

If a person hears the sound of his heart tearfully sobbing, then he needs to stop

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Photo date and location unknown

If our days are as precious as this, how should we live them? What are the things we must accomplish before we cross over the boundary line to death?

The most important is not to commit sin and to lead a life that is without shadows. There is much religious and philosophical debate over what constitutes sin, but what is clear is that we should not engage in acts that prick our conscience. When we do things that give us a guilty conscience, it always leaves a shadow in our heart. (Page 230)

The teacher with whom we have the closest relationship is our heart. Our heart is more precious to us than our closest friends and even more precious than our parents. So, as we live our lives, we need periodically to ask our hearts, "Am I living a good life now?" Anyone can hear his heart speaking to him. If he comes to the realization that his heart is his master, he "polishes" his heart and maintains a close relationship with his heart throughout his life. If a person hears the sound of his heart tearfully sobbing, then he needs to stop immediately whatever he is doing. Anything that makes the heart suffer will ruin him. Anything that makes the heart sad will eventually make the person fall into sadness. (Page 226)