**Buddha Quotation Reflection**

Pick a quotation from the Buddha and write a reflection below. Your reflection can be your thoughts and opinions, and your answers to some of the sentence starters below.

Quotations:

1. *“Do not dwell in the past, do not dream of the future, concentrate the mind on the present moment.”*
2. *“It is better to conquer yourself than to win a thousand battles. Then the victory is yours. It cannot be taken from you, not by angels or by demons, heaven or hell.”*
3. *“Peace comes from within. Do not seek it without.”*
4. *“The way is not in the sky. The way is in the heart.”*
5. *“There is nothing more dreadful than the habit of doubt. Doubt separates people. It is a poison that disintegrates friendships and breaks up pleasant relations. It is a thorn that irritates and hurts; it is a sword that kills.”*
6. *“Thousands of candles can be lighted from a single candle, and the life of the candle will not be* *shortened. Happiness never decreases by being shared.”*
7. *“We are what we think. All that we are arises with our thoughts. With our thoughts, we make the world.”*
8. *“What we think, we become.”*

Sentence Starters.

* This quotation makes me think…
* This quotation means…
* I agree/I disagree…
* This quotation teaches people…
* This quotation shows Buddhists find \_\_\_\_\_\_\_\_\_\_\_\_\_\_ important/not important.

Reflection

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