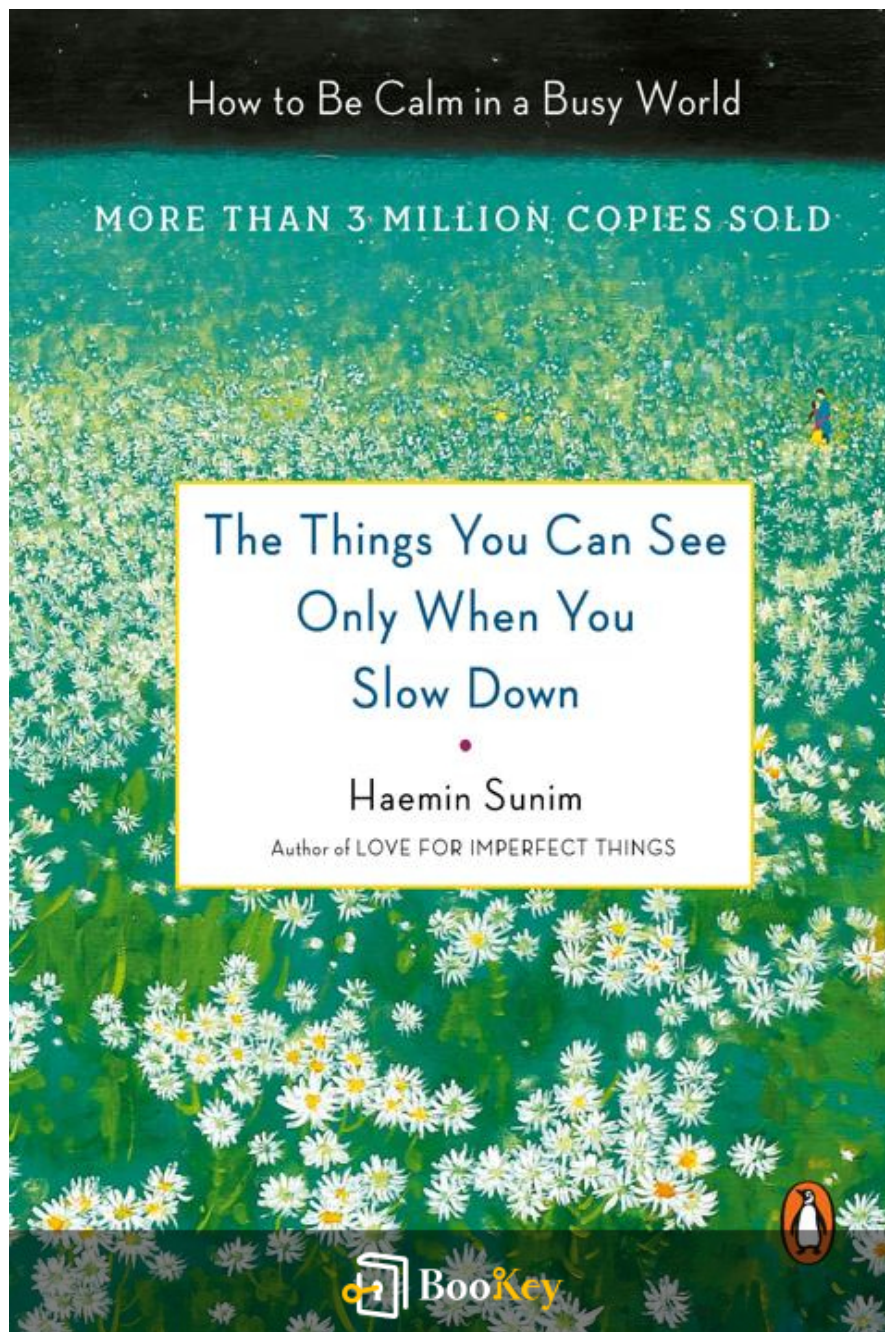


# The Things You Can See Only When You Slow Down PDF (Limited Copy)

Haemin Sunim



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# **The Things You Can See Only When You Slow Down**

## **Summary**

Finding peace in a fast-paced world.

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## About the book

In a world that often propels us forward with relentless speed and chaos, Haemin Sunim's "The Things You Can See Only When You Slow Down" invites us to pause and reflect on the quiet wisdom hidden in stillness. Through a collection of thoughtful insights and gentle reminders, Sunim, a Buddhist monk, encourages readers to embrace the present moment, cultivate self-compassion, and nurture connections with ourselves and others. By taking the time to slow down, we open ourselves to the beauty of simplicity and the profound lessons that lie in our everyday experiences. This book serves as a calming guide for those looking to find peace amidst life's clutter, urging us to rediscover the joy in simply being.

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## About the author

Haemin Sunim is a prominent Buddhist teacher and bestselling author, renowned for his ability to bridge the gap between ancient wisdom and contemporary life. Born in South Korea, he has gained international recognition for his teachings that emphasize mindfulness, compassion, and the importance of slowing down in a fast-paced world. Sunim's unique perspective is shaped by his experiences as both a monk and a scholar, and he beautifully weaves together personal anecdotes with profound insights that resonate with readers of all backgrounds. His book, "The Things You Can See Only When You Slow Down," invites individuals to reflect on their lives and find peace amidst chaos, making his work a comforting guide for navigating the complexities of modern existence.

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## Chapter 1 Summary: Rest

In a fast-paced world, it's easy to feel overwhelmed and question the source of our busyness. Often, we assume that the external hustle is to blame, but the reality reveals a deeper connection between our minds and the world around us. This connection challenges the common perception that our "mind" and the "world" operate independently. In truth, our experiences and feelings are profoundly shaped by our perceptions, reminding us that our reality is not an objective truth but a subjective framework constructed by our consciousness.

1. The Origin of Experience: The separation between our internal thoughts and external reality is largely illusory. According to Buddha's teachings, our feelings stem from how our minds interpret the world. Our perceptions influence how we react to everything around us—joy and sorrow manifest not from the world itself but from how our minds project feelings onto it. Thus, if we can direct our mental focus wisely, we can alter our experience of reality.

2. The Mind's Influence: Reflecting on a conversation with a mindful friend, a Buddhist nun, reveals critical insights into awareness. She noted that when we fixate on certain details in our environment—like tiles or floors during construction—we see only the aspects that align with our interests. Our view of the world is selective, shaped by what captures our attention. This ability



to focus is central; we can reshape our experience of the world based on how we train our minds.

3. Personal Reflection on Busyness: As a Zen monk and professor with a demanding schedule, the author reflects on the nature of his busy life. Upon introspection, he realizes that it is often his mind that feels overwhelmed rather than the environment itself. Enjoying the connections and joy from teaching and having deep conversations, he embraces his responsibilities while recognizing that stress often arises not from the tasks at hand but from his perceptions surrounding them.

4. Mindfulness and Perspective: Embracing the teachings of Buddhism, he emphasizes that our state of mind deeply impacts our experience of life. If our minds are peaceful, the world can reflect that serenity; if consumed by negativity, our view of the world will also appear dark. By simply acknowledging our emotions—stress, anger, or irritation—we can gain distance from them, allowing them to flow rather than gripping them tightly.

5. The Power of Acceptance and Growth: When faced with disappointment or emotional pain, the author suggests taking moments to rest and reflect, encouraging readers to embrace their humanity. By practicing self-compassion, sharing experiences with friends, or openly expressing emotions, such as through laughter or music, individuals can navigate their feelings more effectively. Additionally, it is crucial to allow time for

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healing—much like food unsticking from a frying pan—emotions can resolve themselves if given space.

6. The Importance of Gratitude and Connection: In moments of discontent, shifting our perspective towards gratitude can transform our outlook. Recognizing the connections we share with others alleviates feelings of isolation, reinforcing our interconnectedness. Acts of kindness cultivate self-worth, suggesting that by focusing on helping others, we not only elevate spirits but also buffer our emotional challenges.

In essence, the journey through life and its complexities forces us to navigate perceptions and emotions. By training our focus, practicing mindfulness, and fostering compassion towards ourselves and others, we can cultivate a more harmonious relationship with both our inner worlds and the realities we encounter. This interplay of mind and external experiences ultimately guides us toward a more peaceful and enriched existence.

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# Critical Thinking

**Key Point:** The Influence of Perception on Reality

**Critical Interpretation:** Imagine standing at the crossroads of your busy life, feeling the weight of your responsibilities. What if you paused for a moment to consider that the chaos swirling around you might not be the core of your discontent? This chapter teaches you that your perception shapes your reality—the feelings of overwhelm, sadness, or joy don't solely stem from what happens externally, but rather from how you interpret those experiences within your mind. By shifting your focus, you realize that you hold the power to reshape your emotional landscape, transforming stress into serenity. As you train your mind to cultivate awareness and appreciation, you begin to see beauty in the mundane, fostering resilience, and creating a more peaceful existence amid life's inevitable fluctuations.

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## Chapter 2 Summary: Mindfulness

In his insightful exploration of emotions, Haemin Sunim emphasizes the importance of befriending our feelings rather than trying to suppress or control them. The journey begins with awareness; recognizing and acknowledging negative emotions like anger, hatred, or jealousy is already a significant step towards emotional understanding. Many struggle with their emotions, often seeking to manage or overcome these feelings. Sunim suggests that such approaches do not lead to resolution; instead, they often result in deeper entanglement with one's feelings.

1. The key to truly addressing negative emotions involves separating the raw energy of these feelings from the labels society assigns to them. When we can observe our emotions without attachment to their labels, we see that they are transient, coming and going like clouds in the sky. Sunim encourages us to adopt a reflective stance akin to a mirror, observing our inner turmoil without judgment. By doing so, we can witness the transformation of these emotions without forcing them to change.

2. Rather than fighting against our emotions, which only leads to further frustration, we must embrace the process of observation. This active witnessing reveals that emotions are not constants; they swirl and shift until they either evolve into different feelings or dissipate altogether. Sunim urges us to recognize our inner observer—the aspect of ourselves that can watch



emotions arise and fade, allowing for a clearer understanding of their impermanent nature.

3. A common misconception is that observing emotions constitutes avoidance. In reality, it is an act of facing the truth of our emotional state. As we become more adept at this practice, we learn not to identify as our emotions but to see them as passing experiences. This realization liberates us from the mindset that these feelings define who we are. When we better understand our internal landscape, we can also better empathize with others, seeing that they too are navigating their emotional journeys.

4. Sunim discusses the universal nature of human emotion, highlighting that within everyone, disparate aspects coexist—from the compassionate and loving to the angry and fearful. He encourages a holistic view where we acknowledge both light and darkness within ourselves and others, recognizing that morality is rarely black and white. By practicing humility and refraining from judgment, we foster genuine connections and emotional integrity.

5. With emotional clarity comes acceptance. Sunim posits that resisting reality—grasping at what is—ultimately leads to unhappiness. Acceptance allows for a serene and composed state of mind amidst the chaos of the world. Recognizing that change is the only constant can alleviate suffering, as we learn to embrace life's ebb and flow without clinging to past memories



or future anxieties.

6. Spiritual practice is not just a solitary endeavor but is deeply rooted in our interactions with others. Each person we encounter offers lessons—whether through praise or criticism. Sunim reminds us that our true spiritual teachers can often be those who challenge us, pushing our boundaries and helping us grow.

7. Finally, when faced with feelings of low energy or sadness, Sunim advises the practice of quiet observation. Just as one would observe natural phenomena, such as a flowing river, we can appreciate our feelings without needing to change them. This practice of mindfulness allows us to connect with the present moment and fosters acceptance of our experience—transforming what feels overwhelming into a passing phase.

Through these principles, Haemin Sunim cultivates a profound understanding of emotional well-being, championing the art of observation, acceptance, and connection as vital tools for navigating the complexities of human experience. In doing so, he invites us to not only embrace our emotions but also to see them as an integral part of our shared humanity, fostering compassion towards ourselves and others.

Key Concept	Description
Acknowledgment of Emotions	Recognizing negative emotions like anger and jealousy is the first step towards understanding them.





Key Concept	Description
Observing Without Labels	Separate emotions from societal labels to see them as transient experiences, similar to clouds in the sky.
Importance of Reflection	Adopt a non-judgmental stance to witness emotions, allowing them to transform naturally without coercion.
Embracing Emotional Observation	Active witnessing of emotions reveals their impermanence, fostering deeper understanding.
Misconception of Avoidance	Observing emotions is a way of facing the truth, not avoiding it, leading to liberation from emotional identities.
Universal Nature of Emotions	Acknowledge the coexistence of different emotional states within ourselves and others, promoting empathy and humility.
Acceptance of Reality	Accepting emotions and the nature of change leads to greater peace and less suffering from clinging to the past or future.
Spiritual Growth Through Interaction	Our interactions with others, including challenges, serve as vital lessons for spiritual growth.
Mindfulness in Low Energy	Practice quiet observation of feelings like sadness to connect with the present moment and accept experiences as they are.



## Critical Thinking

**Key Point:** Embrace Your Emotions Without Judgment

**Critical Interpretation:** Imagine standing at the edge of a calm lake, watching the ripples on the surface as they come and go. This serene imagery resonates with the key insight from Haemin Sunim's teachings: when you confront your emotions—especially the challenging ones like anger, sadness, or jealousy—try adopting the role of an observer rather than a combatant. Instead of drowning in their depths or trying to suppress them, you can gently acknowledge their presence, recognizing them as fluid and transient. This perspective liberates you from the shackles of self-identification with negative feelings; you realize that these emotions do not define you. By simply watching them, you cultivate a deeper understanding of your own inner world, fostering acceptance and compassion for both yourself and others. In embracing this practice, you find not just a path to emotional clarity but also a deep sense of peace amidst life's unpredictable currents.

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## Chapter 3: Passion

In the journey of self-discovery and teaching, the author, Haemin Sunim, reflects on his initial experiences as a college professor. Although filled with enthusiasm, he learned valuable lessons about balancing eagerness with the needs of his students, ultimately recognizing the importance of tempering one's zeal for the sake of effective communication and learning.

1. The initial excitement of teaching can blur our perception of what students require. The author recalls his heart pounding as he met his students for the first time, filled with a hope to inspire them as his past teachers inspired him. However, this eagerness quickly turned into disappointment as he noticed students struggling to keep up with the demands of his course.

2. A vital realization came when the author recognized that students were not able to prioritize his class alone amidst their other commitments. This led him to adjust his teaching approach by reducing the intensity of assignments and allowing students to re-engage with the material at their own pace. This shift resulted in visible improvement in class dynamics and student interest, highlighting the necessity of remaining attuned to others'

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## Chapter 4 Summary: Relationships

In our pursuit of happiness, many of us invest heavily in physical possessions and appearances, yet we often overlook the significance of fostering strong relationships. Genuine connections with family and friends provide emotional stability and a sense of security that cannot be substituted by material wealth. Conversely, without nurturing these bonds, even the most luxurious lifestyles can feel hollow, potentially leading to feelings of depression and despair. If true happiness is our goal, it is imperative that we prioritize building and maintaining meaningful relationships.

Reflecting on personal experiences, I recall a two-week backpacking trip in Europe with a close friend from my monastery. Initially, our time together brought joy, but as the days wore on, we found ourselves irritable, longing for personal space. By proposing to explore separately for a day, we both rediscovered the joy of companionship through absence. I learned that maintaining a healthy relationship requires balance. Just as sitting too close to a fire can lead to discomfort, spending too much time together without space can strain relationships. Conversely, too little connection can lead to emotional coldness. Striking the right balance is crucial for sustaining warmth and intimacy.

A story from Korean history illustrates this principle effectively. The tale of Maeng Sa-seong, a talented young man who let pride cloud his judgment,

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reveals that humility is vital in forging strong connections. By listening and treating others with respect, we can avoid unnecessary conflicts born from our egos. Engaging in respectful discourse rather than contentious debate fosters understanding and empathy. Similarly, recognizing that we all come from different backgrounds and behaving with humility can prevent misunderstandings.

When faced with feelings of loneliness, it's essential to evaluate how we perceive those around us. Often, preconceived judgments, like assumptions of superiority or divergence, can isolate us. Instead, opening our hearts to others and fostering genuine connections can dispel loneliness. Speaking from a place of authenticity, rather than crafting responses rooted in politeness, creates space for deeper and more meaningful conversations.

Additionally, addressing confrontational situations with calmness can prevent escalating tensions. By choosing not to retaliate in anger, we exhibit true strength of character. Forgiveness plays a key role in our emotional liberation. Holding onto past grievances only prolongs our suffering. Instead, finding the courage to forgive allows us to release ourselves from the emotional bondage that such resentment creates.

We should also be mindful of our own shortcomings that might be reflected in our judgments of others. Often, what annoys us in others mirrors something within us. Recognizing this can foster compassion and

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understanding instead of judgment. Accepting that we are all flawed human beings can help build more harmonious relationships.

Lastly, it is a common misconception that those we love can be easily changed. Relationships flourish when we embrace acceptance rather than attempting to reshape others. It is essential to approach conflicts with empathy and a desire to understand each other's perspectives. This mindset shift, focusing on understanding rather than demanding, creates an atmosphere conducive to resolution.

Ultimately, the quality of our relationships significantly impacts our happiness and well-being. Nurturing these connections, embracing forgiveness, practicing empathy, and accepting the imperfections in ourselves and others cultivates deeper, more fulfilling interactions. It is vital to remember that true happiness is intertwined with the relationships we foster, enriching not only our lives but also the lives of those around us.

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## Critical Thinking

**Key Point:** Embrace Relationships as the Core of Happiness

**Critical Interpretation:** Imagine waking up each day with a renewed focus on nurturing the relationships that matter most to you.

Understand that the warmth you seek in life is not found in material possessions, but in the laughter shared with friends and the deep conversations held with family. When you prioritize these connections, you cultivate a sense of belonging that empowers you even in times of despair. Imagine reaching out more often, forgiving small grievances, and choosing empathy over judgment. As you engage authentically with those around you, you begin to dissolve feelings of loneliness and isolation, realizing that true happiness is derived from understanding and being understood. This commitment to fostering genuine connections not only enriches your life but also radiates warmth and joy to everyone you encounter.



## Chapter 5 Summary: Love

In the narrative of first love, the author reflects on their journey through adolescence, sparked by the eloquent and haunting words of Kahlil Gibran, which stirred a deep yearning for connection and understanding. At the tender age of ten, the author discovered Gibran's profound love poems and spiritual writings, uncovering a beauty and sacredness within themselves previously unrecognized. Gibran's discussions of love transcended mere affection, manifesting as an almost divine experience, awakening a powerful sense of reverence and intimacy with his themes.

As the author navigated their teenage years, Gibran's letters to his beloved Mary Haskell became a beacon, illuminating the complexities and sanctity of love. His poignant statement that love is a formidable force acknowledged pain as an inherent companion to the ecstasy of the heart, prompting the author to promise they would embrace love fully when it came, despite the inevitable suffering it might bring.

Eventually, the anticipated love emerged unexpectedly in high school—a romantic interest in an American missionary. The relationship blossomed through shared passions and heartfelt exchanges, characterized by music and baking, although it remained one-sided due to the missionary's impending return to the U.S. and her long-term commitment to another. Despite the awareness of its futility, the author's feelings deepened, culminating in a



poignant blend of joy and sorrow as the departure date loomed closer. This emotional conflict provided clarity to the notion of love as a sacred, mysterious connection, akin to the "unknown god" described by Gibran.

Years later, upon learning of her marriage, the author experienced a mix of joy for her happiness and a bittersweet reflection on their shared memories. Despite this, they realized that instead of clinging to sorrow, they could cultivate gratitude for the love that had broadened their understanding of life.

Through the lens of later experiences and misadventures in love, the author distilled several key principles about love and relationships:

1. The pursuit of love can be fruitless; it often arrives when least expected and cannot be compelled by readiness or desire.
2. Love should be embraced without conditional demands or expectations; true connections thrive in freedom rather than entrapment.
3. Authentic love is selfless, characterized by the joy of giving without anticipation of returns or reciprocity. It flourishes in a sense of trust, where vulnerability and emotional transparency are welcomed.
4. Relationships demand time and patience to cultivate trust and intimacy, much like marinating ingredients for a delightful meal.
5. Genuine appreciation for another person includes the acceptance of their authenticity, devoid of the impulse to change or improve them based on





personal ideals.

6. The end of a relationship can be a reflection of personal growth, where one learns to release attachments with grace and wishes the best for the other person, demonstrating a mature understanding of love.

As the author continues to navigate through life's complexities, they reflect on how love illuminates the ordinary moments, revealing beauty in daily existence. By acknowledging one's uniqueness and embracing the journey of connection, love transforms from an uninvited guest into a powerful force that motivates profound change. In essence, love is an enduring journey marked by trust, authenticity, and the occasional bittersweet remembrance, guiding each individual toward deeper self-awareness and meaningful connections.

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## Critical Thinking

**Key Point:** Embrace love without conditional demands or expectations.

**Critical Interpretation:** Imagine a life where you approach love not as a transaction but as a beautiful, free-spirited dance. Picture yourself opening your heart fully, allowing love to blossom without the weight of conditions tethering it down. By embracing this perspective, you learn to savor the joy of giving without expecting anything in return, experiencing profound connections that flourish in trust and emotional honesty. You find yourself enriched not by what you receive but by the simple act of loving and being loved in a genuine way, transforming your relationships into sacred experiences filled with appreciation for the uniqueness of each person you encounter.



## Chapter 6: Life

In Chapter 6 of "The Things You Can See Only When You Slow Down" by Haemin Sunim, the author draws insightful parallels between identity perceptions in different cultures and the deeper understandings of self that can emerge through everyday observations and experiences.

1. When encountering people who associate his monastic appearance with martial prowess or tranquility, Sunim reflects on the simplicity and depth of identity. Children and adults alike exhibit curiosity toward the monastic lifestyle, suggesting that society often defines individuals through their roles and externals rather than their intrinsic qualities or capabilities. This theme is particularly highlighted in contrasting Western and Korean perspectives, where one's identity might hinge more prominently on social background or education rather than personal achievements, values, or aspirations.

2. Sunim expresses concern over the implications of attaching one's identity so closely to communal markers like education or hometown, which can stifle potential and hinder recognition of the true self. He underscores how limiting these identity associations might be, warning against the tendency

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## Chapter 7 Summary: The Future

In life, often a single encouraging word can steer our future in a positive direction, an idea deeply rooted in both Buddhism and personal experiences. The Buddha's teachings, particularly from the Lotus Sutra, emphasize the transformative power of encouragement. In the text, the Buddha offers a prophecy of enlightenment to his five hundred disciples, instilling hope and prompting them to engage earnestly in spiritual practice. This narrative resonates with personal stories, such as that of a young student who, inspired by a kind word from a strict teacher, found motivation to excel and become a mentor himself.

1. The profound impact of encouragement cannot be underestimated. Just as the Buddha's confidence in his disciples fueled their spiritual growth, Ms. Lee's faith in her student ignited a drive for success and self-improvement. The belief and trust conveyed through heartfelt words can inspire individuals to rise above their perceived limitations and pursue their true potential.

2. Life should be lived authentically rather than being shaped by others' expectations or comparisons. Each journey, much like a marathon, is unique to the individual. Instead of racing against peers, it is essential to focus on personal growth and self-discovery, cultivating one's unique talents and interests.





3. Parents and educators play a critical role in this process. They should foster an environment where children can explore and enjoy their interests rather than succumb to societal pressures. Children need to understand that success isn't solely measured by traditional academic achievements but encompasses emotional intelligence, creativity, and deep connections with others.
4. The quest for one's calling often involves exploring a wide range of experiences rather than looking inward alone. Reading, volunteering, or engaging in various roles allows individuals to discover passions and interests that may not be immediately evident. Real-life experience broadens horizons and reveals possibilities that could lead to true fulfillment.
5. Self-awareness is key in finding one's path. Engaging with diverse individuals and seeking out various life experiences sheds light on personal strengths, preferences, and environments in which one thrives. This understanding helps navigate toward a career that resonates deeply with one's inner self rather than societal expectations.
6. In the workplace, the focus should not solely be on high-status challenges or salaries. Observing employee retention and workplace culture can be more indicative of a satisfying position. Stressing dedication and sincerity over mere busyness cultivates an environment of respect and productivity.



7. Success takes time and hard work; it is not a mere product of luck.

Embracing hardships and learning from failures are essential for growth. Just as one does not expect a horse to run without proper training, individuals must prepare and persist to achieve their dreams.

8. Ultimately, living authentically and exercising personal freedom are crucial. Decisions should resonate with one's desires and values rather than succumbing to the influence of those around us. Personal empowerment begins with valuing oneself and boldly pursuing passions that reflect true aspirations.

9. Life is about taking risks and leaping into the unknown. Overthinking and hesitance breed doubt and anxiety. The essence of a fulfilling life lies in courageous decisions made in alignment with one's true self, leading to genuine satisfaction and realization.

Through this lens of encouragement and self-discovery, we can reshape our futures and embrace life's adventures with a sense of purpose and authenticity, guided by the belief that we are capable of achieving greatness.

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## Chapter 8 Summary: Spirituality

The chapter explores themes of interfaith understanding, humility, and the essence of spiritual practice, drawing on both Christian and Buddhist teachings. The narrative begins with a reflection on the biblical principle of refraining from judgment, paralleling it with the Buddhist concept of karma, which underscores the importance of examining the consequences of our actions. The author shares a transformative experience visiting the Taizé community in France, where the similarities between Christian and Buddhist monastic lifestyles become evident. The camaraderie between the monks and the facility with which they engaged in prayer and shared meals, such as the unexpected joy of enjoying kimchi, fosters a deep connection, illustrating the familial bonds that can transcend religious differences.

1. **Acknowledging the Value in All Faiths:** The text emphasizes the significance of recognizing that every faith holds its intrinsic value. The author acknowledges the wisdom found in both Buddhism and Christianity, stressing the importance of approaching other spiritual paths with an open and humble mindset. Such openness nurtures respect and understanding.
2. **The Need for Genuine Understanding:** The chapter highlights the contrast between “surface faith,” which is superficial and often judgmental, and “in-depth faith,” which seeks deeper meanings beyond mere symbols. This deeper understanding promotes harmony among various belief systems,



reducing the potential for conflict spurred by ignorance and fear.

3. Embracing Spiritual Practice: It points out that faith often overshadows practice in spiritual life. The true essence of any faith lies not in rigid rituals but in the transformative power of how these teachings influence our interactions and relationships. When one truly embodies the teachings of compassion and love, the distinctions between faiths blur.

4. Navigating Differences in Faith within Families: The narrative also delves into the complexities of maintaining relationships when family members follow different spiritual paths. Encouraging mutual respect and understanding is key. Engaging with the other's faith can lead to personal growth and improve family dynamics, transforming tension into an opportunity for learning and connection.

5. The Evolution of Prayer and Humility: The development of prayer is described as a journey from self-centered requests to an expression of gratitude and the desire to embody divine qualities. This process deepens as one's faith matures, promoting a more profound connection with the sacred and a sense of unity with all beings, regardless of their faith.

6. Finding Joy in Giving and True Altruism: The text conveys that true happiness and fulfillment come from acts of kindness that benefit others rather than seeking recognition or reward. Such selflessness is framed as a

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form of spiritual transcendence, equating mundane actions of love and generosity with miraculous deeds.

7. The Role of Spiritual Teachers: It acknowledges the importance of spiritual teachers while warning against idolizing them. Genuine teachers guide their students toward self-discovery rather than dependency, urging followers to think critically, foster emotional intelligence, and nurture spiritual wisdom.

Ultimately, the chapter invites readers to embrace spiritual diversity and recognize the common threads that bind various traditions together. It advocates for a compassionate approach toward oneself and others, encouraging a journey of shared experiences that enrich the human experience and cultivate deeper spiritual growth. Through such understanding, relationships flourish, conflict diminishes, and a larger sense of community emerges.

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# Critical Thinking

**Key Point:** Embracing Spiritual Practice

**Critical Interpretation:** Imagine infusing your daily life with the essence of compassion and love, not merely through rituals, but in every interaction you have. As you reflect on the importance of embracing spiritual practice over mere faith, consider how embodying these teachings can transform your relationships. When you prioritize kindness, understanding, and genuine connection, the distinct lines that separate your beliefs from those of others begin to fade. You find joy in the shared humanity that lives beneath the surface of different faiths, enriching not just your life but also the lives of those around you, creating a tapestry of compassion that weaves together the shared experiences of a diverse world.

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# Best Quotes from The Things You Can See Only When You Slow Down by Haemin Sunim with Page Numbers

## Chapter 1 | Quotes from pages 12-29

1. The world isn't inherently joyful or sad; it just is.
2. Reality exists because our minds exist.
3. Our mind's awareness can be said to bring the world into being.
4. When your mind is joyful and compassionate, the world is, too.
5. When your mind rests, the world also rests.
6. Knowing our minds is just as important as trying to change the world.
7. If we know how to be content, we can relax our endless striving and welcome serenity.
8. Negative emotions come and go like clouds, but the wide-open sky remains.
9. Love yourself despite your imperfections.
10. The more grateful we feel, the happier we become.

## Chapter 2 | Quotes from pages 30-47

1. Befriend your negative emotions. Do not fight them. Observe and befriend them.
2. Pure attention without judgment is not only the highest form of human intelligence, but also the expression of love.
3. You are the vast silence that knows of their emergence and their disappearance.
4. Once you awaken to this truth, you will not be swayed by negative emotions and can regard them as a passing cloud instead of identifying with them as a defining part of

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your self.

5. The entire world becomes your teacher.

6. Everything in this universe is evanescent. Because it is evanescent, it is also precious.

7. Rather than blindly following your thoughts and feelings, stay awake and recognize the state of your mind before it is too late.

8. Spirituality must be practiced not just in solitude but also among people.

9. Do not lament that the world has changed. Embrace and welcome it.

10. When a deep, honest conversation makes us feel connected to someone, we become very happy.

### **Chapter 3 | Quotes from pages 48-61**

1. No matter how effective the medicine may be, if you demand that someone take it, it can taste like poison.

2. When we're first given a job, especially one we've been working toward for a long time, it's easy to become overly enthusiastic, as we are eager to prove ourselves.

3. It takes wisdom to discern that these two are not always related.

4. Only when we know how to control this overflowing passion can we work harmoniously and effectively with others.

5. Your influence won't spread far without the sacrifice of hard work.

6. It is important that you work hard, but don't be enamored of the feeling of working hard.

7. The most dangerous people are those who have passion but lack wisdom.

8. Be the kind of person who can put yourself in someone else's shoes and understand

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something not just from your own perspective but from theirs as well.

9. Instead of maintaining the sanctity of our values, shouldn't we care more about the person sitting in front of us?

10. Being right isn't nearly as important as being happy together.

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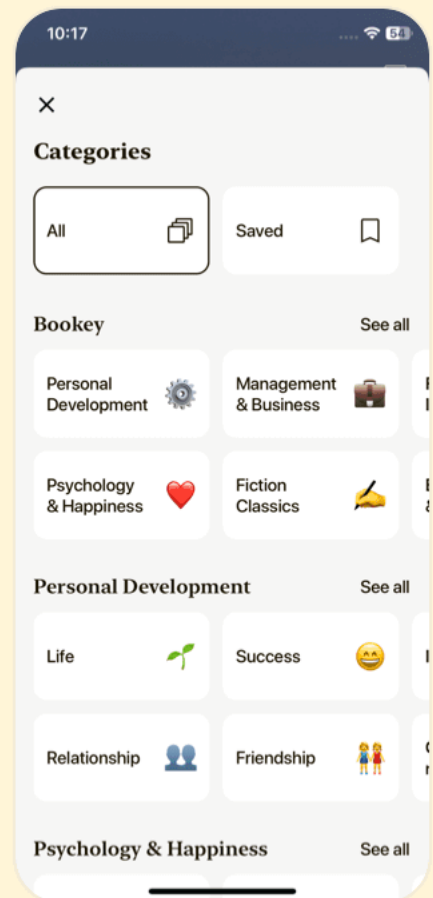
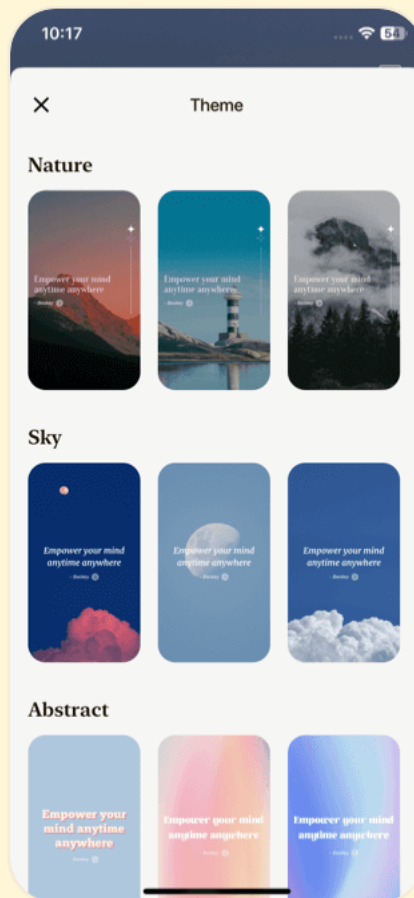
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## Chapter 4 | Quotes from pages 62-78

1. If happiness is what we hope to achieve in our lives, shouldn't we put more effort into cultivating good relationships with the people around us?
2. Striking a balance is key.
3. When we hate someone, we think about him a lot.
4. Do not expect others to follow your way. When things always go your way, it is easy to become arrogant.
5. The best revenge is love.
6. When you grant people freedom, you will find yours, too.
7. What makes us truly happy is meeting someone who accepts us for who we are.
8. Even if you are successful, you can still feel inadequate and insecure if you are made to believe that something is wrong with you.
9. Life is good when these relationships are good.
10. The whole universe is in us.

## Chapter 5 | Quotes from pages 79-94

1. Demonstrations of love are small, compared with the great thing that is hidden behind them.
2. When love beckons to you, follow him, Though his ways are hard and steep.
3. If you look for love, in pursuit of what it can give you, it will hide itself.
4. Love is like an uninvited guest. Love will come when it wants to.
5. If you attempt to find a love that meets certain criteria, your new love may also make certain demands of you.



6. When we love someone, we feel like a little kid in our heart.
7. Love has the power to stop the world for a moment. Love makes the world look beautiful.
8. You are beautiful not because you are better than others but because there is only you who can smile like that.
9. If something is meant to blossom into a relationship, it usually works out without much difficulty.
10. Love each other like two pillars supporting the same roof.

## **Chapter 6 | Quotes from pages 95-110**

1. Life is like a slice of pizza. It looks delicious in an advertisement, but when we actually have it, it is not as good as we imagined.
2. Happiness means finding a moment of joy in those ordinary hours.
3. Where you live shapes you.
4. Stop worrying about what others think and just do what your heart wishes.
5. Dream big but start small.
6. Keep your thoughts positive, because your thoughts become your words.
7. Your mind cannot hold two thoughts at once.
8. A wise person thinks, 'I don't know the whole story.' She opens herself up to even greater wisdom.
9. Even if he got what he wanted with a momentary lie, the fact that he lied will stay with him until the day he dies.
10. When there is no envy or expectation, even the wealthiest and most powerful person is just another human being.





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## Chapter 7 | Quotes from pages 111-128

1. One word of encouragement, said with kindness and hope, can change a person's future.
2. Live your life not to satisfy others, but to fulfill what your heart desires.
3. Life isn't a hundred-meter race against your friends, but a lifelong marathon against yourself.
4. Don't flit here and there like a school of fish just because that is what your friends do or because others say it is what you should do.
5. Measure your self-worth not with the balance of your bank account but with the frequency of your generosity.
6. There is no such thing as being completely prepared. Life is an adventure, through which we learn and mature.
7. Don't look back. Continue on your path courageously, like a one-horned rhinoceros.
8. Even if you have just a modest dream, don't keep it to yourself. Talk to others about it.
9. Never cede the power to make decisions about your life.
10. You are the owner of your life. Value yourself first.

## Chapter 8 | Quotes from pages 129-141

1. Do not judge so that you will not be judged.
2. It has a universal quality that allows people of different religious traditions to recognize and respect it.
3. A monastic life is characterized by simple beauty and unexpected joy.





4. May faith never become an ideological weapon to justify violence.
5. The purpose of religion is to control yourself, not to criticize others.
6. Blind faith in the leader can easily reduce you to acting like a child.
7. You don't turn into a buddha by striving for it.
8. We don't turn into a buddha by striving for it. Rather, we awaken to the truth that we have been buddhas all along.
9. If you have been praying like this—'Please grant me this. I really need this to happen'—then try to pray this way as well—'Enlarge my heart to hold and accept the things I cannot.'
10. Letting go of self-centeredness and opening one's heart to others are just as miraculous.

# The Things You Can See Only When You Slow Down

## Discussion Questions

### Chapter 1 | Rest | Q&A

#### 1.Question:

**What does Haemin Sunim suggest is the relationship between our minds and the world around us?**

Haemin Sunim posits that the relationship between our minds and the external world is interdependent rather than separate. He suggests that our perceptions are heavily influenced by our state of mind; the way we interpret and interact with the world is determined by our mental focus. When we see the world through a joyful and compassionate perspective, we perceive it positively, whereas a negative mindset translates the external reality into something troubling. Essentially, our awareness and focus create our personal reality, which is a reflection of our internal state.

#### 2.Question:

**How does the author describe the process of managing stress and negative emotions?**

The author encourages readers to acknowledge and become aware of their stress and negative emotions rather than letting them overwhelm their minds. He suggests that when feelings like anger or irritation arise, one should practice mindfulness and observe these emotions without getting lost in them. By recognizing emotions as transient clouds that pass through the vast sky of awareness, individuals can avoid feeding negative feelings. This mindful approach allows the emotions to ebb naturally without

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clinging to them, promoting healing over time by simply allowing oneself to be present.

### 3.Question:

**What techniques does Haemin Sunim offer for dealing with disappointment and stress?**

To cope with disappointment and stress, the author offers a variety of practical techniques. He suggests pausing to reflect on the situation, surrounding oneself with supportive friends, and engaging in enjoyable activities like watching a funny movie or singing along to uplifting songs. He also recommends writing down stressors to create a clear plan for addressing them without feeling overwhelmed. Lastly, he emphasizes the importance of self-compassion and gratitude to shift perspective and foster a more positive mental state.

### 4.Question:

**How does the chapter address the concept of contentment and its significance in daily life?**

In the chapter, Haemin Sunim emphasizes that being content with one's life and circumstances is crucial for relaxation and emotional well-being. Contentment allows individuals to enjoy the present moment, appreciate the people around them, and make peace with past events. When one learns to be content, it reduces the constant striving for happiness and fosters a sense of serenity. The author suggests that by focusing on gratitude and the present, people can cultivate happiness and a peaceful state of mind.

### 5.Question:

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What role does humor play in the author's philosophy, as presented in this chapter?

Humor plays a significant role in Haemin Sunim's philosophy as a tool for lightening life's burdens. He suggests that laughter and finding humor in daily situations can open hearts, foster joy, and shift one's perspective. Humor helps individuals cope with stressful circumstances by promoting a sense of ease and openness, which is essential for accepting one's experiences. He highlights that when one approaches life with a sense of humor, it becomes less about striving for happiness and more about enjoying life as it unfolds.

## **Chapter 2 | Mindfulness | Q&A**

### **1.Question:**

**What is the main theme of Chapter 2, 'Befriend Your Emotions'?**

The main theme of Chapter 2, 'Befriend Your Emotions', is the importance of recognizing and understanding negative emotions, rather than attempting to suppress or control them. The author, Haemin Sunim, emphasizes the significance of self-awareness and mindfulness when dealing with emotions like anger, hatred, and jealousy. Instead of labeling these emotions and fighting against them, we should observe them dispassionately and allow them to transform naturally, akin to watching mud settle in a fish tank.

### **2.Question:**

**How does Haemin Sunim suggest we should deal with negative emotions?**

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Haemin Sunim suggests that instead of trying to control or suppress negative emotions, we should 'befriend' them by observing their raw energy without attaching labels such as 'anger' or 'jealousy'. He advises us to view these emotions as temporary, to reflect on them like a mirror without judgment, and to witness their natural transformation. This approach allows us to gain insight into their impermanent nature, helping us understand that they do not define us.

### **3.Question:**

**What analogy does Sunim use to explain the futility of controlling emotions?**

Sunim uses the analogy of a fish tank filled with muddy water to illustrate how trying to control negative emotions can make them worse. Just as attempting to push the mud down only stirs it up, trying to suppress or control our emotions can lead to greater agitation and disturbance. Instead, he suggests that we should allow the mud (negative emotions) to settle naturally for clarity.

### **4.Question:**

**What is the significance of observing emotions without judgment, according to the chapter?**

Observing emotions without judgment is significant because it fosters a deeper understanding of our emotional experiences. By adopting a non-judgmental attitude, we can witness the changing nature of our emotions without getting entangled in them. This practice leads to inner calmness, self-awareness, and acceptance of our feelings, which ultimately allows us to



respond to situations from a place of wisdom rather than reactivity.

### **5.Question:**

**How does Sunim connect the idea of befriending emotions to the larger concept of spiritual practice?**

Sunim connects the idea of befriending emotions to the larger concept of spiritual practice by highlighting the need for self-awareness and acceptance in our interactions with ourselves and others. He argues that true spirituality involves understanding our complexities, including our negative aspects, and transforming them through mindfulness and observation. This process enables us to cultivate compassion for ourselves and others, as we recognize that everyone experiences both positive and negative emotions.

## **Chapter 3 | Passion | Q&A**

### **1.Question:**

**What key lesson did Haemin Sunim learn about teaching after his initial enthusiasm in the classroom?**

Haemin Sunim realized that his eagerness to teach was adversely affecting some of his students. He initially thought that by providing them with more assignments and experiences, they would be more engaged. However, he learned that the students had other commitments and could not devote all their time to his class. This led him to understand that effective teaching requires a balance between a teacher's passion and the students' capacity to learn. He adjusted his approach, which then improved student engagement.

### **2.Question:**

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How does Haemin Sunim explain the relationship between passion and effectiveness in teaching or any job?

Sunim points out that while enthusiasm is important, equating it with effectiveness can be misleading. He gives an analogy that no matter how effective the medicine may be, if administered forcefully, it may be perceived as poison. Thus, maintaining a healthy balance between one's passion and the needs of those one is teaching or collaborating with is essential for positive outcomes.

### 3.Question:

**What insights does Haemin Sunim provide about the potential pitfalls of being overly passionate in any endeavor?**

Sunim warns that excessive passion without wisdom can be detrimental. He compares it to being 'drunk' on the feeling of hard work, which can lead one to prioritize how they appear to others over the actual effectiveness of their work. This passion can inhibit collaboration and create friction, which ultimately detracts from the common goal. Therefore, it is essential to manage one's enthusiasm constructively.

### 4.Question:

**What does Haemin Sunim suggest about maintaining relationships with others while promoting one's beliefs or values?**

Sunim emphasizes the importance of prioritizing happiness and connection over being right in discussions. He suggests that resolving conflicts and maintaining relationships should come before defending one's views. This





maturity involves listening to differing opinions and understanding others' perspectives, which can foster collaboration and reduce unnecessary arguments.

### **5.Question:**

**According to Haemin Sunim, how should one view success and happiness in relation to personal goals?**

Sunim advocates for choosing happiness over success. He posits that true success should not be measured by societal standards or external validation, but rather by personal fulfillment and joy. He cautions against pursuing success for the sake of proving oneself to others, suggesting that if one is successful but unhappy, then that success is meaningless. Sunim encourages individuals to engage in pursuits that genuinely bring them joy rather than those that are merely successful by conventional metrics.

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## Chapter 4 | Relationships | Q&A

### 1.Question:

**What is the main argument presented in Chapter 4 regarding the importance of relationships?**

Chapter 4 emphasizes that while many people invest heavily in material possessions and outward appearances, true happiness comes from cultivating strong and meaningful relationships. The chapter argues that even when we have everything we dream of materially, unhappiness can prevail if we face issues in our relationships. The author suggests that prioritizing emotional connections and nurturing bonds with family and friends provides a sense of security and well-being, which is essential for genuine happiness.

### 2.Question:

**How does the author illustrate the balance needed in relationships?**

The author uses the metaphor of sitting by a fireplace to explain the balance needed in relationships. If people sit too close to the fire, they risk getting burned, while sitting too far means missing out on its warmth. This reflects the need for personal space within relationships; too much closeness can lead to feeling trapped, whereas too little connection can lead to feelings of isolation. The author concludes that striking a balance—maintaining personal space while still fostering interactions—is crucial to sustaining healthy relationships.

### 3.Question:

**What lesson does the story of Maeng Sa-seong provide about pride and humility in**

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relationships?

The story of Maeng Sa-seong serves as a lesson on the dangers of pride and the importance of humility in relationships. Maeng's initial arrogance leads him to misunderstand a simple yet profound lesson from a Zen master, who uses the overflowing tea as an analogy for the consequences of excessive knowledge and pride. The story suggests that maintaining humility and respect towards others can prevent conflicts and foster better relationships. When individuals act with an awareness of their limitations and the potential for growth, it minimizes the chances of confrontations.

#### 4.Question:

**How does the author propose handling conflicts and negative feelings in relationships?**

The author proposes that when dealing with conflicts or negative emotions, one should prioritize understanding and compassion over anger or pride. He emphasizes the importance of expressing feelings honestly and tends to observe rather than react defensively when faced with criticism or anger from others. The text advises individuals to communicate feelings such as sadness without placing blame, enabling a more constructive dialogue.

Additionally, the author encourages forgiveness as a means to free oneself from emotional burdens, regardless of whether the other person deserves it, stating that forgiveness is essential for personal peace.

#### 5.Question:

**What does the author say about the interconnectedness of relationships**

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and overall happiness?

The author underscores the idea that all human experiences are interconnected and that true happiness cannot exist in isolation. He illustrates that our interactions with others profoundly affect our well-being, stating that life is most fulfilling when our relationships are healthy and supportive. The author stresses that good relationships form the backbone of emotional well-being, tying into the notion that spiritual growth and harmony with one another are crucial indicators of personal enlightenment.

## **Chapter 5 | Love | Q&A**

### **1.Question:**

**What was the initial impact of Kahlil Gibran's writings on the author during high school?**

The author's initial encounter with Kahlil Gibran's writings had a profound impact on him during his high school years. He was captivated by the depth of Gibran's love poems and spiritual prose, which allowed him to connect with the beauty and sacredness within himself, even before he had experienced love or the complexities of life. Gibran's works, particularly "The Prophet" and "Jesus the Son of Man," introduced him to a sense of reverence and intimacy with Jesus that he found lacking in the conventional moralistic teachings he'd previously encountered. It was through Gibran's eloquent language that the author began to understand the essence of love and its transformative power.

### **2.Question:**

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How did the author's first love influence his understanding of love and relationships?

The author's first love, an American missionary he met in Seoul, profoundly shaped his understanding of love and relationships. His feelings for her became all-consuming, illustrating the intensity and vulnerability that love brings. As he navigated the joy and pain of unrequited love, he recognized that true love transcends ego, comparing it to Gibran's notion of an 'unknown god' present in love. This experience helped him to grasp that love is often elusive, does not adhere to one's expectations or readiness, and can teach selflessness and the importance of being fully present with another person. The bittersweet nature of his first love ultimately led him to a deeper appreciation of love's mysteries and the importance of letting go when necessary.

### 3.Question:

**What lessons did the author learn about the nature of love, as shared in the chapter?**

In the chapter, the author imparts several key lessons about the nature of love. Firstly, love is portrayed as an uninvited guest that arrives on its own terms, often when least expected. He emphasizes that love cannot be forced or summoned; instead, it requires patience and openness. Secondly, the author stresses the significance of balance in love, highlighting that if one person invests more than the other, it's crucial to give the less interested party space and time. Additionally, he notes that genuine love is selfless and



freeing, requiring a willingness to embrace another without attempting to change them. Finally, he underscores the notion that a healthy relationship should feel effortless, blossoming naturally rather than being fraught with struggle or manipulation.

#### **4.Question:**

**How does the author distinguish between love and infatuation in this chapter?**

The author delineates love from infatuation by highlighting the selfless and enduring nature of love compared to the fleeting, self-centered qualities of infatuation. He notes that while love is characterized by a desire to give and nurture the other person without expectation, infatuation is often rooted in one's own feelings and desires, lacking genuine commitment and responsibility toward the other. For the author, love fosters a connection where both individuals are invested in each other's well-being, while infatuation tends to be fleeting and focused primarily on one's own emotions and needs, without a deeper understanding of or dedication to the other.

#### **5.Question:**

**What metaphor does the author use to describe the dynamic of love in a relationship, and what does it signify?**

The author employs the metaphor of two pillars supporting the same roof to embody the dynamic of love in a relationship. This imagery signifies that while love is about togetherness and mutual support, it also requires space between the individuals to ensure that neither feels suffocated or





overwhelmed. This balance is crucial for maintaining the health of the relationship, allowing both partners to flourish individually while still providing support for one another. The metaphor encapsulates the idea that love should not be possessive but rather allows for growth and independence, demonstrating respect for each partner's autonomy and individuality.

## **Chapter 6 | Life | Q&A**

### **1.Question:**

**What is the significance of the different questions that Haemin Sunim receives from children in the West versus adults and children in Korea?**

Haemin Sunim points out an interesting cultural contrast between Western societies and Korea regarding identity perception. In the West, children associate a monk with martial arts and ask about kung fu, which reflects a playful curiosity and a focus on a monk's outward behavior and activities. Adults in the West, meanwhile, inquire about meditation style and hours spent in practice, indicating a belief that serenity is tied to consistent practice. In contrast, Koreans often ask about one's home monastery or hometown, suggesting a deeper connection to a person's origins and communal ties rather than their current actions. This contrast highlights different cultural values: Westerners may prioritize behavior and personal achievements, while Koreans may emphasize an individual's background and connections, revealing how cultural identity shapes perceptions.

### **2.Question:**

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How does Haemin Sunim relate the concept of identity to the example of Steve Jobs and education?

Haemin Sunim uses Steve Jobs as an example to illustrate the dangers of tying a person's identity to their educational background, particularly in Korea. Steve Jobs, who dropped out of Reed College, achieved immense success and innovation, but in the context of Korean culture, attending a prestigious university is critical for social and professional acceptance.

Sunim implies that if Jobs were Korean, his lack of an elite education could have severely hindered his opportunities, leading to a societal overlook of his talent and ideas. This critique serves to encourage a broader perspective on identity—promoting an understanding of an individual's current skills and potential instead of a narrow focus on their past.

### 3.Question:

**What insights does Haemin Sunim share regarding self-perception and societal expectations?**

Sunim shares three liberating insights that transform his self-perception: first, he realizes that others are generally not as concerned with his appearance as he thought, liberating him from the anxiety of trying to impress others. Second, he acknowledges that not everyone has to like him, encouraging acceptance of differing opinions about himself; personal peace comes from letting go of the need for universal approval. Finally, he reflects that many of the sacrifices and actions performed for others are often rooted in self-interest. These insights collectively advocate for a life lived



authentically, prioritizing one's own desires and happiness rather than being shackled by societal expectations.

#### **4.Question:**

**What does Haemin Sunim suggest about the nature of learning and wisdom in the context of personal growth?**

Sunim asserts that genuine wisdom stems from acknowledging one's ignorance rather than pretending to know everything. He provides a perspective that wisdom requires openness to new information and experiences, urging individuals to listen rather than merely respond.

Recognizing that real learning occurs when one sets aside pride can lead to profound personal growth. This idea emphasizes the importance of curiosity and humility—a wise person understands the complexity of social phenomena and does not simplify them into brief explanations, illustrating that the journey of learning is continual and deeply rooted in an honest acknowledgement of what one does not yet know.

#### **5.Question:**

**How does Haemin Sunim perceive the role of happiness in mundane moments of life?**

Sunim reminds readers that happiness can be found in ordinary, everyday experiences rather than just significant achievements or events. He illustrates this by discussing how people often overlook the small, routine moments like grocery shopping, commuting, or mundane chores, yet these hours constitute the majority of our lives. He emphasizes the importance of finding



joy within these moments and cultivating a positive perspective towards them. By appreciating and being present in these everyday activities, one can enhance their overall happiness and find deeper satisfaction in life, thus re-framing the perception that happiness is only found in extraordinary events.

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## Chapter 7 | The Future | Q&A

### 1.Question:

**What is the main theme of Chapter 7 in 'The Things You Can See Only When You Slow Down'?**

The main theme of Chapter 7 revolves around the transformative power of encouragement and belief in oneself. It emphasizes how a single kind word or prophecy, such as the Buddha's declaration of enlightenment for his disciples or Ms. Lee's encouragement of the author, can profoundly impact a person's self-esteem and motivation to succeed. The chapter illustrates that encouragement leads to self-reflection and propulsion toward personal growth rather than merely following societal or peer expectations.

### 2.Question:

**How does the author connect the story of the Buddha's prophecy to his personal experiences with Ms. Lee?**

The author draws a parallel between the Buddha's prophecy for his five hundred disciples and a pivotal moment in his own life with his elementary school teacher, Ms. Lee. He recalls how she predicted he would be a good student and a role model, which ignited a sense of responsibility and ambition within him. Just as the Buddha's words inspired his disciples to strive for enlightenment, Ms. Lee's encouragement fostered the author's confidence and determination to excel academically and later become a professor and spiritual teacher. This connection underscores the central idea that encouragement from mentors can significantly shape a person's future.

### 3.Question:

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What advice does the author give regarding the pursuit of one's calling in life?

The author provides several pieces of advice for discovering one's calling in life. First, he suggests expanding one's horizons by reading widely to expose oneself to different professions and ideas. Second, he emphasizes the importance of real-life experiences, such as part-time jobs or volunteering, to uncover true interests and talents. Third, he advocates for increased self-awareness through varied interpersonal interactions, allowing individuals to better understand their strengths and preferences. Finally, he advises against choosing a career based on others' expectations and encourages individuals to follow their inner desires.

#### 4.Question:

**What does the author suggest about setting goals and pursuing them?**

The author stresses the importance of establishing clear goals, stating that there is a significant difference between having a goal and not having one. He encourages readers to articulate their aspirations and share them with others to increase accountability and likelihood of achievement. The chapter advises that one should embody the mindset of a champion and actively work towards their goals, simulating the belief in one's success while continuing diligent efforts to realize that belief. He emphasizes that taking action and being proactive in shaping one's own destiny is crucial for personal fulfillment.

#### 5.Question:

**How does the chapter discuss the importance of self-worth and external**



validation?

In the chapter, the author notes that self-worth should not be measured by external markers such as wealth or educational pedigree, but rather by the frequency and quality of one's generosity and kindness to others. He encourages readers to value their unique qualities instead of being judgmental based on societal standards. The discussion highlights the futility of seeking approval or validation from others, advocating instead for a life aligned with one's true essence and values. By focusing on personal integrity and authentic expression, one can find true self-acceptance and fulfillment.

## **Chapter 8 | Spirituality | Q&A**

### **1.Question:**

**What does the chapter discuss in relation to judging others and its consequences?**

The chapter opens with a biblical quote that emphasizes the importance of not judging others, stating that the way one judges will determine how one will be judged. This principle aligns with the Buddhist concept of karma, suggesting that our actions, including judgments, have repercussions. It invites readers to reflect on their thoughts, speech, and behaviors, highlighting the shared wisdom across religions that promotes understanding rather than criticism.

### **2.Question:**

**How does the author connect personal experiences with interfaith perspectives?**

The author recounts a visit to Taizé, a Christian monastic community, where they were welcomed warmly by the monks. This experience exemplifies the deep connections that

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can exist between different faith traditions. The author's reflections reveal an openness to learning from other religions, which led to a sense of familial bond despite differing beliefs. This highlights the importance of humility and respect when exploring spiritual paths outside one's own.

### **3.Question:**

**What advice does the chapter give for dealing with spiritual differences within families?**

In instances of spiritual disagreement within families, the author advises not to view the tension as originating from spirituality itself, but rather from familial pressure to conform. They suggest that an effective remedy is to learn about the differing spiritual paths, which can foster understanding and appreciation. By gaining knowledge from respected figures within those traditions, individuals can find commonalities and reduce conflict, ultimately promoting a more harmonious family dynamic.

### **4.Question:**

**What does the author suggest about the nature of faith and practice in spirituality?**

The chapter posits that faith should not be overvalued compared to practice. It argues that emphasizing ideology can lead to conflict, while a focus on applying spiritual teachings in daily life can foster unity and understanding across different beliefs. The author encourages readers to practice what they preach, showing love and compassion in actionable ways rather than pure doctrinal adherence.

### **5.Question:**

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How does the chapter approach the concept of prayer and spiritual development?

The author discusses the evolution of prayer from a self-centered request for benefits to a more selfless expression of gratitude and a desire for connection with the divine. They emphasize that deepening spiritual practice can lead to a diminished ego, allowing for greater love and wisdom to fill one's heart.

This perspective portrays prayer not just as a means to ask for personal desires but as a transformative practice that enriches the individual and their relationships with others.