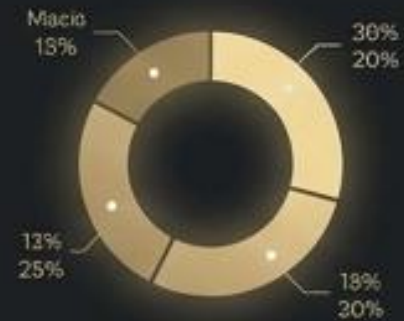




Right Living in the Age of AI

An Invitation to the Dhammapada AI Journal



You filter your water.

You count your calories.

But you let your mind
binge on the algorithm.

Feed it peace. Feed it wisdom.
Feed it stillness.

Because that's the only diet that
truly transforms your life.

1. The Modern Mind Detox

Stop consuming gossip,
drama, and fear.

Feed it Peace.

Feed it Wisdom.

Feed it Stillness.

The only diet that truly transforms your life.

2. The Unshaken Mind

Like a rocky mountain against a storm, true power lies in the pause.

Digital
Stimulus

The Pause

**Breathe, Observe,
Respond with Logic**

Reclaiming your peace and power.

**React Emotionally /
Impulse**

Control surrendered to others.

3. The Power of the Pairs

Pure Mind: Digital action follows you like a never-departing shadow. (Joy)



Mind precedes all mental states.
They are all mind-wrought.

Impure Mind: Digital action follows you like the wheel of the ox. (Suffering)



4. Building the Island



The Ill-Thatched House: Passion and noise penetrate the undeveloped mind.



The Inner Sanctuary: The well-developed mind is a fortress against the storm.

The Two Operating Systems

The Reactive Mind	The Cultivated Mind
Consumes Gossip, Fear & Drama	Consumes Wisdom & Stillness
Driven by Impulse & Emotion	Mastered via The Pause & Logic
The Ill-Thatched House	The Rocky Mountain
The Wheel (Suffering)	The Shadow (Joy)

Do Not Merely Count the Cows

Much though he recites the sacred texts, but acts not accordingly, that heedless man is like a cowherd who only counts the cows of others.



To survive the AI age, put the teaching into practice.
Forsake delusion. Cling to nothing.

Enter the Sanctuary.

Realize the essential. Settle your mind. Build your island.

Open the Dhammapada AI Journal.