

THE HAPPINESS WELL

A Pocket Book of ideas

By Frog

Introduction

I had originally thought to call this small collection "Pointing at the Moon" referencing a very famous Zen Koan; however I found a number of books that already had this title and which had contained lots of Zen thoughts. So instead I went back to the drawing board and called it The Happiness Well.

The thoughts collected here are various thoughts that I had over a few years and cover a variety of emotions and experiences that I encountered. I hope that you will enjoy reading each thought and allow it to flit about your mind, either resting somewhere or floating to go somewhere else.

I hope that you enjoy it.

Frog

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The Happiness Well

Dip your bucket and drink
freely from my source of
happiness.

Using this book

In Buddhist tradition, the
student learns by
experience, not by the
teacher. After reading one
of my observations, use it
as a seed to note your own
experiences.

You can't plan your
own path by committee.

There's sunshine every
day... sometimes you
have to look past the
clouds to see it.

Today I was going to
write my thoughts... but
I forgot them.

Before setting out on
life's journey; make
sure you've eaten and
gone to the toilet