



Foreword

P*olishing the Diamond, Enlightening the Mind* is a book compiled by Jae Woong Kim out of gratitude and devotion for his Korean Buddhist master, Back Sung Wook. It contains the master's instructions and advice for cultivating the mind in the quest for enlightenment.

Despite wanting happiness and wishing to avoid suffering, human beings constantly engage in activities that give rise to fear, disease, starvation, and ultimately death. Under such circumstances it would be wonderful if even a few people could create some inner peace, if only for a short time. I am confident that readers who seek such a goal will find valuable advice in this book.

Venerable Tenzin Gyatso, the 14th Dalai Lama of Tibet
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