

The enlightened beauty of Burma in words and pictures

Buddha (557-477 f.Kr) closest disciple Ananda said to his master: "One half of a holy life consists of friendship, solidarity and communion with the Beauty." - "Do not say that, Ananda," replied the Buddha, "The beauty is all the holy life. A monk who knows friendship, kinship and fellowship with beauty can be expected to follow the Noble Eightfold Path and understand to use it correctly. "

Buddha taught for 45 years how to stay on the eightfold path to free themselves from the suffering that all people are restrained by the desire, the thirst for the duration, greed and hatred. Only by understanding that not even our self is an eternal constancy, but just as changeable as all those who've been to, you can free yourselves from suffering circuit wheels and not have to be reborn into the senses illusory world, from the root of suffering, its cause and effect.

The Eightfold Path that leads to the highest state of peace, Nirvana:

- * Right opinion * Right intention * Right Speech * Right action
- * Right Livelihood * Right effort * Right mindfulness * Right Concentration

Sentences the Dhammapada:



- * The wise man sees thoughtfulness as a priceless treasure.



* Like a beautiful flower, colorful and fragrant, are the beautiful and fruitful words of a person acting in accordance with them.



* Help others, but when you do, do not forget yourself.



* Hatred does not end the hatred, hatred ceases by freedom from hatred. It is an eternal law.



* Victory breeds hatred, for the conquered is unhappy. Whoever reaches the soul stillness is happy, he has overcome both victory as a loss.



* Split alleviated not by hatred, but split ceases by love. It is an eternal law.



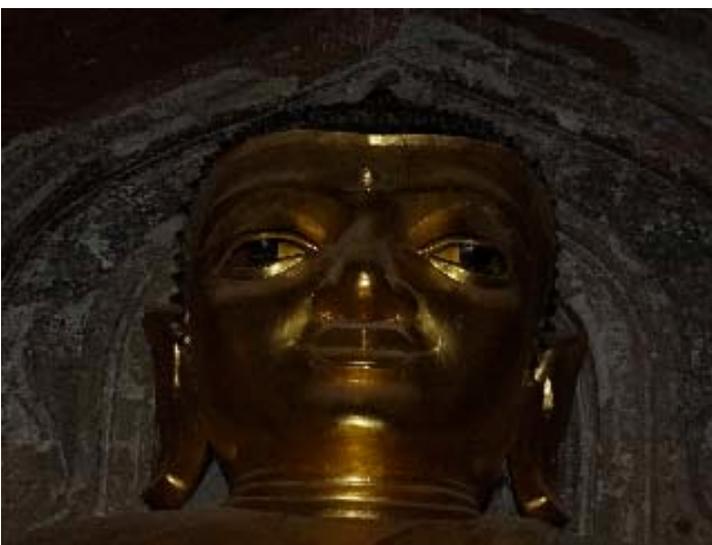
* Do not do anything evil, do good deeds, and purify your mind – this is the teaching of buddhaship.



* As a lotus flower on its stem untainted hovers over the muddy water so floats quietly the wise untainted by the world and its dirty joys.



* Everything we are is the result of what we thought.



* Never goes an effect of an act lost.



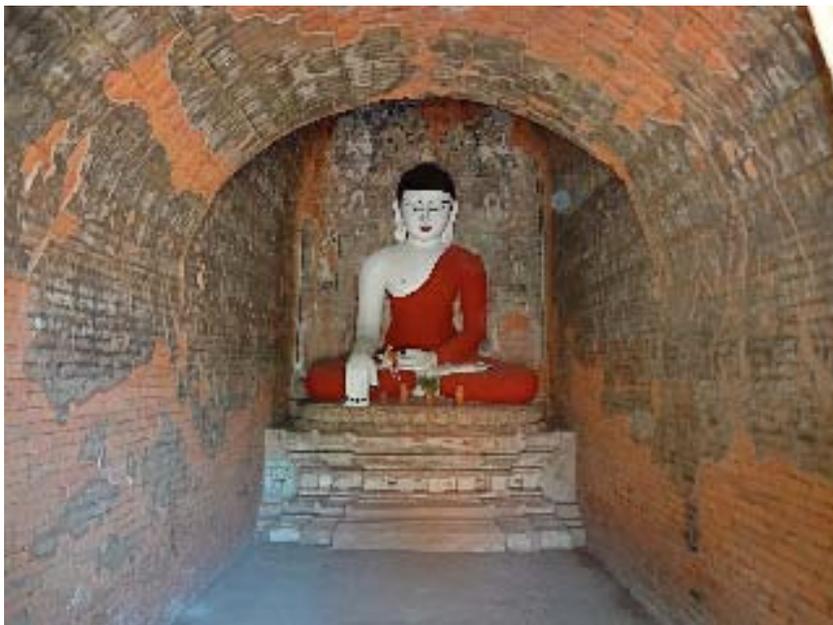
* Be a haven for yourself!



* It is easy to see the faults of others, but difficult to see their own.
Man thresh his neighbor's faults as grains, but hides its own as a false
player his false dice.



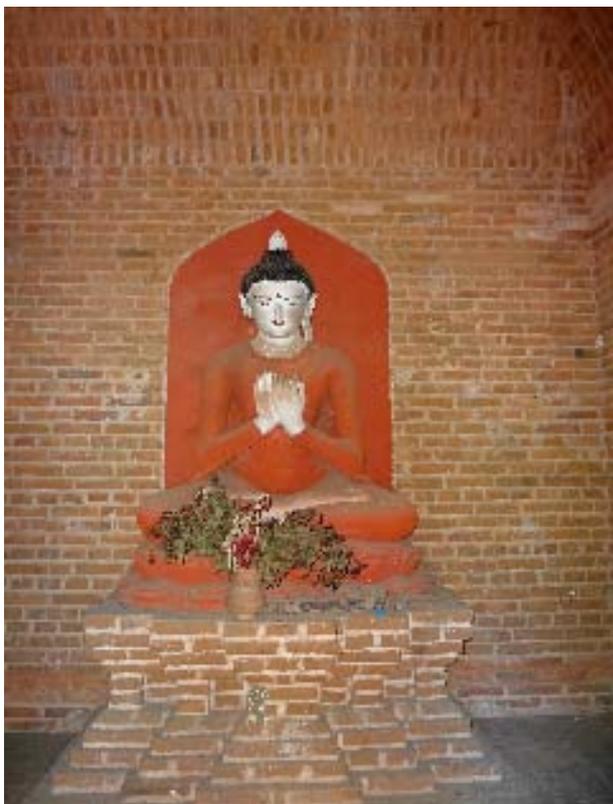
* Better than a long speech is one reassuring word.



* No one is noble who harms other living creatures. He who has compassion over every living thing, he is called noble.



* Snatch away your self righteousness as you pull up a lotus flower in the fall!
Hold dear only the way of peace.



* Death separates a man from all that he calls 'his'. Wise is the one who possesses no property.



* A driller forms wells, a hunter is shaping darts, a carpenter is shaping wood and the wise forms himself.

Text and photos, taken in Burma in 2012:
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