

WORDS OF WISDOM

A Proverb is a short saying containing some piece of truth or advice. Here are some common English Proverbs that you may know:

- ❖ An apple a day keeps the doctor away.
- ❖ Good things come to those who wait.
- ❖ A man is known by the company he keeps.
- ❖ Can you explain their meaning?

Excerpts from “The Sutra in Forty-Two Sections” words of the Buddha as
transcribed by the disciples

The following excerpts can be looked at like proverbs from the Buddhist religion. They contain commonly known truths in this culture and are words of advice from Buddha.

- ❖ “An evil person who harms a virtuous person is like one who raises his head and spits at heaven. Instead of reaching heaven, the spittle falls back on him. It is the same with someone who throws dust against the wind.”
- ❖ “Practice giving. Consider the flame of a single torch. Though hundreds and thousands of people come to light their own torches from it so that they can cook their food and ward off darkness, the first torch remains the same.”
- ❖ “Patience under insult is the greatest strength, because people who are patient do not harbor hatred.”

Based on what you’ve learned about the Buddhist and Bon religions, try writing some of your own proverbs. What are the other universal truths in these religions?