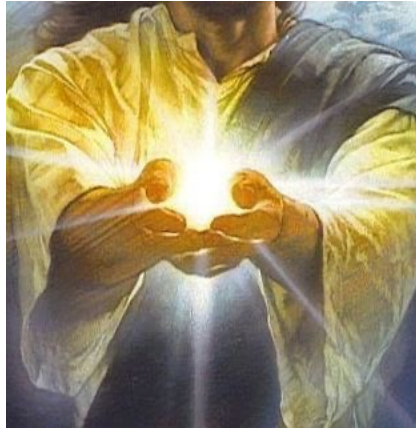


## Additional Blessings



All appearances are sheer art  
Beautiful beyond all enduring  
Appealing beyond all possibility of possession  
It cannot be possessed  
But it is entirely accessible  
The treasure which our being preserves for us  
Is like an ever-present nectar  
It is like an inexhaustible kingdom  
Which is always open to us  
Tarthang Tulku

The earth is perfumed with scented waters  
And strewn with flowers  
Adorned with Mt Meru  
And the four continents  
The sun and the moon  
Imagine this as the Buddha realm  
I offer it  
So that all beings enjoy this pure realm.  
King of Tibet

Fearlessness means faith in God: faith in his protection, His justice,  
His wisdom, His Mercy, His love, and His omnipresence. To be fit for Self-  
realization, one must be fearless.  
Paramahansa Yogananda

If you want something you never had, you have to do something you've  
never done.  
Thomas Jefferson

Be a lamp, a lifeboat, a ladder. Help someone's soul heal. Walk out of  
your house like a shepherd.

Keep your friend as your friend

Don't trouble your friend with your egoism, so that you don't make your  
friend your enemy.

Do good to people for God's sake or for the peace of your own soul, so  
they may always be friendly in your sight, and that ugly idea's arising  
from hatred may not enter your heart.

If you dwell with the unaware, you become cold  
But if you dwell with the aware, you become a human.  
Make a sanctuary inside a furnace, as true gold does,  
Knowing that if you leave, you will freeze  
Rumi

Oh you who study the world, you're just a hired worker.  
And you who want paradise, you're far from the truth.  
And you who are happy with the two worlds, but unaware,  
Because you have not experienced the happiness of his Sorrow  
You're simply excused.  
Rumi

"My heart, sit only with those  
who know and understand you.  
Sit only under a tree  
that is full of blossoms.  
In the bazaar of herbs and potions  
don't wander aimlessly  
find the shop with a potion that is sweet  
If you don't have a measure  
people will rob you in no time.  
You will take counterfeit coins  
thinking they are real.

Don't fill your bowl with food from  
every boiling pot you see.  
Not every joke is humorous, so don't search  
for meaning where there isn't one.  
Not every eye can see,  
not every sea is full of pearls.  
My hart, sing the song of longing  
like nightingale.  
The sound of your voice casts a spell  
on every stone, on every thorn.  
First, lay down your head  
then one by one  
let go of all distractions.  
Embrace the light and let it guide you  
beyond the winds of desire.  
There you will find a spring and nourished by its see waters  
like a tree you will bear fruit forever".

Rumi

And those who were seen dancing  
Were thought to be insane  
By those who could not hear the music.  
Friedrich Nietzsche

We did not come to fear the future. We came here to shape it.  
Barack Obama

"Life can only be understood backwards; but it must be lived forwards."  
Kierkegaard

"There are only two days in the year that nothing can be done. One is  
called yesterday and the other is called tomorrow, so today is the right  
day to love, believe, do and mostly live."  
HH the 14th Dalai Lama

"I want nothing to do, with this world or the next. Yet I do not turn away.  
My heart is filled with a million wonders, beholding the sight. What  
madness keeps me from becoming totally mad".  
Rumi

"Be Humble for you are made of Earth.  
Be noble for you are made of stars."  
Serbian Proverb

"To truly know the world, look deeply within your own being; to truly  
know yourself, take real interest in the world."

Rudolf Steiner

If it is not too dark  
Go for a walk if it is not too dark.  
Get some fresh air, try to smile.  
Say something kind to a safe looking stranger,  
If one happens by.  
Always exercise your hearts knowing.  
You might as well attempt something real  
Along this path.  
Take your spouse or lover into your arms  
The way you did when you first met.  
Let tenderness pour from your eyes  
The way the sun gazes warmly on the earth.  
Play a game with some children.  
Extend yourself to a friend  
Singing a few ribald songs to your pets and plants.  
Why not let them get drunk and wild!  
Let's toast  
Every rung we have climbed on evolution's ladder.  
Whisper, "I love you, I love you!"  
To the whole mad world.  
Let's stop reading about God.  
We will never understand him.  
Jump to your feet, wave your fists,  
Threaten and warn the whole universe  
That your heart can no longer live  
Without real love!!!  
Hafiz

Everything that irritates us about others can lead us to a better  
understanding of ourselves.

Carl Jung

"Tension is who you think you should be. Relaxation is who you are."  
Chinese Proverb

Yesterday I was clever, so I wanted to change the world.  
Today I am wise, so I am changing myself.

### Absolutely Clear

Don't surrender your loneliness  
So quickly.  
Let it cut more deep.  
Let it ferment and season you  
As few human  
Or even divine ingredients can.  
Something missing in my heart tonight  
Has made my eyes so soft,  
My voice  
So tender,  
My need of God  
Absolutely  
Clear.  
Hafiz

"Be careful not to fall in love with your ego, in the name of loving and  
serving others."  
Amma

One who does what the Friend wants done  
will never need a friend.  
There is a bankruptcy that is pure gain.  
The moon stays bright  
when it does not avoid the night.  
A rose's rarest essence  
lives in the thorn.  
Rumi

I pass around the ruins kissing this wall and that wall and the ground  
It is not the love of the ruins that has captured my heart  
It is the smell of the beloved ones who were here.  
Rumi

The whole world just got thick Again with God.  
And everywhere I look Makes me feel very proud  
That all the objects and creatures Can remain looking So poised  
And acting so cool While keeping the Great Secret So well  
And not blissfully shout All day long the Reality  
I Am – I Am the Wine!  
The whole universe just got stoned Out of its mind again On the Beauty  
Of God.  
If this me is not I, then who am I?  
If I am not the one who speaks, then who does?  
If this me is only a robe then  
who is the one I am covering?  
Rumi

Don't seek,  
don't search,  
don't ask,  
don't knock,  
don't demand -  
relax.  
If you relax, it comes.  
If you relax, it is there.  
If you relax,  
you start vibrating with it.  
Osho

"One does not discover new lands without consenting to lose sight of the  
shore for a very long time."  
André Gide

The difference between a good artist and a great one is:  
The novice will often lay down his tool or brush.  
Then pick up an invisible club on the mind's table  
And helplessly smash the easels and Jade.  
Whereas the vintage man no longer hurts himself or anyone.

And keeps on sculpting Light. Hafiz  
If you open yourself to the Tao,  
you are one with the Tao  
and you can embody it completely.  
If you open yourself to insight,  
you are one with insight  
and you can use it completely.  
If you open yourself to loss,  
you are one with loss  
and you can accept it completely.

Open yourself to the Tao,  
then trust your natural responses;  
and everything will fall into place.  
Lao Tzu?

From the highest spheres of existence, has descended upon you a dove,  
She descended unwillingly, and if she was given a choice she would have  
chosen to stay, to be in the highest of spheres with the highest of  
companions.

Descended, she became acquainted and intimate with all that there is  
here.

And now it is difficult to separate and leave.”  
From an Arabic poet

Out of my dust will grow a thousand of flowers  
When in the shade of yonder Cypress in the gardens I shall die  
And when you pour into my goblet the bitter drink of death  
I'll kiss the goblet, full of joy, my dear and drunken shall I die.  
I may turn yellow in autumn when people speak of death  
Thanks to your smiling lips like springtime  
And smiling shall I die.  
I have died many times but your breath makes me alive again  
Should I die thus a thousand more times?  
Happily shall I die.  
A child that dies in the mother's bosom  
That's how I am my friend  
For in the bosom of his mercy and kindness I shall die.  
Say, where would death be for the lovers?  
Impossible is that  
For in the fountain of the water of life there I shall die.

Rumi

## The Sacred Liquid

Are you jealous of the ocean's generosity?  
Why would you refuse to give  
This gift to anyone?

Fish don't hold the sacred liquid in cups  
They swim the huge fluid freedom.

Rumi

The value of script resides in gold  
Stored somewhere else. The value of a  
Body stems from the soul.  
The value of the soul derives from Presence.  
Soul cannot live without a connection there.

Rumi

Stop wanting to heal yourself, wanting to fix yourself.  
Even stop wanting to wake up.  
Stop overtaking the movie of your life.  
Stop wanting to "let go".  
Healing is not a destiny.  
Stay here.

Your pain, your sorrow, your doubts, your desires,  
your thoughts full of fear... are not mistakes,  
and they are not asking to be healed.  
They are asking to be sustained.  
Here, now, gently. In the loving arms,  
healers, of the present consciousness.  
Jeff Foster

Why not be polite?

Everyone Is God Speaking  
Why not be polite and  
Listen to Him  
Hafiz



Pursue meditation, so that you learn not to desire.  
Instead you will deserve.  
Swami Rama

Keep living in a way so that you catch the eye of the sages  
Swami Rama

After learning, comes practice, then assimilation and then direct  
experience.  
Swami Rama

When you learn to discriminate, the mind gains a sense of balance and  
you are not overwhelmed by the temptations of life, for you see them for  
what they are.

When you operate your life with discrimination, then you view the world  
as it is, not expecting too much and enjoying what it offers.  
Swami Rama

Refrain from identifying with things of the world, but don't refrain from  
the world.  
Swami Rama

"It is possible to become the lord of the entire universe. You have that  
potential within you, but you must put in effort. Actually, you are already  
the lord of the universe, but you are dreaming that you are a beggar. The  
moment you stop dreaming, you will realize that truth and you will  
awaken to God-consciousness."  
Amma

ANYWAY

People are unreasonable, illogical, and self-centered,

LOVE THEM ANYWAY

If you do good, people will accuse you of selfish, ulterior motives,

DO GOOD ANYWAY

If you are successful, you win false friends and true enemies,

SUCCEED ANYWAY

The good you do will be forgotten tomorrow,

DO GOOD ANYWAY

Honesty and frankness make you vulnerable,

BE HONEST AND FRANK ANYWAY

What you spent years building may be destroyed overnight,

BUILD ANYWAY

People really need help but may attack you if you help them,

HELP PEOPLE ANYWAY

Give the world the best you have And you'll get kicked in the teeth,

GIVE THE WORLD THE BEST YOU'VE GOT ANYWAY.

by Kent M. Keith