

*Buddhism*  
&  
*Christianity*  
*Inter-faith Harmony*



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*This book is dedicated*

*To*

*The Pakistan Army*

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*Buddhism*

*&*

*Christianity*

*Inter-faith Harmony*

*Lt Col (r) Parmenas B. Mall*

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## **Series introduction**

Suppose, a person is living in an isolated island and he has tasted only bananas in his whole life. Although he has heard about other fruits like mangoes, apples and grapes but never tasted them. If he claims that bananas is the best fruit on this planet, yes, he can claim but his claim is not based on any logic or rational because he has never tasted other fruits in this world. In the same way, well is the whole world for a frog living in it.

Similarly, people follow the religion of their parent and they consider that their religion is right and superior and all other religions are wrong and inferior, without having any knowledge about them. The purpose of this book is to create positive attitude about other religions and their followers.

The verses and sayings of scholars from Buddhism and Christianity are put together in a logical sequence so that readers can understanding both the religions and also pursue righteousness to achieve the ultimate goal of Eternal life. Mostly, people are wasting their precious time on useless, unproductive and worthless issues. We should concentrate in

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improving our own spiritual life and try to fulfill various obligations and responsibilities which our own religion demands. Some scholars talk less in the favour of their own religion but talk more against other religion. No person has any right to criticize other faith. Our words and actions should strengthen love not hatred in the society. If a person is hurting others by his words, then he should understand that his words are not from the Almighty God. May God gives us wisdom and power to shed away all types of evil and wickedness in our lives and enable us to pursue holiness, goodness and purity which God demands from every human being.

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## Contents

1.	<b>Repentance</b>	12
2.	Avoid evil	
3.	Concealing	13
4.	Sorrow	
5.	Sin	
6.	Sinners	14
7.	Choice	
8.	Wickedness	15
9.	Disputes	
10.	Hostility	
11.	Violence	16
12.	Harm	
13.	Murder	
14.	Adultery	17
15.	Evil	
16.	Darkness of Light	
17.	Purify	18
18.	Truth	
19.	Thoughts	
20.	Desires	19
21.	Lust	
22.	Pride	20
23.	Selfishness	
24.	Hypocrisy	
25.	Deceit	21

---

26.	Greed	
27.	Slander	
28.	Anger	22
29.	Hatred	
30.	Envy	
31.	Judging	23
32.	Speech	
33.	Silence	
34.	Evil	24
35.	Gluttony	
36.	Childhood	
37.	Impurities	25
38.	Fool	
39.	<b>Righteousness</b>	
40.	Obedience	26
41.	Conduct	
42.	Good Deeds	
43.	Actions	27
44.	Practice	
45.	Self-Discipline	
46.	Generosity	28
47.	Serving	
48.	Self-denial	
49.	Compassion	29
50.	Merciful	
51.	Kindness	
52.	Patience	30

---



---

53.	Humility	
54.	Humble	
55.	Words	31
56.	Conversation	
57.	Truth	
58.	Insult	
59.	Listening	32
60.	Parents	
61.	Friends	
62.	Company	33
63.	Repaying	
64.	Peace	
65.	Path	34
66.	Righteous	
67.	Perfection	
68.	<b>Prayers</b>	35
69.	Meditation	
70.	Devotion	
71.	Faith	36
72.	One with the Lord	
73.	Love	
74.	Wisdom	
75.	Learn	37
76.	Study	
77.	Knowledge	
78.	Insight	38

---

79.	Understanding	
80.	Thanks	
81.	Rituals	39
82.	Celibacy	
83.	False Teachers	
84.	Blind Leaders	40
85.	Devil	
86.	Temptation	41
87.	Guard	
88.	Armour	
89.	Holy	42
90.	Young	
91.	<b>Proclaim</b>	
92.	Leading	43
93.	Teaching	
94.	Urge Others	44
95.	Way	
96.	Reflect	
97.	Light	45
98.	Duties	
99.	Defend the Truth	
100.	Laziness	46
101.	Sacrifice	
102.	Beating and Mocking	47
103.	Faithful	
104.	World	
105.	Money	48

---

---

106.	Gratis	
107.	Food and Clothing	49
108.	Confidence	
109.	Old	
110.	Overseer	50
111.	Honour	
112.	Joy	51
113.	Visible and Invisible	
114.	Walking on Water	
115.	Complexion	52
116.	<b>Judgment</b>	
117.	Impure	53
118.	Escape	
119.	Reward	
120.	Few	54
121.	<b>Eternal Life</b>	
122.	Eternal Pleasure	
123.	Immortality	55
124.	Salvation	
125.	Crystal Palace	

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## **Repentance**

### **Buddhism**

Those who rid themselves of all impurities – greed, hate, delusion, pride, speculation, doubt, torpor (laziness), restlessness, lust and hardness of heart – are true hermits (monks). The Dhammapada

I repent of my sins, and I commit myself never to sin again. In body, speech and mind I have injured people. I confess it all. Divine powers, I am frightened. Do not let me die until my past evil has been wiped out. Shantideva : Bodhicaryavatara

Cut out what is bad in your lives, and devote yourselves to developing what is good.

Kakacupama Sutta

Majjhima Nikaya

### **Christianity**

Each of you must turn from your wicked ways and reform your actions. Jer 35:15

Repent, then, and turn to God, so that your sins may be wiped out, that times of refreshing may come from the Lord.

Ac 3:19

## **Avoid evil**

### **Buddhism**

A person who loves life avoids drinking poison. In the same way you should avoid evil. The Dhammapada

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**Christianity**

Test everything. Hold on to the good. Avoid every kind of evil.

1Th 5:21, 22

**Concealing**

**Buddhism**

Avoid concealing your own faults. Dvagpo - Laharje

**Christianity**

He who conceals his sins does not prosper, but who ever confesses and renounces them finds mercy. Pr 28:13

**Sorrow**

**Buddhism**

Know that sorrow reminds you of the need for leading the spiritual life. Dvagpo - Lharje

**Christianity**

Godly sorrow brings repentance that leads to salvation and leaves no regret. 2Co 7:10

**Sin**

**Buddhism**

Leave behind your desires, your passions and your sins on the journey of life. The Dhammapada

**Christianity**

Come back to your senses as you ought, and stop sinning.

1Co 15:34

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## **Sinners**

### **Buddhism**

Look with pity rather than anger toward those who do evil.

Dvagpo – Lharje

### **Christianity**

Jesus said, “It is not the healthy who need a doctor, but the sick. For I have not come to call the righteous but sinners”.

Mt 9:12:13

## **Choice**

### **Buddhism**

You alone can choose whether to do good or evil, whether to up lift or demean (degrade) yourself, whether to purify or pollute yourself. No one can make this choice for you.

The Dhammapada

### **Christianity**

I have set before you life and death, blessings and curses. Now choose life, so that you and your children may live.

Dt 30:15

Enter through the narrow gate. For wide is the gate and broad is the road that lead 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. Mt 7:13,14

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## **Wickedness**

### **Buddhism**

Just as the jasmines shed its withered leaves, you should shed every type of malice (evil intent) and wickedness.

The Dhammapada

### **Christianity**

A real pilgrim strips himself of all he possesses, in order to travel light. Similarly if you wish to be a spiritual pilgrim, you must leave behind your bad deeds.

Walter Hilton : Ladder of Perfection

## **Disputes**

### **Buddhism**

If you wish to follow the way, do not use force to settle disputes. Instead calmly consider what is right and wrong, looking at all sides of the disputes.

The Dhammapada

### **Christianity**

Drop the matter before a dispute breaks out.

Pr 17:14

## **Hostility**

### **Buddhism**

In a spirit of forbearance (patience), those with pure minds never quarrel, even with those who are hostile towards them.

Hui-Neng

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**Christianity**

Do not resist an evil person. If someone strikes you on the right cheek, turn to him the other also. Mt 5:39

**Violence****Buddhism**

Right purpose consists in renouncing violence, and intending never to harm any living being. Maha Satipatthana Sutta

**Christianity**

Give up your violence and oppression and do what is just and right. Eze 45:9

**Harm****Buddhism**

Refrain from harming others. The Dhammapada

**Christianity**

Do not plot harm against your neighbour. Pr 3:29

**Murder****Buddhism**

Right action consists in refraining from taking life.  
Maha Satipatthana Sutta

**Christianity**

Do not murder. Mt 5:21

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## **Adultery**

### **Buddhism**

The pleasures of adultery are fleeting (short-live), but the bitter consequences last long. So only the ignorant fool commits adultery. The Dhammapada

### **Christianity**

But a man who commits adultery lacks judgment; whoever does so destroys himself. Blows and disgrace are his lot and his shame will never be wiped away. Pr 6:32,33

## **Evil**

### **Buddhism**

When people act with evil intent, they are lighting a fire in which one day they themselves will burn. The Dhammapada

### **Christianity**

There will be trouble and distress for every human being who does evil. Ro 2:9

## **Darkness to Light**

### **Buddhism**

The world is indeed in darkness and few can see the light.  
The Dhammapada

### **Christianity**

For, you were once darkness, but now you are light in the Lord. Live as children of light. Eph 5:8

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## **Purify**

### **Buddhism**

No sin is so great that a person cannot be purified of it.

The Dhammapada

### **Christianity**

Come now, says the Lord, No matter how deep the stain of your sins, I can remove it. I can make you as clean as freshly fallen snow. Isa 1:18

## **Truth**

### **Buddhism**

It is not by pure water that the soul is made pure, the soul is purified by the truth. Udana

### **Christianity**

Now, that you have purified yourselves by obeying the truth.

1Pe 1:22

## **Thoughts**

### **Buddhism**

Good deeds come from good thoughts and evil deeds come from evil thoughts in the mind. Hui – Neng

Make haste in doing what is good and keep your mind away from thoughts of evil. The Dhammapada

### **Christianity**

O Jerusalem, wash the evil from your heart and be saved. How

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long will you harbour wicked thoughts? Jer 4:14

## **Desires**

### **Buddhism**

Blow off the dust of sinful passion. Then your journey will take you to a new and glorious life. The Dhammapada

Just as a creeper can entangle and eventually destroy a tree, so your desires will entangle and destroy your soul.

The Dhammapada

### **Christianity**

Dear friends, I urge you, as aliens and strangers in the world, to abstain from sinful desires, which war against your soul.

1Pe 2:11

Each one is tempted when, by his own evil desire, he is dragged away and enticed. Jas 1:14

## **Lust**

### **Buddhism**

If you are free from anger, lust, and perfectly virtuous, self-controlled, you are truly holy. The Dhammapada

### **Christianity**

Each of you should learn to control his own body in a way that is holy and honorable not in passionate lust. 1Th 4:4,5

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## **Pride**

### **Buddhism**

The body is like a house, the bones from the wooden frame and the flesh is the plaster. If pride and hypocrisy dwell in this house it will soon decay and collapse.      The Dhammapada

### **Christianity**

Pride goes before destruction, a haughty spirit before a fall.

Pr 16:18

## **Selfishness**

### **Buddhism**

If you cannot rid yourself of all selfishness, what benefit is there in becoming leader of a great monastery?      Milarepa

### **Christianity**

Where you have envy and selfish ambition, there you find disorder and every evil practice.      Jas 3:16

## **Hypocrisy**

### **Buddhism**

Those who put on the yellow robes of a monk, without learning self-control, and without purifying the soul of sensuous desires, are hypocrites.      The Dhammapada

### **Christianity**

Woe to you, teachers of the law and Pharisees you hypocrites, on the outside you appear to people as righteous but on the

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inside you are full of hypocrisy and wickedness.

Mt 23:27,28

## **Deceit**

### **Buddhism**

Remove from your minds all clouds of jealousy, vanity, pride, deceit, falsehood, disdain, snobbery and arrogance. Hui

### **Christianity**

Therefore, rid yourselves of all malice and all deceit, hypocrisy, envy, and slander of every kind. 1Pe 2:1

## **Greed**

### **Buddhism**

Greed is deadly enemy; all who succumb to greed are destroyed by it. The Dhammapada

### **Christianity**

Then Jesus said to them, watch out! Be on your guard against all kinds of greed. Lk 12:15

## **Slander**

### **Buddhism**

True priest never slanders people. What he hears from one person, he does not repeat to others. Samanna – pahala sutta

### **Christianity**

Get rid of all bitterness, rage and anger, brawling and slander.

Eph 4:31

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## **Anger**

### **Buddhism**

Look out for any sign of anger in your actions and suppress it.

The Dhammapada

### **Christianity**

For man's anger does not bring about the righteous life that God desires. Jas 1:20

## **Hatred**

### **Buddhism**

Let us form a community of love, in a world full of hatred. Let us live without any kind of hatred. The Dhammapada

### **Christianity**

Hatred stirs up dissensions, but love covers over all wrongs.

Pr 10:12

## **Envy**

### **Buddhism**

Fine words and a graceful appearance are not worthy of honor, if behind the words and appearance lie envy, greed and deceit.

The Dhammapada

### **Christianity**

A heart at peace gives life to the body, but envy rots the bones.

Pr 14:30

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## **Judging**

### **Buddhism**

Do not reflect on the sins of others, on the bad things they have done and the good things they have failed to do.

The Dhammapada

### **Christianity**

Let us stop passing judgment on one another.     Ro 14:13

## **Speech**

### **Buddhism**

If your speech is always peaceful, useful and sincere, causing offence to no one, you are truly holy.     The Dhammapada

### **Christianity**

We all stumble in many ways, if anyone is never at fault in what he says; he is a perfect man, able to keep his whole body in check.     Jas 3:2

## **Silence**

### **Buddhism**

You do not demonstrate wisdom by constantly talking. Wisdom demonstrated by serenity.     The Dhammapada

### **Christianity**

Even a fool is thought wise if he keeps silent and discerning if he holds his tongue.     Pr 17:28

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## **Evil**

### **Buddhism**

If you do evil to someone who is good, pure and free from sin, the evil will return to you like dust thrown against the wind.

The Dhammapada

### **Christianity**

If a man pays back evil for good, evil will never leave his house. Pr 17:13

## **Gluttony**

### **Buddhism**

Eat only just enough to keep yourself healthy.

Dvagpo – Lharje

### **Christianity**

If you find honey, eat just enough - too much of it, and you will vomit. Pr 25:16

## **Childhood**

### **Buddhism**

You have taken pleasure in evil since the day you were born. Throughout childhood you had no yearning for virtue.

Milarepa

### **Christianity**

The Lord said, “Never again will I curse the ground because of

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man, even though every inclination of his heart is evil from childhood.                      Gen 8:21

### **Impurities**

#### **Buddhism**

Remove impurities from yourself.                      The Dhammapada

#### **Christianity**

Among you there must not be even a hint of sexual immorality, or of any kind of impurity.                      Eph 5:3

### **Fool**

#### **Buddhism**

Only fools scorn the teachings of those who are holy and righteous. They are gathering poisonous berries with which they will destroy themselves.                      The Dhammapada

#### **Christianity**

The fear of the Lord is the beginning of knowledge, but fools despise wisdom and discipline.                      Pr 1:7

### **Righteousness**

#### **Buddhism**

A single day spent striving bravely for righteousness, is better than a hundred years spent in cowardly idleness.                      The Dhammapada

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**Christianity**

He who pursues righteousness and love finds life, prosperity and honour. Pr 21:21

**Obedience****Buddhism**

Obedying the precepts (commandment) of morality is a vital part of following the way. Surangama Sutra

**Christianity**

For it is not those who hear the law who are righteous in God's sight, but it is those who obey the law who will be declared righteous. Ro 2:13

**Conduct****Buddhism**

Regulate your conduct, recognizing that every action has consequence. Dvagpo – Lharje

**Christianity**

We should live in this evil world with self-control, right conduct, and devotion to God. Titus 2:12

**Good Deeds****Buddhism**

Have determination to neutralize the consequences of evil deeds by performing good deeds. Davgpo - Lharje

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**Christianity**

Command them to do good to be rich in good deeds.

1Ti 6:18

**Actions**

**Buddhism**

Avoid any actions which may upset your peace of mind and hinder you spiritual development. Dvagpo – Lharje

**Christianity**

Do not merely listen to the world, and so deceive yourselves. Do what it says. Jas 1:22

**Practice**

**Buddhism**

Keep these instructions in your heart and practice them.

Milarepa

**Christianity**

Christ replied, “My mother and brothers are those who hear God’s word and put it into practice”. Lk 8:21

**Self-Discipline**

**Buddhism**

As the rain leaks into a house whose thatch is flimsy, passions leak in to mind whose self-discipline is poor.

The Dhammapada

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**Christianity**

For God did not give us a Spirit of timidity, but a Spirit of power, of love and self-discipline.                      2Ti 1:7

**Generosity****Buddhism**

Those who are generous with their wealth, enjoy happiness in this life and the next.                      The Dhammapada

**Christianity**

A generous man will himself be blessed, for he shares his food with the poor.                      Pr 22:9

**Serving****Buddhism**

Devote yourself to the service of others, never act selfishly.                      Dvagpo - Lharje

**Christianity**

Serve one another in love.                      Gal 5:13

**Self-denial****Buddhism**

Separate your self from all sense of self.                      Dvagpo – Lharje

**Christianity**

Then Jesus said to his discipline, “If anyone would come after me, he must deny himself and take up his cross and follow me.”                      Mt 16:24

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## **Compassion**

### **Buddhism**

With the weapon of compassion I shall overcome all evil.

Milarepa

### **Christianity**

Be kind and compassionate to one another, forgiving each other, just as in Christ, God forgave you. Eph 4:32

## **Merciful**

### **Buddhism**

True priest is always merciful and compassionate.

Samanna – Phala Sutta

### **Christianity**

Be merciful Just as your heavenly Father is merciful.

Lk 6:36

## **Kindness**

### **Buddhism**

Be kind to others, and choose the most effective methods of exercising kindness. Dvagpo - Lharje

### **Christianity**

Always try to be kind to each other, and to every one else.

1Th 5:15

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Show kindness and consideration to one another.

Lgnatius of Antioch : Magnesians

## **Patience**

### **Buddhism**

Patience in the face of hardship is courage; distress at hardship is cowardice. Shantideva : Bodhicaryavatara

### **Christianity**

Be joyful in hope, patient in affliction, and faithful in prayer.

Ro 12:12

## **Humility**

### **Buddhism**

Humility is the highest goal. Milarepa

### **Christianity**

Humility comes before honour. Pr 15:33

## **Humble**

### **Buddhism**

I lived in a manner that was humble in body, speech and mind.

Milarepa

### **Christianity**

Christ humbled himself and became obedient to death – even death on a cross. Php 2:8

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## **Words**

### **Buddhism**

Harsh words cause's pains and they may lead to physical blows.      The Dhammapada

### **Christianity**

A gentle answer turns away wrath, but a harsh word stirs up anger.      Pr 15:1

## **Conversation**

### **Buddhism**

Avoids frivolous (silly) and vain conversation, speak only when it is helpful.      Samanna – Phala Sutta

### **Christianity**

Let be your conversation be always full of grace.      Col 4:6

## **Truth**

### **Buddhism**

Lies are defeated by the truth.      The Dhammapada

### **Christianity**

So put away all falsehood and tell your neighbor the truth.  
Eph 4:25

## **Insult**

### **Buddhism**

If you cannot tolerate insult, what benefit is there in meditating on patience?      Milarepa

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**Christianity**

Do not repay evil with evil or insult with insult, but with blessings. 1Pe 3:9

**Listening****Buddhism**

Whatever acts of worship you perform in the course of a year, they are worth nothing compared with listening and absorbing the teaching of those who are truly wise. The Dhammapada

**Christianity**

Pay attention and listen to the sayings of the wise; apply your heart to what I teach. Pr 22:17

**Parents****Buddhism**

In a spirit of gratitude, those with pure minds support their parents and treat them with honour. Hui - Neng

**Christianity**

Honour your father and mother. Mk 10:19

**Friends****Buddhism**

Do not make friends with people whose souls are ugly and who take delight in wickedness. The Dhammapada

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**Christianity**

Beware of your friends. Jer 9:4

**Company**

**Buddhism**

There is happiness in the company of people who are good and there is sorrow in the company of fools. The Dhammapada

**Christianity**

Do not be misled: "Bad Company corrupts good character."

1Co 15:33

**Repaying**

**Buddhism**

Do not return evil for evil, endure evil without retaliation.

The Dhammapada

**Christianity**

Do not repay anyone evil for evil.

Ro 12:17

**Peace**

**Buddhism**

Let us form a community of peace, in a world full of rivalry.

The Dhammapada

**Christianity**

There is deceit in the hearts of those who plot evil, but joy for those who promote peace. Pr 12:20

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## **Path**

### **Buddhism**

Leave the path of death and follow the path of life.

The Dhammapada

### **Christianity**

Listen, my son, and be wise and keep your heart on the right path. Pr 23:19

## **Righteous**

### **Buddhism**

Whose life is pure and radiant as solid gold, and who is virtuous and reflective? Even the creator praises such a person.

The Dhammapada

### **Christianity**

Misfortune pursues the sinner, but prosperity is the reward of the righteous. Pr 13:21

## **Perfection**

### **Buddhism**

Under your guidance I shall strive towards the limit of perfection. Milarepa

### **Christianity**

Brothers, strive for perfection. 2Co 13:11

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## **Prayers**

### **Buddhism**

Prayer, guide me in this life and protect me from all physical danger. Milarepa

### **Christianity**

The prayer of the righteous man is power and effective.

Jam 5:16

I depend completely on prayer; it is only source of strength.

Threes of Lisieux

## **Meditation**

### **Buddhism**

Be energetic in your righteous actions and your meditation.

The Dhammapada

### **Christianity**

I will meditate on your wonderful works. Ps 145:5

## **Devotion**

### **Buddhism**

Spiritual devotion brings light; lack of spiritual devotion brings darkness. The Dhammapada

### **Christianity**

Live in a right way in undivided devotion to the Lord.

1Co 7:35

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## **Faith**

### **Buddhism**

If you practice what you believe, then you are worth to reach others.           The Dhammapada

### **Christianity**

As the body without the spirit is dead so faith without deeds is dead.           Jam 2:26

## **One with the Lord**

### **Buddhism**

You are all one. Think yourselves as one. Pray as one. Those are my final words.   Milarepa

### **Christianity**

But he who unites himself with the Lord is one with him in spirit.           1Co 6:17

## **Love**

### **Buddhism**

Let love guide your actions.           The Dhammapada

### **Christianity**

Live a life filled with love for others.           Eph 5:2

## **Wisdom**

### **Buddhism**

Those who can exercise perfect control of their actions, speech, and mind, have acquired true wisdom.           The Dhammapada

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**Christianity**

The fear of the lord is beginning of wisdom all who follow his precepts have good understanding. Ps 111:10

**Learn**

**Buddhism**

Take every opportunity to learn more about spiritual matters.  
Dvagpo – Lharje

**Christianity**

Let us discern of ourselves what is right; let us learn together what is good. Job 34:4

**Study**

**Buddhism**

Study the writings of all the religions and sects, with an open and impartial mind. Dvagpo – Lharje

**Christianity**

Blessed is the one who reads the word of this prophecy, and blessed are those who hear it and take to heart what is written in it. Rev 1:3

**Knowledge**

**Buddhism**

Expand your intellect and diminish your pride. Become rich in spiritual knowledge. Dvaop - Lharje

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**Christianity**

But grow in the grace and knowledge of our Lord and Saviour Jesus Christ. To him be glory and honour, both now and forevermore. 2Pe 3:18

**Insight****Buddhism**

I am happy with my soul, which has gained spiritual insight.  
Milarepa

**Christianity**

And this is my prayer that our love may abound more and more in knowledge and depth of insight. Php 1:9

**Understanding****Buddhism**

Understanding does not come from concepts and theories.  
Milarepa

**Christianity**

For the Lord gives wisdom and from his mouth come knowledge and understanding. Pr 2:6

**Thanks****Buddhism**

Gratitude (thanks) for every gift purifies. The Dhammapada

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**Christianity**

Give thanks in all circumstances. 1Th 5:18

**Rituals**

**Buddhism**

Without attuning your body, speech and mind to the way, what benefit is there in religious ceremonies? Milarepa

**Christianity**

Jesus replied, and why do you break the command of God for the sake of your tradition. Mt 15:3

**Celibacy**

**Buddhism**

A blade of sharp grass, when wrongly handled, lacerates (tear) the skin; in the same way asceticism (celibacy), when wrongly practiced, lacerates the soul. The Dhammapada

**Christianity**

But since there is so much immorality each man should have his own wife and each woman her own husband. It is better to marry than burn with passion. 1Co 7:2,9

**False Teachers**

**Buddhism**

Many people are taken in by those who act religiously, and give them copious (lavish) amounts of food. But one day the

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supporters of religious people will realize that their food has been wasted. Linji

### **Christianity**

Watch out for false prophets. They come to you in sheep's clothing, but inwardly they are ferocious wolves. Mt 7:15

If religion depended on reason, theologians would always excel in holiness: experience tells us this is not so.

Nikolaus Von Zinzedorf

## **Blind leaders**

### **Buddhism**

If you try to explain teachings which you do not understand yourself you are like a blind man leading the blind.

Dvagpo - Lharje

### **Christianity**

Leave them; they are blind guides. If a blind man leads a blind man, both will fall in to a pit. Mt 15:14

## **Devil**

### **Buddhism**

Fight a constant battle against the devil who is constantly trying to tempt you. When you are victorious in a battle against the devil do not become complacent (pleased), but watch over your conquests. Always be vigilant. The Dhammapada

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### **Christianity**

Be self-controlled and alert, your enemy the devil prowls around like a roaring lion looking for someone to devour. Resist him standing firm in the faith. 1Pe 5:8-9

## **Temptation**

### **Buddhism**

Have determination to resist temptation. Dvagpo - Lharje

### **Christianity**

Because he (Christ) himself suffered when he was tempted, he is able to help those who are being tempted. Heb 2:18

## **Guard**

### **Buddhism**

Do not drop your guard for a moment because at the moment your guard is dropped. The devil will seize his chance and you will be condemned to great suffering. The Dhammapada

### **Christianity**

Be on guard! Be alert! You do not know that time will come. Mk 13:33

## **Armour**

### **Buddhism**

In fulfilling your highest aspiration, wear spiritual armour. Dvagpo - Lharje

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**Christianity**

Put on the full armour of God so that you can take your stand against the devil's schemes. Eph 6:11

**Holy****Buddhism**

Lead a holy life, for the sake of extinguishing all suffering.  
Buddha Mahavagga

**Christianity**

Seek to live a clean and holy life, for those who are not holy will not see the lord. Heb 12:14  
The process of becoming holy will last the entire span of your life. John Calvin

**Young****Buddhism**

People should begin to strive for perfection when they are young. The Dhammapada

**Christianity**

Remember your creator while you are still young. Ecc 12:1

**Proclaim****Buddhism**

Engender within yourself the urge to bring salvation to all, find within yourself the strength to carry the truth across the world.  
Milarepa

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**Christianity**

Proclaim his salvation day after day; declare his glory among the nation, his marvelous deed among all peoples.

1Ch 16:23 24

**Leading**

**Buddhism**

Enlightened men and women must lead others to nirvana where there is perfect freedom.

Mahayana Wisdom Diamond Sutra

**Christianity**

Those who are wise will shine like the brightness of the heavens, those who lead many to righteousness, like the stars for ever and ever. Da 12:3

**Teaching**

**Buddhism**

Teach what you have learnt to others, in this way you will purify yourself. The Dhammapada

**Christianity**

You must teach what is in accord with sound doctrine.

Tit 2:15

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## **Urge Others**

### **Buddhism**

Urge the people to lead lives of perfect holiness.

Mahavagga

### **Christianity**

There are many Christians who devote themselves to studying theology, and yet who never urge others to devote themselves to Christ.      John Chrysostom

## **Way**

### **Buddhism**

The path that leads to the cessation of suffering is eight fold, right visions, right purpose, right speech, right action, right livelihood right effort, right awareness and right concentration.

Buddha

### **Christianity**

I will teach you the way that is good and right. But be sure to fear the Lord and sincerely worship him. Think of all the wonderful things he has done for you. But if you continue to sin you and your king will be destroyed.      1Sa 12:23-25

## **Reflect**

### **Buddhism**

Having once experienced spiritual insight, reflect on that insight.      Davagpo – Lharje

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**Christianity**

Reflect on what I am saying, for the Lord will give you insight in to all this. 2Ti 2:7

**Light**

**Buddhism**

May I be a light for those in darkness? May I be a servant for those who need service? Shantideva : Bodhicaryavatara

**Christianity**

You are the light of the world. Let your light shine before men, that they many see your good deeds and praise your father in heaven. Mt 5:14,16

**Duties**

**Buddhism**

Perform your duties to the best of your abilities  
The Dhammapada

**Christianity**

Endure hardship, do the work of an evangelist; discharge all the duties of your ministry. 2Ti 4:5

**Defend the Truth**

**Buddhism**

You should be concerned only with truth and peace. The truth is your guardian and you are the guardian of the truth.  
The Dhammapada

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**Christianity**

But now I find that I must write about something else, urging you to defend the truth of the Good News. God gave this unchanging truth once for all time to his holy people.

Jude 1;3

**Laziness****Buddhism**

Do not be indolent (lazy). The Dhammapada

**Christianity**

We do not want you to become lazy. Heb 6:12

**Sacrifice****Buddhism**

Linji addressed the monks; for the sake of the way be prepared to sacrifice the lump of flesh which is your body. Linji  
Abstaining from evil is the highest sacrifice. Nirvana is the highest good. This is the teaching of all who are enlightened.

The Dhammapada

**Christianity**

Therefore I urge you, brothers, in view of God's mercy, to offer your bodies as living sacrifices, holy and pleasing to God, which is your spiritual act of worship. Ro 12:1

To do what is right and just is more acceptable to the Lord than sacrifice. Pr 21:3

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## **Beating and Mocking**

### **Buddhism**

I hand over my body itself to others. Let them beat it and mock it. Shantideva : Bodhicaryavatara

### **Christianity**

I offered my back to those who beat me, my cheeks to those who pulled out my beard; I did not hide my face from mocking and spitting. Isa 50:6

## **Faithful**

### **Buddhism**

True priest is faithful and trustworthy.

Samanna – Phala Sutta

### **Christianity**

Be faithful, even to the point of death, and I (Christ) will give you the crown of life. Rev 2:10

## **World**

### **Buddhism**

Since this life is so brief and uncertain do not spend it on uncertain, do not spend it on pursuing worldly aims and goals.

Dvagpo – Lharje

### **Christianity**

Do not love the world or anything in the world. If anyone loves

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the world, the love of the father (God) is not in him.

Jn 2:15

## **Money**

### **Buddhism**

You must choose between the path of material wealth and that of nirvana (spiritual peace).      The Dhammapada

### **Christianity**

You cannot serve both God and money.      Mt 6:24

## **Gratis**

### **Buddhism**

Monk does not accept gifts of money.

Samanna – Pahala Sutta

### **Christianity**

Heal the sick, raise the dead, and clean those who have leprosy.

Drive out demons. Freely you have received, freely give.

Mt 10:8

Naaman (army commander) said to Elisha (prophet), please accept now a gift (70 kg gold and 340 kg silver) from your servant. The prophet answered, “As surely on the Lord lives, whom I serve, I will not accept a thing”. And even though Naaman urged him, he refused.      2Ki 5:15,16

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## **Food and Clothing**

### **Buddhism**

Do not worry about what you will wear and what you will eat.

The Dhammapada

### **Christianity**

Therefore I (Jesus) tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear.

Mt 6:25

## **Confidence**

### **Buddhism**

In carrying out the instructions of your teacher be confident and determined.      Dvagpo – Lharje

### **Christianity**

So do not throw away your confidence; it will be richly rewarded. You need to persevere so that when you have done

the will of God, you will receive what he has promised.

Heb 10:35

## **Old**

### **Buddhism**

You do not demonstrate wisdom by having grey hairs on your head if you have grown old without acquiring wisdom. You have passed your life in vain.      The Dhammapada

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**Christianity**

It is not only the old who are wise, not only the aged who understand what is right. Job 32:9

**Overseer****Buddhism**

People maybe regarded as elders if they are truly free from sin – if they are honest virtuous, peaceful, self-controlled and moderate. The Dhammapada

**Christianity**

Overseer must be hospitable, one who loves what is good, who is self-controlled, upright, holy and disciplined. Tit 1:8

**Honour****Buddhism**

If you give honour to those who are rich in virtue and holiness, you will receive four treasures: long life, good health, spiritual strength, and eternal joy. The Dhammapada

**Christianity**

Now we ask you, brothers, to respect those who work hard among you, who are over you in the Lord and who admonish you. Hold them in the highest regard in love because of their work. 1Ti 5:12,13

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## **Joy**

### **Buddhism**

If we speak or act with a pure mind, joy will follow – as surely as a shadow follows the person who casts it. If we speak or act with an impure mind, suffering will follow – as surely as the chariot follows the animal that draws it.      The Dhammapada

### **Christianity**

The prospect of the righteous is joy, but the hopes of the wicked come to nothing.      Pr 10:28

## **Visible and Invisible**

### **Buddhism**

True monk may become invisible and the visible again. He may walk through the wall.      Samanna – Phala Sutta

### **Christianity**

Though the doors were locked, Jesus came and stood among them and said, “Peace be with you”!      Jn 20:26

When Christ was at the table with them he took bread, gave thanks, broke it and began to give it to them. Then their eyes were opened and they recognized him and he disappeared from their sight.      Lk 24:30,3

## **Walking on Water**

### **Buddhism**

Monk may walk on water, as it was solid ground.

Smanna – Phala Sutta

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**Christianity**

About the fourth watch of the night Christ went out to his disciples, walking on the lake. Mk 6:48

**Complexion****Buddhism**

The complexion of a holy man or woman is clear and bright when enlightenment is attained. Maha Parinibbana Sutta

**Christianity**

All who were sitting in the Sanhedrin looked intently at Stephen, and they saw that his face was like the face of an angel.

Ac 6:15

**Judgment****Buddhism**

Immoral people know that after death they will suffer the full consequences of their evil behaviour.

Maha Parinibbana Sutta

**Christianity**

Angels will weed out of his kingdom everything that causes sin and all who do evil. They will throw them into the fiery furnace, where there will be weeping and gnashing of teeth. Then the righteous will shine like the sun in the kingdom of their father. Mt 13:41-43

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## **Impure**

### **Buddhism**

If impurities are allowed to develop in the soul and are not removed, the soul will be destroyed.      The Dhammapada

### **Christianity**

No immoral, impure or greedy person – has any inheritance in the kingdom of Christ and of God.      Eph 5:5

## **Escape**

### **Buddhism**

You cannot escape the consequence of your evil actions by flying in the sky, or by plunging to the depths of the ocean, or by hiding in a mountain cave.      Dhammapada

### **Christianity**

Do you think you will escape God's judgment?      Ro 2:3

## **Reward**

### **Buddhism**

Moral people look forward to dying knowing that after death they will enjoy the full consequences of their good behaviour.      Maha Parinibbana Sutta

### **Christianity**

God will judge or reward you according to what you do.      1Pe 1:17

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## **Few**

### **Buddhism**

Only a few hear and understand the way; only a few rise to become Buddha.      The Dhmmapada

### **Christianity**

But small is the gate and narrow the road that leads to life and only a few find it.      Mt 7:14

## **Eternal life**

### **Buddhism**

Those who know and follow the way will depart from the

realm of (domain) death and enter eternity.

The Dhammapda

### **Christianity**

For, the wages of sin is death but the gift of God's is eternal life in Christ Jesus our Lord.      Ro 6:23

## **Eternal Pleasure**

### **Buddhism**

Never take advantage of others. Seek only eternal happiness.

Devote yourself to the way.      Dvagpo - Lharje

### **Christianity**

You have made known to me the path of life; you will fill me

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with joy in your presence, with eternal pleasure at your right hand. Ps 16:11

## **Immortality**

### **Buddhism**

Vigilance is the path to immortality, negligence is the path to death, those who are vigilant never die, and those who are negligent are already dead. The Dhammapada

### **Christianity**

I (Jesus) assure you, any one who obeys my teaching will never die! Jn 8:51

In the way of righteousness there is life; along that path is immortality. Pr 12:28

## **Salvation**

### **Buddhism**

The path to salvation always exists, and is open to all.

Dvagpo - Lharje

### **Christianity**

This is what the Lord says, "Maintain justice and do what is right, for my salvation is close at hand." Isa 56:1

## **Crystal Palace**

### **Buddhism**

Ultimately you will go to a crystal palace, where you will

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witness your own spiritual victory.

Milarepa

### **Christianity**

The foundations of the City walls were decorated with every kind of precious stone. The first foundation was jasper, the second sapphire, the third chalcedony, the fourth emerald, the fifth sardonyx, the sixth carnelian, the seventh chrysolite, the eighth beryl, the ninth topaz, the tenth chrysoprase, the eleventh jacinth and the twelfth amethyst. The twelve gates were twelve pearls, each gate made of a single pearl. The great street of the city was of pure gold, like transparent glass.                      Rev 21:21

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There are priests and preachers who perform rituals and ceremonies and deliver eloquent sermons. These priests and preachers should not be treated with honour or regarded reverence, they do not show you the way of contemplation (meditation) but they merely provide emotional excitement. Their clever manipulation of words, and their powerful rhetoric, in truth amount to no more than babble (murmur) of infants. They can never save people from disease and sorrow, pain and despair. Lankavatara Sutra

For back cover

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