When you’re in the light, what will you do? On the day when you were one, you became divided. But when you become divided, what will you do?” Yeshua*  
Gospel of Thomas 11**

***Jesus said, “What you hear with one ear, listen to with both, then proclaim from your rooftops. No one lights a lamp and puts it under a basket or in a hidden place. Rather, they put it on the stand so that everyone who comes and goes can see its light.” Yeshua*  
Gospel of Thomas 33  
(If you have reached enlightenment, do not keep it to yourself, but also do not propagate it exuberantly. Be sly as a snake and innocent as a dove, for the resistance of men is great. People prefer fighting to the death rather than to give up their unhappiness.)**

***The Savior answered and said, “If those things that you see are hidden to you, how can you understand the things that are invisible? If the works of Truth that are seen in the world are difficult to execute, then how will you execute that which pertains to the world above and that which is unseen?” Yeshua*  
Book of Thomas the Contender 8**

**A black and white symbol

Description automatically generated**

1. **Last Days, Don’t Wait for Tomorrow**

***Jesus said, “Look for the Living One while you’re still alive. If you die and then try to find him, you won’t be able to.” Yeshua*Gospel of Thomas Saying 59**

***“Birth is rare as a human being. The life of mortals is hard. Hearing of the Sublime Truth is hard.  The appearance of the Buddhas is rare.” The Buddha*  
Dhammapada 14:182,** [**https://www.egreenway.com/meditation/dharmapada5.htm**](https://www.egreenway.com/meditation/dharmapada5.htm)

***“Be humble like the grass at times,*  
*But stand firm like a mountain when the time is right.” The Buddha*  
Tibetan Kangyur, The Verses of Naga King Drum, 1.65, 84000.co**

***Jesus said, “Let the children come to me. Don’t stop them! For the Kingdom of Heaven belongs to those who are like these children.” Yeshua*  
Matthew 19:14**

***“Enter through the narrow gate. For wide is the gate and broad is the road that leads to destruction, and many enter through it. But small is the gate and narrow the road that leads to life, and only a few find it.” Yeshua*Matthew 7:13-14, New International Version**

***“Life looks easy for one without conscience.*  
*Who lies, and offends,* *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.” The Buddha*Khuddaka Nikaya, Dhammapada # 244 – 245**

***“Therefore go and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, and teaching them to obey everything I have commanded you. And surely I am with you always, to the very end of the age.” Yeshua*  
Matthew 28:19-20**

***“Teach the dharma which is lovely at the beginning, lovely in the middle, lovely at the end. Explain with the spirit and the letter in the fashion of Brahma. In this way you will be completely fulfilled and wholly pure.” The Buddha*  
Vinaya Mahavagga 1:11.1**

***“Ask, and it will be given to you; seek, and you will find; knock, and it will be opened to you.”*  
Matthew 7:7**

***“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 great gift, not a mistake.” The Buddha***

***Khuddaka Nikaya, Dhammapada # 76***

***“Do not be afraid. I am the First and the Last. I am the Living One; I was dead, and now look, I am alive for ever and ever! And I hold the keys of death and Hades.” Yeshua*Revelation 1**

***“Write, therefore, what you have seen, what is now and what will take place later. The mystery of the seven stars that you saw in my right hand and of the seven golden lampstands is this: The seven stars are the angels of the seven churches, and the seven lampstands are the seven churches.” Yeshua*  
(Yeshua’s words uttered on his reappearance after death describe the mystery of 7 sacred stars. This may correspond to the 7 days of creation, the 7 notes of the musical scale, 7 density planes of existence (Spheres or Svargas), 7 Saptatathāgata ‘Seven Successive Buddhas’ and their healing mantras, the 7 Great Sages Saptarshi of Mahabharata and Ramayana, our 7 bodies, 7 energy centers called chakras, sometimes called “churches” with seven layers within called *Patals,*and the stars of the Bible, perceived as Angels or heavenly beings. Hence Yeshua is addressing the full scope of His church. Revelation 1.20)**

***“Totally calm within himself,*  
*A bhikkhu would not seek peace from another;*  
*For one who is at peace with themselves,*  
*There is nothing to hold on to, still less to put down.***

***As in the middle of the ocean,*  
*There are no waves, but all is still,*  
*So they would be still, unmoving;*  
*A bhikkhu is not haughty at all.”*  
Tuvaṭakasutta—Laurence Khantipalo Mills,**[**https://suttacentral.net/snp4.14/en/mills**](https://suttacentral.net/snp4.14/en/mills)**?  
(A bikkhu is a monk)**

***“For whoever wants to save their life will lose it, but whoever loses their life for me and for the gospel will save it.” Yeshua*  
Mark 8:35**

**Final Words of the Buddha  
*“Monks, be your own island (safe place), be your own refuge, with no other refuge. Let the Dhamma be your island and your refuge, with no other refuge. And how does a monk do this? He meditates observing the true nature of the body—keen, aware, and mindful, rid of desire and grief for the world. He meditates observing the true nature of feelings … mind … Dhamma factors—keen, aware, and mindful, rid of desire and grief for the world. That’s how a monk is his own island, his own refuge, with no other refuge. That’s how he let the Dhamma be his island and his refuge, with no other refuge.” The Buddha*  
DN 26 Cakkavatti Sutta,** [**https://suttafriends.org/sutta/dn26/**](https://suttafriends.org/sutta/dn26/)

***“For those who exalt themselves will be humbled, and those who humble themselves will be exalted.” Yeshua*  
Matthew 23:12**

***“Walk while you have the light, before darkness overtakes you. Whoever walks in the dark does not know where they are going. Believe in the light while you have the light, so that you may become children of light.” Yeshua*  
John 12**

***Jesus said: “He who knows the All, but fails (to know) himself lacks everything.” Yeshua*  
Gospel of Thomas 67**

***“There are two extreme paths to stay away from, my friends.***

***One is indulging in sensual pleasures which will distract you from your goal.***

***The other path to avoid is self-denial, austerity, and renunciation, which is painful and ineffective.***

***The Middle Path gives you vision, knowledge, calm, and awakening.” The Buddha***

***Dhammacakkappavattana Sutta, The Middle Path***

***“Watch and pray that you don’t continue to exist within the flesh. But rather, that you rise from the bondage of this bitter life. And as you pray, you will find peace, for you have departed from the suffering and the degradation.” Yeshua*  
Book of Thomas the Contender 72**

***A black circle with four crosses

Description automatically generated***