



A Mind at Peace A Life at Peace



Have peace of mind, and
you will have peace in your life

Table of Contents

- 02** A Mind at Peace, a Life at Peace: Take heart and carry on!
—Ven. Guo Hwei, Abbot President of Dharma Drum Mountain
- 04** The Wisdom to Calm the Mind—Master Sheng Yen
- 06** Calm Your Mind at All Times
- 08** Calm Ourselves and Others
- 10** Responding to Changes with Unchanging Principles
- 12** Transforming the Environment with Our Minds
- 14** To Give Is to Nurture Blessings
- 16** Living in a Pure Land
- 18** A Superior Way to Settle the Body
- 19** Methods for Relaxation
- 23** Methods for Calming the Mind
- 26** Eight-Form Moving Meditation
- 36** Appendix—
Simple things you can do to protect
yourself from viral diseases
Seven Steps: To Killing Bacteria and Viruses
4 Steps to Wearing the Mask Properly



Illustration by
Lin Weimin

A Mind at Peace, a Life at Peace Take heart and carry on!

Master Sheng Yen, founder of Dharma Drum Mountain, once said: “In all situations, take good care of your mind by remaining calm and stable within. That is spiritual environmental protection.” During this pandemic period, it’s all the more important to protect our spiritual environment.

The new coronavirus pandemic has claimed tens of thousands of lives worldwide. Buddhists believe that the Buddha is a great medicine-king, so let us pray to the Buddhas and Bodhisattvas that this pandemic can soon come to an end.

During this period, those who are experiencing the suffering and medical personnel need more of our support. As many are concerned about their own and their family’s health, DDM would like to urge people to follow the advice and guidelines by public health authorities, to better protect themselves and those around them.

In addition to physical well-being, please also take care of your mental well-being by protecting your spiritual environment. Our mind is the master of our body. With a good mental well-being, even when we are not well, we can still lead a peaceful life.

In face of a difficult situation, it’s essential to develop compassion, sympathy, and empathy. We can practice the Four Steps for Handling a Problem: Face it, Accept it, Deal with it, and Let it go. Whether in prosperity or adversity, we always have the present moment as the best time. We should take the public well-being as our own responsibility, and put our effort in the present moment. There is no need to regret the past; we should share an aspiration, rather than indulge in anxiety.

Also, we can practice two concepts proposed by Master Sheng Yen based on Chan teachings: reverse thinking, and accommodating to the situation. With reverse thinking, we can regard this pandemic crisis as our task and an opportunity to improve ourselves. The latter requires us to deal with the current condition by using collective wisdom and sharing sources, to jointly mitigate the crisis as best we can.

Let us all strive forward together! Heaven helps those who help themselves. We should embrace hope, and believe that the sun will always come out after the rain. When getting through this challenge, we’ll have a bright future of great light.

With peace of mind, we will have peace of body.
With a mind at peace, we will have a life in peace.
We wish everyone peace and well-being.

Guo Hwei

Abbot President of Dharma Drum Mountain



The Wisdom to Calm the Mind

Refill your energy with peace of
body and mind

With calm and composure, we bravely accept
what has happened as a fact. By proactively
handling the problem with collective wisdom,
we can weather this storm together, being on
the same boat.



Illustration by
Lin Li

The wisdom to calm the mind

Calm Your Mind at All Times

From the Buddhist perspective, when faced with natural and man-made disasters we should learn to accept the law of cause and effect, while starting our effort by calming people's minds.

If people's minds are calm enough, then at least man-made disasters in our environment will decrease. When the causes and conditions in various aspects can be more in balance, society will more likely become peaceful and stable, and thus there will be fewer natural disasters.

As such, when faced with natural and man-made disasters, we should make an effort to calm our minds, keep a gentle and peaceful mind, live in harmony with others, as well as adapt and accommodate to the natural environment.

Help yourself before others can help you; heaven helps those who help themselves. We should cherish our karmic affinities and blessings, and start by calming ourselves. Recite "Guanyin Bodhisattva" everywhere; and chant "Amitabha Buddha" without end. Maintain

peace of mind at all times with our thoughts and in all situations. At any time and place, rein in our mind, so that our fluctuated mind can settle down.

We hope that the Buddhist light of compassion and wisdom brings warmth to the world, so that everyone can have peace of body, peace of mind, peace of family, and peace of activity. This is the true and ultimate peace that we can depend on.

Excerpts from Master ShengYen's book, *A Mind at Peace, a Life at Peace*



Illustration by Liu Jianzhi

The wisdom to calm the mind

Calm Ourselves and Others

Seek calm and stability in the midst of complexity and chaos. With a calm and stable body and mind, we will have peace and safety. To have a peaceful body and mind is to have true happiness. Positivity, in its true sense, means that even in the midst of our happiness we still have others in mind and act for the benefit of others.

If we can face despair with calm, feel free and at ease wherever we are, and regard all phenomena as having the same nature as we do, then what can possibly disrupt our peace of mind? As long as we are still breathing, there is nothing that can make us lose hope.

In our life we should seek progress with a calm body and mind, seek fulfillment in making progress, know humility in seeking fulfillment, and accept those who are different from us with humility. Many people fail to remain humble and accept those who are different from us once they have found fulfillment, thus missing the true meaning of fulfillment. Tolerance represents

greatness, and one who is able to tolerate shows a true positive attitude.

Only when we have a calm body and mind ourselves can we really help calm others; only when we are able to calm and bring peace to sentient beings, making an effort to calm ourselves and others, can we be considered a truly positive person.

Excerpts from Master Sheng Yen's book, *A Positive Life Filled with Energy*



Illustration by Liu Jianzhi

The wisdom to calm the mind

Responding to Changes with Unchanging Principles

If our mind is restless and we feel insecure due to the influence of the environment, then we should practice keeping our mind from being affected by the environment, or maintaining an unmoved mind despite the changing environment. This is responding to changes with unchanging principles.

Faced with changes in the environment, we must be aware that it is the environment that is changing, while keeping our mind from fluctuating with these changes.

If we can keep our mind unmoved, and calmly face it and deal with it, then we will remain safe. On the contrary, if the environment is changing and our state of mind also fluctuates as a result, then we will only make ourselves more vulnerable.

This can be analogous to letting ourselves be overwhelmed by fear and panic prior to an attack by our enemy, only to allow the enemy to claim victory without even having to fight a battle, due to our own

chaos of infighting. This is only creating trouble for ourselves, which is unnecessary.

Excerpts from Master ShengYen's book,
Nothing Can't Disturb Your Mind



Illustration by Chen Weida

The wisdom to calm the mind

Transforming the Environment with Our Minds

Letting external circumstances determine the state of our mind means when we fail to be the master of ourselves and are thus affected by the dynamics of the environment.

If our mind is easily carried away by the environment, then we are subject to the influence of the environment, constantly changing whenever a new trend emerges, just like drifting duckweeds dictated by the current. This will only add to our suffering and sense of instability.

It is already not easy to keep the state of our mind from being determined by external circumstances; it is even harder to transform the environment with our minds. For example, if everyone is saying, “This is a bad time, so let’s run away from all this!” but I decide not to blindly follow suit, then this represents keeping the state of our mind from being determined by external circumstances. Furthermore, when people see that instead of running away I simply remain at ease, calm, and stable, they will likely generate confidence and decide not to run away in the end, believing that I am a

trustworthy person. If we can gradually influence more others into staying when they initially want to flee, then this represents transforming the environment with our minds.

Therefore, whether our environment will remain stable or not actually depends on whether we can maintain a calm and peaceful mind.

Excerpts from Master ShengYen’s book,
Embrace the World with a Serene Mind



Illustration by
Liu Jianzhi

The wisdom to calm the mind

To Give Is to Nurture Blessings

Giving is one of many ways to nurture blessings. The act of giving can bring happiness, health, and peace to others, as well as make people feel secure. This is how we nurture blessings.

In terms of the Buddhist teachings, there are three types of giving: giving material help; giving the Dharma; and giving protection from fear.

Giving material help includes providing manpower, physical strength, wisdom, and various resources. Giving the Dharma is applying Buddhist teachings and methods of practice to guide people to leave suffering behind and attain health and happiness. Giving protection from fear is not necessarily about protecting others by using force; it is meant to bring safety and security to the general public in society, so that no one will live in fear.

Therefore, building a pure land on earth where people can live without fear also constitutes giving

protection from fear.

Even with blessings coming to us, we still need to keep on nurturing blessings. The best way to nurture blessings is to practice giving, so that our blessings will continue without end.

Excerpts from Master Sheng Yen's book, *Live in Blessings!*



Illustration by Liu Jianzhi

The wisdom to calm the mind
Living in a Pure Land

“Pure land on earth” is not about some tangible object. “Pure land,” in its real sense, represents an inner feeling to perceive that our world is full of heartwarming hope.

If all of us can give up our prejudices, then we will be able to perceive everyone as kind and congenial, the surrounding atmosphere as filled with warmth and a sense of security, and the very present moment as a pure land.

A “pure land on earth” is not somewhere without any crime or disaster. In fact, our world will never be free from disasters, and nor can it be free from criminals and criminal acts. Rather, if we can purify our mind by starting from within, then we are essentially living in a pure land on earth.

This is not a form of self-deception. When our mind is filled with a sense of security, we will no longer fear changes from the external world.

Excerpts from Master Sheng Yen's book, *Nothing Can't Disturb Your Mind*



Illustration by Liu Jianzhi

A Superior Way to Settle the Body

Fuel for Settling the Body

A cheerful mood and a calm body and mind are good for health.

Let us relax our body and mind, recharging the batteries of life.

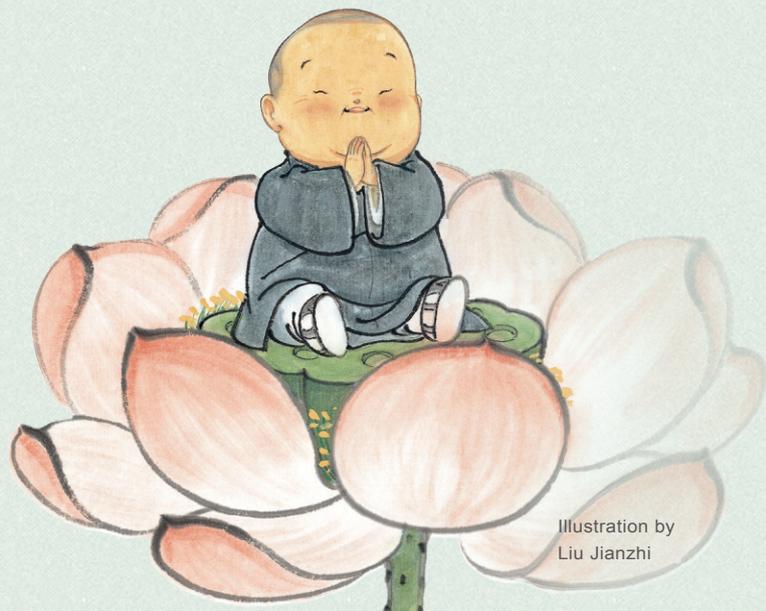


Illustration by
Liu Jianzhi

A superior way to settle the body Methods for Relaxation

Preparing your posture for Relaxation

1. Sit on a chair the same height as your knees, and sit firmly.
2. Sit up straight, without leaning back.
3. Keep your thighs away from the chair, forming a straight angle with your shanks.
4. Keep your knees about a fist away from each other.
5. Put your feet flat on the ground.
6. Place your hands on your knees, and keep them relaxed.



Relaxing the Whole Body



1. After sitting in the correct posture, lower your eyelids.
2. Relax the facial muscles. Relax the eyes and don't look at anything.
3. If you cannot relax the eyes, simply close them gently.
4. Keep your facial muscles relaxed, and don't think of anything.
5. Relax your shoulders, abdomen, and the whole body. Put your weight on the chair.
6. Relax your entire body from head to feet. Repeat this process a few times.
7. Then you'll feel your breathing becoming smoother and steadier.

Breathing naturally

1. Keep your body and mind relaxed, and breathe naturally.
2. Meanwhile, feel the breath coming in and out of the nostrils.
3. Don't control the breaths. Simply be aware of them flowing in and out.
4. Enjoy each and every breath.
5. Continue to relax, and enjoy your breaths.



Move your body

1. After five minutes, turn your head around a little bit.
2. Then move your body around, and shake it a little bit.
3. Rub your palms warm and massage your facial muscles a few times.
4. Now you are ready to continue with your work.



A superior way to settle the body

Methods for Calming the Mind

Breathing is our best friend.

Breathing conveys the message of our mind.

Now, simply keep your attention on your breaths.

Feel the breaths, enjoy the breaths,

And you'll be in a good mood,
filled with calm and stability.





Mood is in between an inhalation and exhalation

Breath and pulse are connected to our emotions and mental states. If we're breathing hastily, then we must be feeling irritated, terrified, agitated, or excited. In that case it's best to bring our attention to our breaths by counting them, to achieve a calm and stable mind.

Focusing our attention on the moment between inhalation and exhalation

1. When counting breaths, count only the exhalations.
2. Count sequentially with each exhalation.
3. Count from 1 to 10, and repeat the sequence.
4. Don't try to control breathing; otherwise you'll feel discomfort in the chest.



Peace of Body and Mind

Eight-Form Moving Meditation

Refill Your Energy

DDM's Eight-Form Moving Meditation incorporates the essence of Chan into exercise. It helps keep our body fit and healthy, harmonize our mind, and is an easy way for us to access the wonderfulness of Chan teachings, in developing peace of body and mind.



Provided by
Dharma Drum Mountain Meditation Activity Department
Illustration by Liu Jianzhi

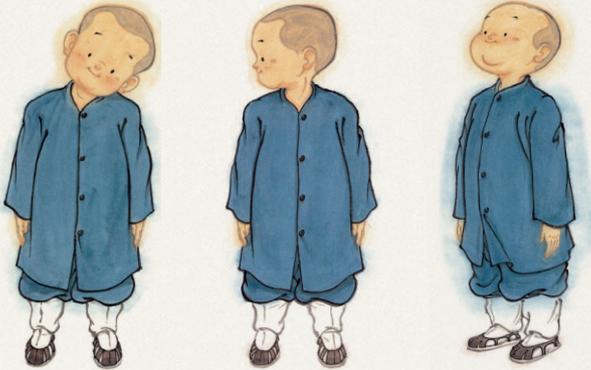
Eight-Form Moving Meditation

First Form: Waist Rotation with Swinging Arms



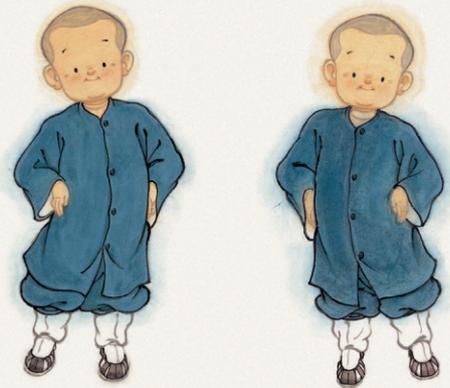
1. Relax your body, letting both arms hang naturally at your side.
 2. Turn at the waist to the left/right. Both feet remain stationary. Let your arms swing naturally, one patting gently on the shoulder, the other on the lower back. Relax the arms, back and shoulders. The swinging of the arms should be directed by the waist.
- ©Repeat the movement in the opposite direction.

Second Form: Neck Exercise



1. Relax your body, both arms hanging naturally at your side.
2. Slowly tilt your head to the left/right and bring the ear as close to the left/right shoulder as possible. Return the head to the upright position. Slowly turn your head to the left/right. Return the head to the upright position. Slowly tilt your head downward/upward. Return the head to the upright position.

Third Form: Hip Rotation



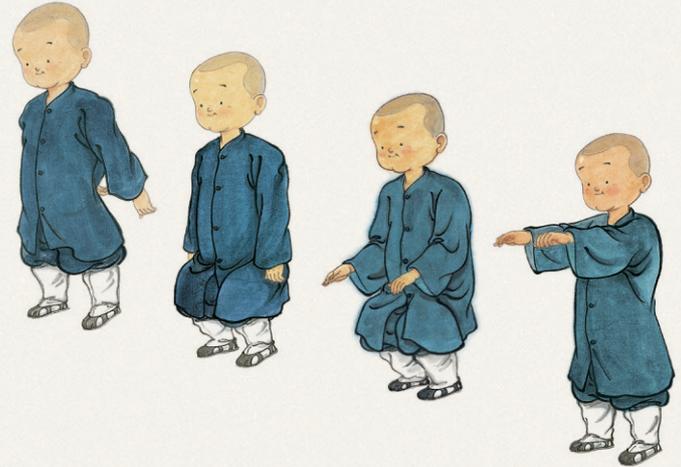
1. Relax your body, both arms hanging naturally at your side.
2. Place your hands on your waist, with fingers and thumb apart, pointing downward.
3. Slowly rotate your hip to the right.
4. Reverse the direction.

Fourth Form: Back Stretching and Bending



1. Relax your body, both arms hanging naturally at your side.
2. Interlock your fingers and slowly raise your arms as high as possible, with the palms facing upward.
3. Slowly lower your arms and bend your upper body downward. Try to touch the ground with your palms.

Fifth Form: Swing and Bend



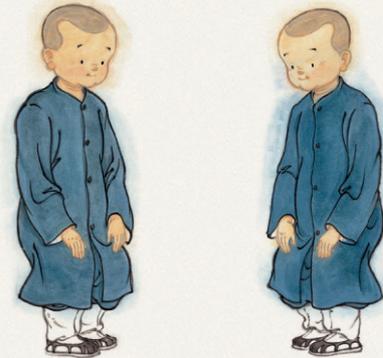
1. Relax the body, both arms hanging naturally at your side.
2. Swing your arms back and forth, and bend your knees naturally in rhythm with your swinging arms.
3. Be clearly aware of the swinging, the bending, and the sensation of your whole body in motion.

Sixth Form: Upper Body Rotation



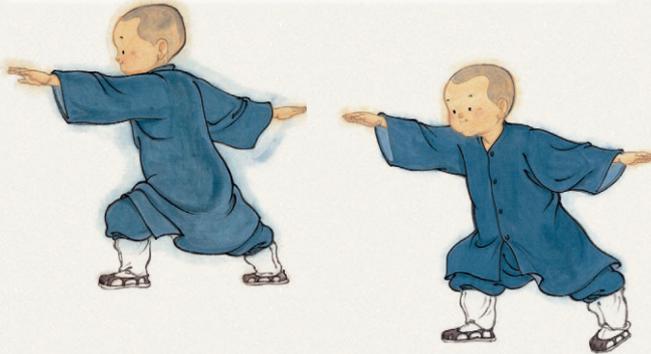
1. Relax your body, both arms hanging naturally at your side.
 2. Slowly raise your arms and keep them shoulder-width apart, palms facing inward as if holding a ball.
 3. Slowly rotate your upper body counterclockwise in a full circle.
- ◎Reverse the direction and repeat.

Seventh Form: Knee Exercise



1. Relax your body and stand with feet together.
 2. Bend your knees and place your hands on your thighs.
 3. Slowly rotate the knees counterclockwise, while keeping your hands on your thighs.
- ◎Reverse the direction and repeat.

Eighth Form: Stretching Diagonally



1. Relax the body and stand with feet together.
2. Slowly step diagonally forward with the left leg, while keeping your right leg straight.
3. Simultaneously, stretch your left arm forward and right arm backward.
4. Return to the starting position.
5. Slowly step diagonally forward with the right leg, while keeping your left leg straight.
Stretch your right arm forward and left arm backward.

Things to Notice about the Moving Meditation

- (1) Avoid doing the meditation right after a meal.
- (2) To make sure you relax properly:
 - ① Be careful not to apply unnecessary force.
 - ② Remove your watch, necklace, belt, and glasses, or any accessories that will make you feel restrained.
 - ③ Put your weight on the Yongquan acupoint on the sole of the foot. While standing, let your body weight fall on the soles of feet. Lean slightly forward to feel your body weight shift to the Yongquan acupoints, about 1/3 the distance from the toes to heel. By relaxing more, you will feel your body weight there more.
- (3) When doing the movements, keep your eyes open, move slowly, and breathe evenly.
- (4) Start each form by joining your palms in front of your chest to rein in your mind, and conclude with joined palms, in the upright standing position.
- (5) Remain silent while doing the exercise.

Appendix

Simple things you can do to protect yourself from viral diseases

- Wear a mask when coughing.
- Wash your hands properly more often.
Avoid touching your face, rubbing your eyes, and picking nose, picking teeth with fingers.
- Avoid going to public places or crowded areas.
- Avoid contact with wild animals.
- Go to the hospital when you have a temperature and when you are coughing more than usual.



Wear surgical masks when coughing or sneezing



Wash hands thoroughly with soap



Avoid crowded places, including hospitals

Source: Taiwan Centers for Disease Control

Seven Steps To Killing Bacteria and Viruses



Inside
Rub hands palm to palm



Outside
Right palm over left dorsum with interlaced fingers and vice versa



Squeeze
Palm to palm with fingers interlaced



Grip
Backs of fingers to opposing palms with fingers interlocked



Thumb
Rotational rubbing of left thumb clasped in right palm and vice versa



Upright
Rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and the other way around



End
Rinse hands with water and dry them thoroughly with a single use towel
Source: Taiwan Centers for Disease Control

Source: Taiwan Centers for Disease Control

4 Steps to Wearing the Mask Properly



Source: Taiwan Centers for Disease Control

Master Sheng Yen's Words for Peace of Mind

When stricken by an epidemic or disease, it's inevitable to feel anxiety, fear, and panic for the time being.

With a calm mindset, bravely accept what already is.

Deal with it using collective wisdom, and we can overcome difficulties together.

I encourage everybody to embrace hope, for however desperate a situation is there's always a bright way out.

May all of us have blessings, a peaceful mind, and a peaceful life.



Illustration by
Lin Li

Published by Dharma Drum Mountain Social Welfare and Charity Foundation

Edited and produced by Dharma Drum Mountain Cultural Center

Address: No. 186 Gongguan Rd., Beitou District, Taipei City 112, Taiwan

Tel: 886-2-28939966

Fax: 886-2-28939911

Website: <http://www.ddm.org.tw>

All rights preserved. Please do not copy.



**Dharma Drum Mountain
Social Welfare and Charity Foundation**



For peace of mind

Address: No. 186 Gongguan Rd., Beitou District,
Taipei City 112, Taiwan

Tel: 886-2-28939966

Fax: 886-2-28939911

Website: <http://www.ddm.org.tw>