

## FOREWORD

This is a book of readings for *thinking* people, for those who value self-understanding. We might see this as self-help servings of healing words from early Buddhist recipes for emotional health, a full life and spiritual liberation.

This anthology records my weekly reflections written from September 2009 to May 2011, in response to some current affairs or while reflecting on uplifting moments of being joyfully touched by the Buddha's teachings, that is, by life's simple and true realities.

If you read between the lines, you would see that this is a record of your own feelings and joys that I have been privileged to notice, and which I have crafted together in the light of the Buddha's teachings. You might at once see yourself in these writings; or, you might feel drawn to the feelings expressed here. You might even smile at what you are reading. And perhaps, you might lose yourself in deep joy in these healing words. This is why I have written these.

Buddhism, especially early Buddhism, is a teaching of simple yet profound joy and wisdom. We need some joy to really function effectively in our daily lives. We need some joy to jumpstart our meditations. And the wisdom that such activities bring forth only deepens and broadens that joy, so that we want to share it with others.

Yet, to be truly happy, we must learn to have moments of inner bliss, looking deeply at ourselves. This is a joyful way of telling ourselves that there is so much undiscovered and untouched goodness in us that continue to surprise us as we discover and touch the goodness in others.

In an important way, this book encourages us to take a few more steps, maybe even a leap, further ahead in our journey of self-understanding and freeing of the heart. We might even inspire a better Buddhist community.

As before, we are indebted to **Ratna Lim**, my unconditionally compassionate wife, for her devoted efforts in putting this volume together. She is that special person who never fails to see goodness in me even when I am sometimes uncertain of my own abilities. She is my first lively audience, who wants to share these healing words with you, just as much as I do, maybe even more.

**Vivy Suhendra** has patiently and carefully read the proofs, which makes reading this book more enjoyably beneficial. She has an amazing memory that links up what she reads, and also a beautiful command of English. It's hard for a writer to see all his typos, but Vivy has made this book more pleasant to read.

**Veron Lien**, a designer of natural talent, has given us another spaciouly beautiful cover for this volume. She has put together three basic colours in a frozen movement, representing unfinished action, just as we are all on-going learners, seeking awakening. Yet the simple but powerful imagery evokes a sense of eternity, like the Dharma. We thank her for this gift of beauty and truth that naturally reflects the purpose of this book.

**Marcus Kam** deserves a special mention for being a very warm and caring friend who has introduced many to our work of Dharma. He is an excellent example of a humble active Buddhist who works without fanfare. Yet he is one who is very clear about his directions, no matter where he is. He is a gentle reminder that spiritual friendship is alive and well.

This Dharma gift has been made possible, as before, by your kind generosity. Its presence is a celebration of your own inspiration in the Buddha's teaching. Now is the time to share this healthy joy with all our friends and those who would be friends, or with anyone who care for the true happiness of self-understanding. We cannot afford to be hesitant in sharing the Dharma: a moment of kindness may change a life forever.

Please freely pass on these healing words of the Dharma. There is a lot more from where it comes.  
Let us make it a life-changing Buddhist experience.

May our words heal, and move others to heal more.

Āsāḷha Pūjā Day  
15 July 2011

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