

*Not committing harm
Fostering all that is virtuous, and
Thoroughly taming one's own mind
These are the teachings of the Buddha – The Dhamapada*

*All beings are indeed buddhas,
But they are covered by temporary obscurations.
When these are removed, they are really buddhas. - The Hevajra Tantra*

“The Greek for sin means to miss the target. Sin is what turns consciousness away from truth. Being the consequence of illusion and selfishness, sin includes its own punishment. God doesn't do the punishing.”

Laurence Freeman - Benedictine monk and Catholic priest

The thought manifests as the word;
The word manifests as the deed;
The deed develops into habit;
And habit hardens into character.
So watch the thought and its ways with care,
And let it spring from love born out of concern for all beings. - the Buddha