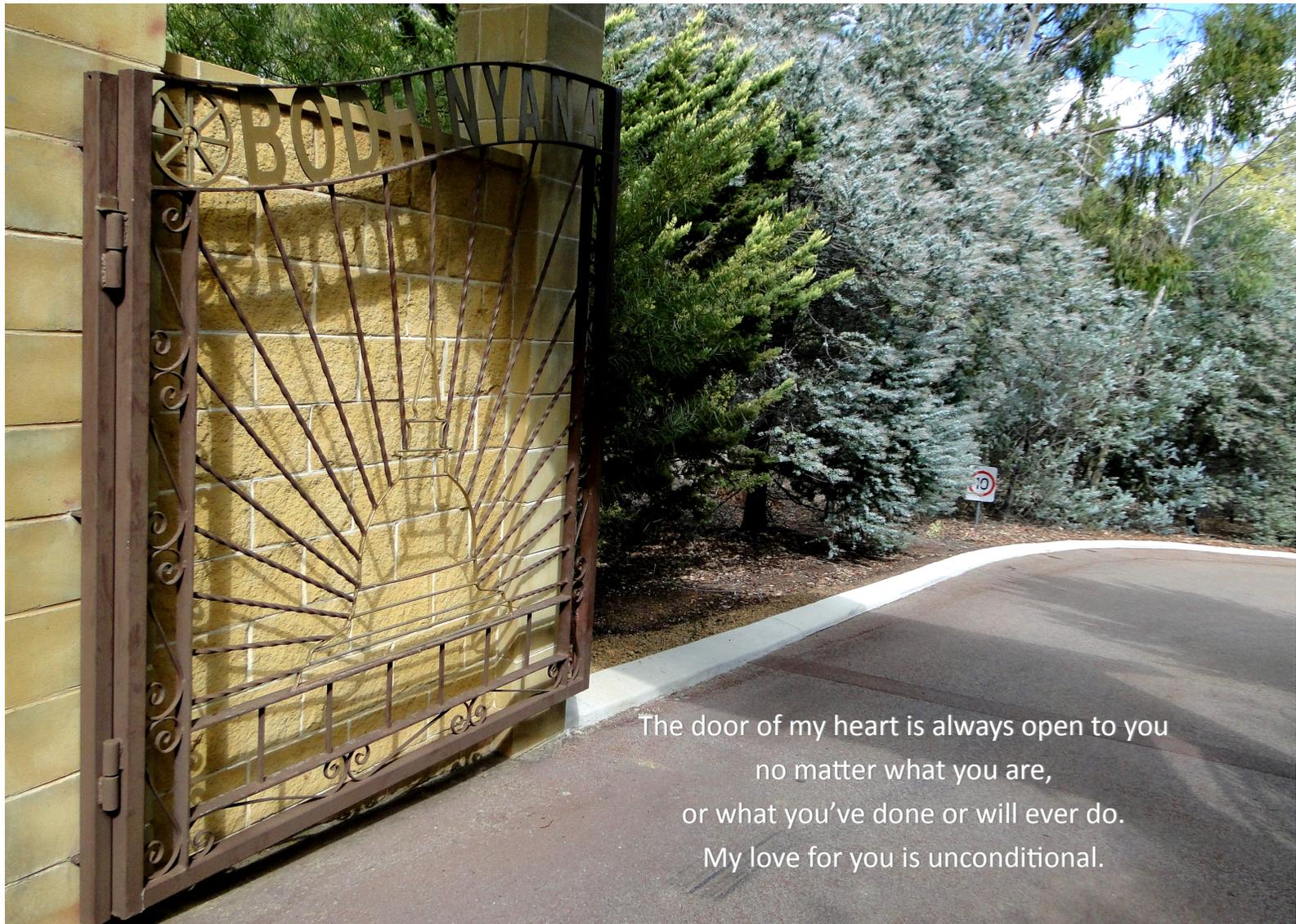


Wisdom and Wonders
inspiration and insight from Perth

Ajahn Brahm



The door of my heart is always open to you
no matter what you are,
or what you've done or will ever do.
My love for you is unconditional.

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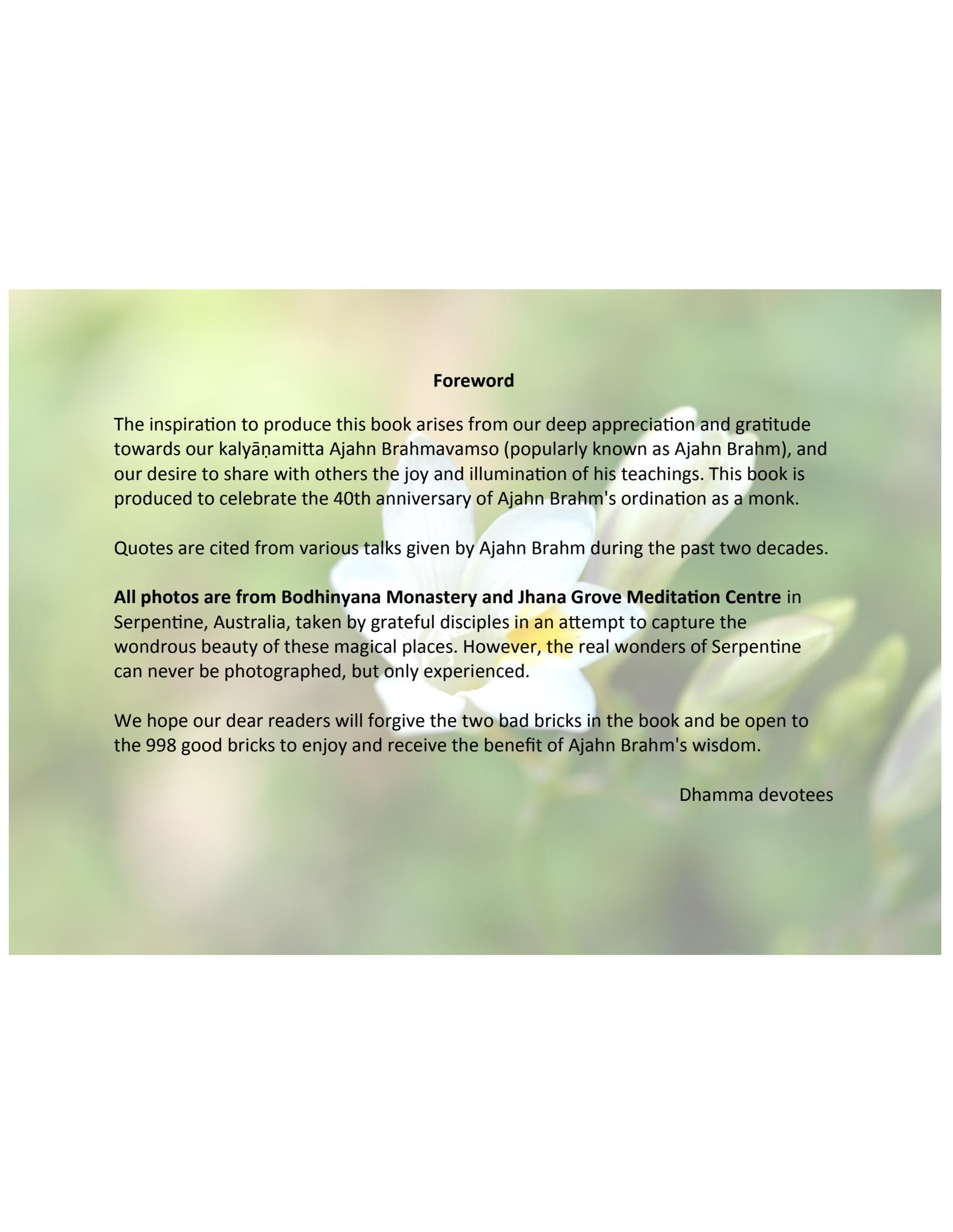
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Foreword

The inspiration to produce this book arises from our deep appreciation and gratitude towards our kalyāṇamitta Ajahn Brahmavamso (popularly known as Ajahn Brahm), and our desire to share with others the joy and illumination of his teachings. This book is produced to celebrate the 40th anniversary of Ajahn Brahm's ordination as a monk.

Quotes are cited from various talks given by Ajahn Brahm during the past two decades.

All photos are from Bodhinyana Monastery and Jhana Grove Meditation Centre in Serpentine, Australia, taken by grateful disciples in an attempt to capture the wondrous beauty of these magical places. However, the real wonders of Serpentine can never be photographed, but only experienced.

We hope our dear readers will forgive the two bad bricks in the book and be open to the 998 good bricks to enjoy and receive the benefit of Ajahn Brahm's wisdom.

Dhamma devotees



This is good enough!



There is no entry fee to happiness.

You all are damaged goods and crooked trees.
That is why you are beautiful.





Don't try so hard to succeed and be perfect.
You don't need to be perfect to be loved.



You can only find peace of mind and realize the meaning of life
by embracing the imperfections of life.

If you want to see a beautiful sunset,
you need a few mistakes in the atmosphere,
some dust or clouds. If you have a perfectly clear sky,
the sunset is not so beautiful.



A landscape photograph capturing a sunset. The sun is a bright, glowing orb on the horizon, partially obscured by dark, silhouetted trees and branches in the foreground. The sky is a mix of soft blues, oranges, and yellows, with scattered clouds catching the low light. The overall mood is serene and contemplative. The quote "Imperfection is an important part of beauty." is centered in the upper half of the image in a white, sans-serif font.

Imperfection is an important part of beauty.



Make peace with imperfections.



Life is like a mirage. There is something to it
but we give it more meaning than it deserves.

Fear amplifies negativity.





All fear is about losing something
which you think you own or which you are attached to.

The real fear is the fear of disappearing.





Life is a series of the unexpected.



Pain is like the winter before the spring.



Tragedies, difficulties and pains keep coming back because they are there for us to learn from.



Like a flower bud with pressure inside,
our heartache is unbearable.
But once it bursts open from that pain,
a beautiful flower comes out.

Memories are the dead bodies of past events.
Do not keep carrying around coffins full of dead moments.





The past is a prison cell with a door open.
You can walk out of it any time you want.



Life is boring only when you allow it to be



The only way to increase your happiness is
to learn to be grateful for and value what you already have.



Love things the way they are, and it will be like
the sun shining in the garden which makes the flowers grow.



All happiness is in the present moment.



Now is where the future is being made.

Smiles are sometimes
more beautiful and meaningful than words.





When you stop complaining you stop suffering.

The problem with desire:
once it gets going, nothing is ever enough.





Suffering is asking from the world what it can never give you.



If you want to have a happy life,
lower your expectations until you have no expectation at all.
Then every moment will be a pleasant surprise.
A gift.



Loving kindness is the key to prosperity.



Giving is part of loving.

A close-up photograph of a red kangaroo paw flower. The flower is in the center-right of the frame, showing its characteristic red, fuzzy, tubular structure. Several bright yellow stamens are visible, protruding from the center. The background is a soft-focus field of similar red flowers, creating a sense of depth. The lighting is natural, highlighting the texture of the flower's bracts.

Love is not liking somebody.
Love is loving things that sometimes you don't like.

Be happy with your own company,
then you can be happy with others.





The birth of beauty is always preceded by some difficulty or some pain.

A photograph of a sunset or sunrise. The sun is low on the horizon, partially obscured by clouds, creating a bright glow. The sky is a deep blue. In the foreground, there are dark silhouettes of trees and bushes. A prominent, bare tree silhouette stands in the center, with its branches reaching upwards. The overall mood is contemplative and serene.

The cause of real suffering or freedom is your attitude.

We cannot change the world

You have a choice: to get angry or to let go.

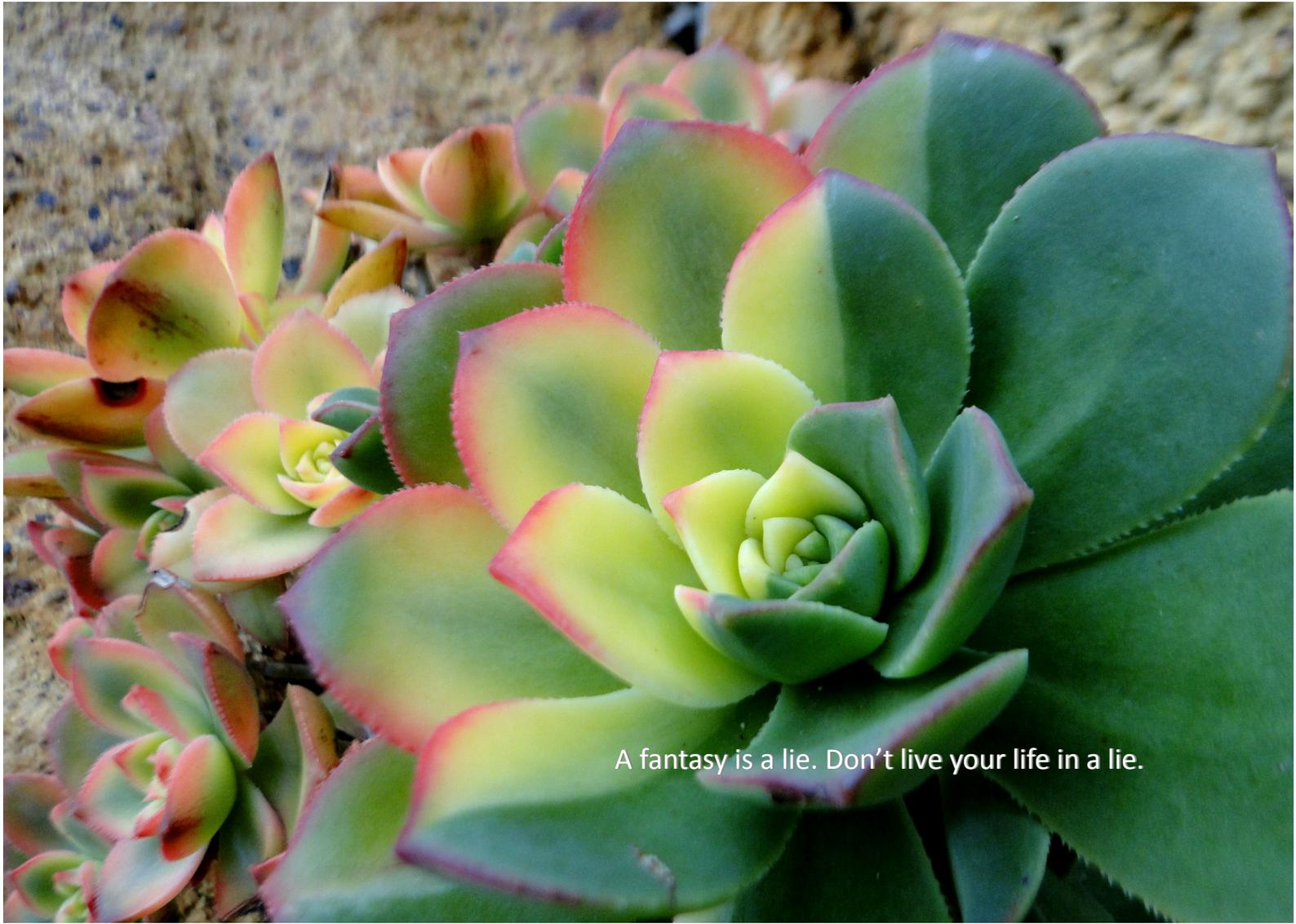




Only when you abandon your likes and dislikes
can you trust what you see and what you perceive.

To communicate well, you have to learn how to listen.

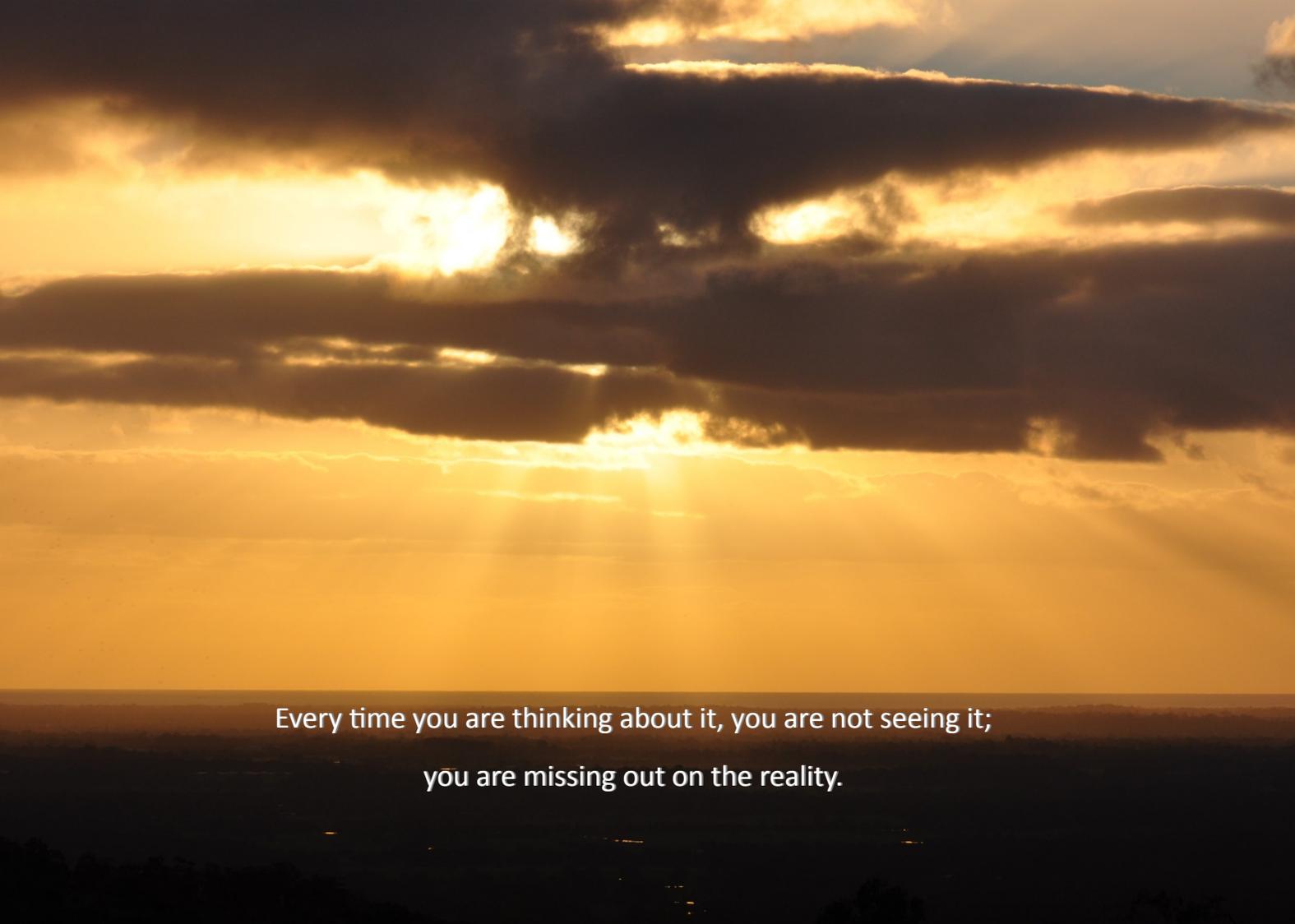




A fantasy is a lie. Don't live your life in a lie.



Expectation is what kills our happiness.



Every time you are thinking about it, you are not seeing it;
you are missing out on the reality.

Wanting bends perception.





You can't 'if' the past,
you didn't know what would happen.



A thought is only an approximation of reality.
When we gaze at the past
we invariably look through a distorted lens.

If you don't have a good relationship with yourself,
you will never be able to have a happy relationship with others.





Never take people for granted.
Never take yourself for granted.

A photograph of a kangaroo standing upright in a grassy field. The kangaroo is the central focus, looking directly at the camera. It has a greyish-brown coat and is standing on its hind legs. The background consists of several trees and a bright, sunny sky. The text is overlaid on the right side of the image.

To be assertive means to stand up for “US”
not just for one’s own self.

The best relationship is
the relationship with peace.





Wisdom never comes from thinking but from silence.

A photograph of Ajahn Brahm, a Buddhist monk with a shaved head and sunglasses, wearing traditional orange robes. He is smiling and serving food from a large metal bowl to a group of people. In the foreground, a woman in a yellow shirt is holding a white plate. Other people are visible in the background, some wearing hats, suggesting an outdoor setting. The text is overlaid on the left side of the image.

About Ajahn Brahm

Ajahn Brahmavamso, popularly known as Ajahn Brahm, was born and raised in London, and graduated from Cambridge University in theoretical physics. Ajahn was ordained as a monk at the age of twenty-three and subsequently spent nine years training in the forest meditation tradition under the renowned meditation master Venerable Ajahn Chah.

In 1983, Ajahn Chah asked him to go to Australia to help establish a monastery in Perth, Western Australia. Ajahn Brahm is now the abbot of Bodhinyana Monastery in Serpentine.

In 2005, Ajahn Brahm started a project to build a meditation centre to provide a suitable environment for meditation training for laypeople. Jhana Grove was inaugurated in April 2009. Since then, the centre holds meditation retreats several times a year.

**The gift of the Dhamma
surpasses all other gifts.**

Ajahn Brahm has given us
a beautiful gift of the Dhamma.
It's up to us whether to unwrap it and embrace it,
or merely glance and go.

