

# ROAD TO CLARITY

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To Francine and Emile Surel

Where any turn may lead to Heaven  
Or any corner may hide Hell  
Roads shining like river up hill after rain.  
— Edward Thomas

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## INTRODUCTION

There are too many principles, doctrines, proverbs everywhere; but not so many truths, what is truth? My sense of words is that anything can be transformed from Saying into Doing. In Buddhism, there are eighty-four thousand Gateways to enter the “Dharma”, sometimes we call it “Enlightenment”, but I prefer to use the more user-friendly term “Clarity”. And I dare to share my one hundred observations expanded into Six Chapters including Truth, Happiness, Love and Relationships.....to Well-Being, a candid answer to the calling.

Something that has depth, doesn't have to be difficult to understand. It is the way to explain it, or in other words, to demonstrate it. We usually like to use “ Insightful “ to represent the most profound way of understanding, before we reach Insightfulness. I choose to commit to “ being truthful to yourself ”. We constantly ask ourselves the question: what is the purpose of life? By the way, everyone has their own purpose in life. Answering that starts with finding your simple truthfulness, which will settle your quest.

The hardest thing to chew from any book is preaching, my sincere guideline for writing this book, is the reflection of myself, if I cannot abide by that, why should I tell others to do it! I like to share this easy exercise, the three characters from a Buddhist practice “ 善, 護, 念 “, pronounced ” Shan, Hu, Nian ” represents “ Kindness, Discipline, Consideration ”. Saying it once in your head before starting your day is a fast food style of meditation! I'd like to conclude with this message, the words between “ Hope ” and “ Wish ”. Hope usually refers to praying for yourself, and Wish refers to praying for others. Here I wish that each of you find your clarity!

Chapter 3  
Love and Relationships

A love without freedom is merely a form of duty.





There are various types of love, thinking of and missing someone are considered parts of it.



Selfishness is incompetent to enter the league of Love.



The transcended version of True Love is called Beloved, and they will be the one there for you!



Love is never a Noun, Love is a Verb, Love needs to be an Action.



Chapter 6  
Well-Being

Kindness smooths out wrinkles on the forehead.



Longevity was designed for a Joyful person.

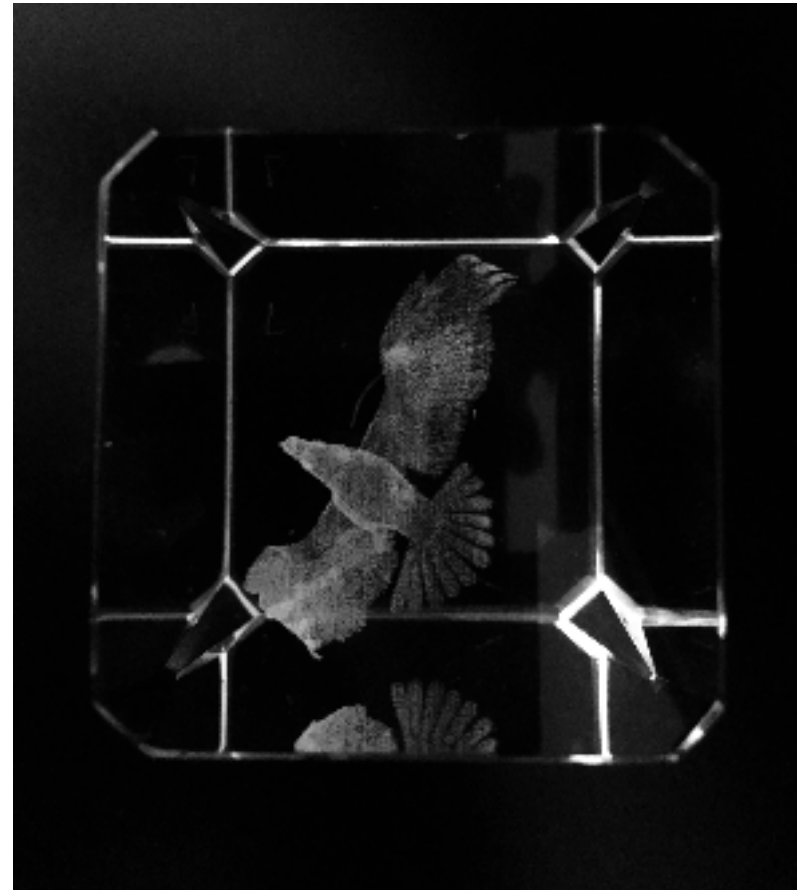


A blissful mind has no room for bitterness and laziness.





The most plentiful moment of the day is when you're singular to yourself.



There won't be any side effects from a simpler life!

