

# List of Reflections

2007-2018

## The Simple Joys series

SJ1	2009	<i>Simple Joys</i>	R1-97 <sup>1</sup>
SJ2	2011a	<i>Simple Joys 2: Healing Words</i>	R98-190 <sup>2</sup>
RB	2011b	<i>Revisioning Buddhism</i>	RB1-33
SJ3	2013	<i>Simple Joys 3: Loving Words</i>	R182-240 <sup>3</sup>

## How to use this List

- (1) Look for the “Code” or the “Title” you want (in the soft version, you can do a search for it). Then locate the reflection under “Book ref.” (All these books are available searchable **PDFs** in [dharmafarer.org](http://dharmafarer.org).)
- (2) If you have **the book/s** listed above, look below for the “Title” you need, and then look under “Book ref” in the relevant book.
- (3) For any title, it is best to look it up in the Dharmafarer **website** ([dharmafarer.org](http://dharmafarer.org)) using the “Code” under “Weekly Reflections.” These versions are more likely to be more up to date.
- (4) For titles without “Book ref,” look them up at [dharmafarer.org](http://dharmafarer.org).

<u>Code</u> <sup>4</sup>	<u>Date</u>	<u>Title</u>	<u>SJ/RB</u> <sup>1</sup>	<u>Book ref</u>
<b><u>2007</u></b>				
R1	070106	Forewarned, forearmed	1	SJ1 15.4
R2	070204	Let go of the I	2	SJ1 11.3
R3	070228	The most difficult thing to give up	3	SJ1 11.5
R4	070804	Self-discovery through sutta study	4	SJ1 9.3
R5	070926	Failure and giving up	5	SJ1 6.1
R6	071010	Keeping Buddhism simple and effective	6	SJ1 10.5
R7	071017	The ghosts among us	7	SJ1 4.8
R8	071031	<i>False</i> false monastic & <i>true</i> false monastics	8	SJ1 14.2
R9	071114	Money and monastics	9	SJ1 14.4
R10	(2014)	Last chance to breathe		RR1
R11	071126	Has the Dharma come to Singapore?	10	SJ1 13.6
R12	(2016)	Bullshit		RR2
R13	071205	Belief and knowledge in religion	11	SJ1 8.7
R14		[Same as R13]	11	
R15	071219	Wishing Buddhists “Happy Christmas”?	12	SJ1 13.10
<b><u>2008</u></b>				
R16	080101	2008 priorities [New year resolution]	13	SJ1 7.3
R17	080102	Buddha and “Allah”	14	SJ1 15.5
R18	080109	Failure and pain	15	SJ1 2.3
R19	080116	Buddha reaches to all	16	SJ1 15.6
R20	080123	Feeling is the root of religion	17	SJ1 10.9
R21	080124	The true relics: the early suttas	18	SJ1 13.12 <sup>5</sup>
R22	080131	Phra Khru Ba Nuea Chai	19	SJ1 14.5
R23	080213	Clear light of Dharma	20	SJ1 7.7
R24	080220	Love is blind	21	SJ1 4.4
R25	080227	The best stories are unfinished	22	SJ1 10.12
R26	080305	The temple of God is within us	23	SJ1 4.9
R27	080312	Buddhism with feeling	24	SJ1 10.7
R28	080319	The Dharma is still with us	25	SJ1 13.5
R29	080326	Say yes, say no, be silent	26	SJ1 5.1
R30	080401	Buddha Dharma is for all religions	27	SJ1 10.2
R31	080416	Buddhism is about patterns	28	SJ1 10.6

<sup>1</sup> Excluding RB titles.

<sup>2</sup> Excluding RB titles.

<sup>3</sup> Incl RB titles. A few reflections do not appear sequentially in the books.

<sup>4</sup> A “code” is a reflection’s unique reference number.

<sup>5</sup> = 7.8

<u>Code</u>	<u>Date</u>	<u>Title</u>	<u>SJ/RB</u>	<u>Book ref</u>	<u>Code</u>	<u>Date</u>	<u>Title</u>	<u>SJ/RB</u>	<u>Book ref</u>
R32	080423	Who is Guanyin?	29	SJ1 4.6	R67a	090114	The eight winds of life	64	SJ1 1.1
R33	080430	Translating suttas is very enjoyable	30	SJ1 13.1	R67b	090204	Dogmas are harmful to mental health	65	SJ1 10.8
R34	080514	Vesak aspirations	31	SJ1 12.2	R68a	090121	Animals go to heaven	66	SJ1 16.1
R35	080521	Two kinds of people	32	SJ1 13.9	R68b	090211	Bowing	67	SJ1 10.10
R36	080611	Learning from others	33	SJ1 13.3	R69	090218	Is Buddhism a religion, philosophy...?	68	SJ1 10.1
R37	080618	Buddhism is as easy as walking	34	SJ1 10.4	R70	090225	Making sense of things	69	SJ1 8.4
R38	080625	We can still meet the Buddha	35	SJ1 8.5	R71	090304	Two kinds of pain	70	SJ1 6.6
R39	080707	Minum kopilah!	36	SJ1 15.1	R72	090311	It's okay to have a big ego	71	SJ1 11.2
R40	080716	Love is	37	SJ1 4.5	R73	090318	The horse's teeth	72	SJ1 10.11
R41	080730	Bus-ride to nirvana	38	SJ1 8.3	R74	090322	Something to sit on	73	SJ1 6.5
R42	080806	Meditation goes beyond the brain	39	SJ1 6.3	R75	090401	Timelessness and meditation	74	SJ1 6.4
R43	080813	The Bible made me a better Buddhist	40	SJ1 15.2	R76	090406	So you want to kill yourself?	75	SJ1 2.4
R44	080816	Unchained peace	41	SJ1 6.8	R77	090412	What is given is not lost	76	SJ1 13.4
R45	080903	The laity and monastics	42	SJ1 14.1	R78	090422	Meme (that's "me, me" always!)	77	SJ1 11.1
R46	080904	Effective listening	43	SJ1 9.1	R79	090429	Learn to say "no"	78	SJ1 5.2
R47	080910	Ways of enjoying our wealth	44	SJ1 1.2	R80	090506	Please leave God alone	79	SJ1 15.3
R48	080917	How mindfulness strengthens us	45	SJ1 6.2	R81	090509	What Vesak means to me	80	SJ1 12.1
R49	080924	The five precepts are universal	46	SJ1 5.3	R82	090520	The sunbird and free will	81	SJ1 7.5
R50	081001	The chickduck	47	SJ1 4.7	R83	090527	All the world's a stage	82	SJ1 14.3
R51	081008	Will the world end in 2012?	48	SJ1 17.2	R84	090603	Not by works alone	83	SJ1 8.6
R52	081015	Why Buddhism is boring (for some)?	49	SJ1 10.13	R85	090610	Modernize the Buddha's teaching?	84	SJ1 13.7
R53	081022	Lesson from a flower	50	SJ1 6.9	R86	090617	Talking bad about Buddhism	85	SJ1 13.8
R54	081023	The great commission	51	SJ1 13.11	R87	090624	How self-healing works <sup>6</sup>	86	SJ1 2.1
R55	081029	Buddhist prophecies for our times	52	SJ1 17.1	R88	090701	Degree of happiness	87	SJ1 13.2
R56	081105	Opening our eyes to the Dharma	53	SJ1 9.2	R89	090708	To live is to feel	88	SJ1 6.7
R57	081112	My true-hearted friend	54	SJ1 3.1	R90	090715	Sutta and marriage	89a	SJ1 7.6
R58	081119	Lovingkindness is simply healing	55	SJ1 4.2	R91	090715	Suttas, Pali & chanting	89b	SJ1 7.6
R59	081126	Questions that answer	56	SJ1 7.2	R92	090722	All views are wrong views	90	SJ1 11.4
R60	081203	Getting the best from your mind	57	SJ1 8.2	R93	090729	Modern monastics?	RB 1 <sup>7</sup>	
R61	081210	Be a Dharma heir	58	SJ1 8.1	R94	090805	Buddhism beyond God and religion	91	SJ1 10.3
R62	081217	Nothing is worth clinging to	59	SJ1 7.1	R95	090812	Becoming human: It's easier than you think	RB 2	
R63	081224	God is love – and more	60	SJ1 4.3	R96	090819	No pain, no gain [Why suffering?]	92	SJ1 2.2
R64	081226	25 December: Buddhist renewal day	61	SJ1 12.3	R97	090826	Hungry ghosts	RB 3	
R65	081231	Life's 3 highest priorities	62	SJ1 7.4	R98	090902	From born again to never again	93	SJ2 1

**2009**

R66 090107 Unconditional love 63 SJ1 4.1

<sup>6</sup> SJ1 title: "Why we suffer."

<sup>7</sup> RB1-33 form its own volume, entitled *Revisioning Buddhism*.

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R99	090909	As if	94	SJ2 2	R134	100428	What Buddha means	RB 16	
<b>R100</b>	090916	How to address a Dharma teacher	95	SJ2 3	R135a	100503	Work	117	SJ2 25
R101	090923	Compassion or gratitude?	96	SJ2 4	R135b	100512	What the Buddha really looks like	RB 17	
R102	090930	Religion can be bipolar	97	SJ2 5	R136	100519	Good heavens	RB 18	
R103	091007	Do we really know what we are saying?	98	SJ2 6	R137	100526	A choice Vesak	118	SJ2 26
R104	091014	The story of a butterfly	99	SJ2 7	R138	100602	Free thinking	119	SJ2 27
R105	091021	The seven wonders	100	SJ2 8	R139	100609	Just you wait	120	SJ2 28
R106	091028	Are Bodhisattvas selfish?	RB 4		R140	100616	Stories we live by	121	SJ2 29
R107	091104a	Unsubscribe	RB 5		R141	100623	It's a joke	122	SJ2 30
R108	091104b	Bhikkhuni Sangha revived	RB 6		R142	100630	Global Buddhism	RB 19	
R109	091111	Living well, dying well	101	SJ2 9	R143	100707	Ways of knowing	123	SJ2 31
R110	091118a	Has Maitreya come?		RB 7	R144	100714	Spiritual friendship	RB 20	
R111	091118b	The possibility of awakening	102	SJ2 10	R145	100721	Buddhism Inc	RB 21	
R112	091125	Does the Buddha have feelings?	103	SJ2 11	R146	100728	Aliens & UFOs	RB 22	
R113	091202	Vimalakirti's illness	RB 8		R147	100804	Moved by the Dharma	124	SJ2 32
R114	091209	The mouths are moving	104	SJ2 12	R148	100811	The greatest love	125	SJ2 33
R115	091216	Worlds of our own	105	SJ2 13	R149	100811	Good from bad	RB 23	
R116	091223	Helping one another in faith	106	SJ2 14	R150	100818	Buddhism rises in the West	RB 24	
R117	091230	To a listening year	107	SJ2 15	R151	100825	Poetry in prose	RB 25	
					R152	100901	My influence on Buddha	RB 26	
<b><u>2010</u></b>					R153	100908	More than words can say	126	SJ2 34
R118	100106	Mental slavery	RB 9		R154	100915	The "I" of the storm	127	SJ2 35
R119	100113	Living Buddhism	108	SJ2 16	R155	100923	Meditation has no name	RB 27	
R120	100120	A truly purposeful life	109	SJ2 17	R156	100929	Looking but not seeing	128	SJ2 36
R121	100127	Shadow and light	110	SJ2 18	R157	101006	Tikkun olam (Repair the world)	129	SJ2 37
R122	100203	Don't own the pain	111	SJ2 19	R158	101013	How religions Learn	RB 28	
R123	100210	How to be creative	112	SJ2 20	R159	101020	Buddhism for dummies	RB 29	
R124	100217	Why a sutta repeats itself	RB 10		R160	101027	Lovingkindness	130	SJ2 38
R125	100224	Your mind: use it or lose it	RB 11		R161	101103	Close your eyes, see better	131	SJ2 39
R126	100303	Desire	RB 12		R162	101110	Truly professional	132	SJ2 40
R127	100310	Ill will & Meditation	RB 13		R163	101117	Being present	133	SJ2 41
R128	100317	Somebody and nobody	RB 14		R164	101124	Every thing, everything	134	SJ2 42
R129	100324	The truth is in how we breathe	RB 15		R165	101201	Buddhism without words	RB 30	
R130	100331	Dharma is music to the ear	113	SJ2 21	R166	101208	To have or to be	135	SJ2 43
R131	100407	Why something rather than nothing?	114	SJ2 22	R167	101215	Prayer without words	136	SJ2 44
R132	130430	The Buddha smile	115	SJ2 23	R168	101219	To believe, to know, to feel	137	SJ2 45
R133	100421	Truly beautiful mind	116	SJ2 24	R169	101229	Truly Buddhist Christmas	RB 31	

<u>Code</u>	<u>Date</u>	<u>Title</u>	<u>SJ/RB</u>	<u>Book ref</u>	<u>Code</u>	<u>Date</u>	<u>Title</u>	<u>SJ/RB</u>	<u>Book ref</u>
<b>2011</b>					R204	110817	Man, the unfinished	161	SJ3 18
R170	110105	Words are drugs	RB 32		R205a	110824	Just be good	162	SJ3 19
R171	110112	The road less travelled	138	SJ2 46	R205b	110831	Give what we cannot lose	163	SJ3 20
R172	110119	Real Buddhists are countless	139	SJ2 47	R206	110907	Awakening moments	164	SJ3 21a
R173	110126	God's temple is within us	140	SJ2 48	R206g	110907	Aufrüttelnde Momente	164	SJ3 21b
R174	110202	Holiday, holy day	141	SJ2 49	R207	110928	Write words	165	SJ3 22
R175	110209	Secret relationships	142	SJ2 50	R208	111005	True individual	166	SJ3 23
R176	110216	Listen to yourself	143	SJ2 51	R209	111012	Don't tell me	167	SJ3 24
R177	110223	Why monks wear robes	RB 33		R210	111019	Revolution!	168	SJ3 25
R178	110302	Let the dead bury their dead	144	SJ2 52	R211	111027	I think I know	169	SJ3 26
R179	110309	Buddha & Prometheus	145	SJ2 53	R212	111102	When nobody seems to care	170	SJ3 27
R180	110316	Emotional independence	146	SJ2 54	R213	111109	Preventing dementia <sup>9</sup>	171	SJ3 28
R181	110323	Three things to be grateful for	147	SJ2 55	R214	111116	Stumbling blocks to stepping stones	172	SJ3 29
R182	110330	Qingming	RB 34 <sup>8</sup>	SJ3 1	R215	111123	Time for monks to pay income tax	RB 43	SJ3 30
R183	110405	The four refuges	RB 37	SJ3 2	R216	111130	Not born human	RB 44	SJ3 31
R184	110406	Making the same mistake	148	SJ2 56	R217	111207	Unsatisfactory religions	RB 45	SJ3 32
R185	110413	Heaven can wait	RB 35	SJ3 3	R218	111214	Buddhist love training	173	SJ3 33
R186	110420	Wish I knew you better	149	SJ2 57	R219	111221	Duties of those who have	RB 46	SJ3 34
R187	110427	Buddhist questions	RB 36	SJ3 4	R220	111228	The necessity of right livelihood	RB 47	SJ3 35
R188	110511	The most beautiful sunset	150	SJ2 58					
R189	110518	Small change	151	SJ2 59	<b>2012</b>				
R190	110525	New lamps for old?	152	SJ2 60	R221	120104	Being everything to everyone	174	SJ3 36
R191	110601	How to end the world -- really	RB 38	SJ3 5	R222	120111	Power mode, love mode	175	SJ3 37
R192	110608	Mad about meditation	RB 39	SJ3 6	R223	120118	Buddhism sets you free	RB 48	SJ3 38
R193	110615	Thoughtless meditation	153	SJ3 7	R224	120125	True aspirations	176	SJ3 39
R194	110622	To see beyond Buddhism	154	SJ3 8	R225	120201	Falling in love, staying in love	177	SJ3 40
R195	110629	We are the world	155	SJ3 9	R226	120208	Truly renouncing	178	SJ3 41
R196	110706	Better change ourselves	RB 40	SJ3 10	R227	120215	Driving meditation	179	SJ3 42
R197	110713	Joy as food	156	SJ3 11	R228	120222	Minding change, changing mind	180	SJ3 43
R198	110714	To be Bodhisattva, be arhat first	RB 41	SJ3 12	R229	120229	Knowledge limits, vision frees	181	SJ3 44
R199	110720	Religion without words	157	SJ3 13	R230	120307	Everything is beautiful – really?	182	SJ3 45
<b>R200</b>	110721	Buddhas die if we worship them	RB 42	SJ3 14	R231	120314	Even a donkey can be wise	183	SJ3 46
R201	110727	Hearing voices	158	SJ3 15	R232	120321	Asking the right questions	RB 49	SJ3 47
R202	110803	Believable fiction	159	SJ3 16	R233	120328	Please blow my balloon	184	SJ3 48
R203	110810	The greatest creator	160	SJ3 17	R234	120404	The lone Buddhists	RB 50	SJ3 49

<sup>8</sup> The next 4 RB numbers are not sequential.

<sup>9</sup> Previous title: "Your mind, use it or lose it (Preventing dementia)."

<u>Code</u>	<u>Date</u>	<u>Title</u>	<u>SJ/RB</u> <sup>1</sup>	<u>Book ref</u>	<u>Code</u>	<u>Date</u>	<u>Title</u>	<u>SJ/RB</u>	<u>Book ref</u>
R235	120411	Stop, thinking! Welcome, feeling!	185	SJ3 50	R267	121121	New clothes and nakedness	206	
R236	120418	Farewell, brother	RB 51	SJ3 51	R268	121128	Looking for love	207	
R237	120425	Now is the moment	186	SJ3 52	R269	121205	If I were a hammer	RB 62	
R238	120502	Vesak baby	RB 52	SJ3 53	R270	121212	Dord	RB 63	
R239	120509	Like God	RB 53	SJ3 54	R271	121219	Renewal Day	RB 64	
R240	120516	Mother tree	187	SJ3 55	R272	121226	Canaletto dreaming	208	
R241	120523	We got class	188	[ ] <sup>10</sup>					
R242	120530	None are so	189		<b><u>2013</u></b>				
R243	120606	Buddhism for life	RB 54		R273	130102	Time & being	RB 65	
R244	120613	Dangerous knowledge	RB 55		R274	130109	Accept yourself, reject your self	209	
R245	120620	Self-destruct or self-construct	190		R275	130116	Dance like nobody's watching	210	
R246	120704	If there is no self	RB 56		R276	130123	Knowledge limits	211	
R247	120627	Change please	191		R277	130130	Who what why how	RB 66	
R248	120711	No religion please	RB 61 <sup>11</sup>		R278	130206	Sad is not really bad	212	
R249	120718	Let your hair down	192		R279	130213	Talking meditation	RB 67	
R250	120725	Suffering servant	193		R280	130220	The Artist's suffering	213	
R251	120801	Superstition	194		R281	130227	Quest for meaning	RB 68	
R252	120808	Laymen arhat die same day	RB 57		R282	130306	To love is to learn	214	
R253	120815	Closer to God	RB 58		R283	130313	Consciousness meditation	RB 69	
R254	120822	From love must come wisdom	195		R284	130320	Best mantras	RB 70	
R255	120829	No views frees	RB 59		R285	130327	Silent sunny spaces	215	
R256	120905	When self-love is good	196		R286	130403	Breaking free	RB 71	
R257	120912	Bush retreat	197		R287	130410	Married to Dharma	216	
R258	120919	Still ahead	198		R288	130417	What if we awaken	RB 72	
R259	120924	Who suffers who knows	199		R289	130424	Freeing pain	217	
R260	121003	Read me like a book	200		R290	130501	Work and life	218	
R261	121010	Nature says go, culture says stop	201		R291	130508	Why Guanyin appears female	RB 73	
R262	121017	Not by food alone	202		R292	130515	Free Buddhism	RB 74	
R263	121024	Mind the 3 words	RB 60 <sup>12</sup>		R293	130522	Belief limits wisdom frees	219	
R264	121031	Animal emotions	203		R294	130529	Chinua Achebe	RB 75	
R265	121107	What's the question, that's the answer	204		R295	130605	True genius	220	
R266	121114	Religious building, building religion	205		R296	130612	Be true, be free	RB 76	
					R297	130619	The last leaf	221	
					R298	130626	Buddha better	RB 77	
					R299	130703	Quality of mercy	RB 78	
					<b>R300</b>	130710	Meditate naturally	222	
					R301	130717	Time is love	223	

<sup>10</sup> Where there is no "Book ref" (as for titles from hereon), please look them up online.

<sup>11</sup> This RB no is out of sequence: insert below, after RB 60.

<sup>12</sup> For RB 61, see R248.

<u>Code</u>	<u>Date</u>	<u>Title</u>	<u>SJ/RB</u>	<u>Book ref</u>	<u>Code</u>	<u>Date</u>	<u>Title</u>	<u>SJ/RB</u>	<u>Book ref</u>
R302	130724	Cost of living		224	R337	140326	A failure am I		245
R303	130731	Learning bad		225	R338	140402	Fear not		246
R304	130807	Love never loses		226	R339	140409	No need to give up our faith		247
R305	130814	Causes and conditions		227	R340	140416	What religion?		248
R306	130821	More than human		228	R341	140423	Twitter brain	RB	93
R307	130828	Elephant in the room	RB	79	R342	140430	Be Buddhist, not a Buddhist	RB	94
R308	130904	The hanging man		229	R343	140507	Buddhism for real	RB	95
R309	130911	Let go, get it	RB	80	R344	140514	The one that I feed		249
R310	130918	Waltzing Matilda for Buddha		230	R345	140521	Playing dead		250
R311	130925	Buddhist refugees	RB	81	R346	140528	Who's talking now		251
R312	131002	Only the heart can truly see		231	R347	140604	Buddhism without Buddha?	RB	96
R313	131009	Value of loss		232	R348	140611	Wanderers of today	RB	97
R314	131016	Do I know you?		233	R349	140618	Why rituals should be abandoned	RB	98
R315	131023	Google stops thinking	RB	82	R350	140625	Live to love		252
R316	131030	Sex change		234	R351	140702	Chasing the white whale		253
R317	131106	The 3 D's and beyond		235	R352	140709	Middlemarch		254
R318	131113	Tough love		236	R353	140716	How to (k)now		255
R319	131120	Biggest thing in the world	RB83		R354	140613	How Buddhism was invented	RB	99
R320	131127	Still centre		237	R355	140730	The Great Gatsby		256
R321	131204	Can I help?		238	R356	140806	Know what we believe	RB	100
R322	131211	Schadenfreude		239	R357	140813	To those we've lost		257
R323	131218	Present being	RB	84	R358	140820	Live, love, learn		258
R324	131225	Breathe Dharma		240	R359	140827	Investments	RB	101
<b><u>2014</u></b>					R360	140903	Don't try to stop changing		259
R325	140101	How to write a reflection		242	R361	140910	On turning 65		260
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R327	140115	Do Bodhisattvas exist?	RB	84	R363	140924	On religion, off religion	RB	102
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