

LEBRIS

We know
books



Moments *of* Mindfulness

*Find a Little Stillness
in a Busy World*



Leaping Hare Press

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CHAPTER ONE



FINDING CONTENTMENT

BEFORE WE CAN BE HAPPY,
WE NEED TO LEARN HOW WE MAKE
OURSELVES UNHAPPY, AND AS WE SEE
THIS WE STOP DOING IT TO OURSELVES.
IT SOUNDS SIMPLE, AND IT IS, ONCE YOU
RECOGNIZE WHAT HAS BROUGHT
YOU TO YOUR UNNATURAL STATE
OF UNHAPPINESS.



*Being here and now, with life simply as it is,
is the paradise we have been seeking.*

FROM "HAPPINESS & HOW IT HAPPENS"
THE HAPPY BUDDHA



REFLECTION

*If one is unhappy, one wants to know
the reason why. But it never occurs to one to
ask why one is happy. It is therefore unhappiness,
rather than happiness, that causes us to reflect
upon our condition. It is unhappiness that
makes us think.*

SANGHARAKSHITA



*There is not a fixed identity within,
even though we may very much feel that
there is. We are really a flow of ever-changing
moods, feelings, emotions and thoughts; 'behind'
or 'beyond' thoughts and feelings there is
awareness that remains unaffected by
any number of 'bad' experiences.*

FROM 'HAPPINESS & HOW IT HAPPENS'

THE HAPPY BUDDHA

MIND CHATTER

*If your mind is busy, then you can simply
notice that your mind is busy. Thoughts are not a
problem once we begin to leave them alone. When
we can simply let them be without taking them
all so seriously, they begin to die down of
their own accord.*

FROM 'HAPPINESS & HOW IT HAPPENS'

THE HAPPY BUDDHA

*If we can accept life, accept ourselves,
this is the end of conflict. Happiness and freedom
are present right now if only we can learn to
accept the 'unacceptable'.*

FROM 'HAPPINESS & HOW IT HAPPENS'
THE HAPPY BUDDHA



*Take time out to do the simple things you
love to do — the things that satisfy your heart.
Learn to play.*

FROM 'HAPPINESS & HOW IT HAPPENS'
THE HAPPY BUDDHA



*We are all addicted to thinking about life.
It takes a lot of trust to stop trying to work
everything out and simply dwell in the present
moment; but behind the usual incessant thinking
is a greater intelligence we can trust.*

FROM 'HAPPINESS & HOW IT HAPPENS'
THE HAPPY BUDDHA



KNOW YOUR FEAR

*Fear keeps us small and prevents us from
living open, happy and fulfilling lives. Fear is
the trigger for many of our actions, and the root
of all violence. If you face your fear, and see it
for what it is, you will become free of it.*

FROM 'HAPPINESS & HOW IT HAPPENS'
THE HAPPY BUDDHA

