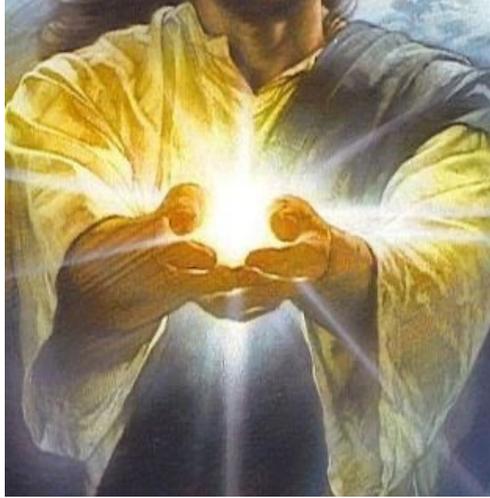


## The Path, Prayers and Blessings



The ass, your fleshy soul  
Has wandered off; tie it down.  
How long will you run away from work?  
Let it bear the burden of patience  
And gratitude- whether for a hundred years,  
Or for thirty or twenty.

Paradise is surrounded by what we dislike;  
The fires of hell are surrounded by what we desire.

Lanterns hang from the night sky  
So that your eye might draw one more image of love  
Upon your silk canvas, before sleep.  
Words from Him have reached you  
And tilled a golden field inside.  
When all your desire all distilled  
You will cast just two votes:  
To love more  
And be happy.  
Hafiz

If you want to awaken  
all of humanity,  
then awaken  
all of yourself.  
If you want to eliminate  
the suffering in

the world, then  
eliminate all that is dark  
and negative in yourself.  
Truly , the greatest gift  
you have to  
give is that of your own  
Self transformation.  
Lao Tzu

I know you're tired, but come. This is the way.

Rumi

My heart  
Sit only with those who know  
and understand you.  
Rumi

"The whole of life is a lesson of acceptance."  
Amma

Freedom is not given to us by anyone; we have to cultivate it ourselves.  
It is a daily practice... No one can prevent you from being aware of each  
step you take or each breath in and breath out.  
Thich Nhat Hanh

Not everything that is faced can be changed. But nothing can be  
changed until it is faced.  
James Baldwin

Genius is one percent inspiration and ninety-nine percent perspiration.  
Thomas A. Edison

Learn to be grateful,  
and once you start being grateful  
you will be surprised --  
every day there are a thousand and one occasions to be grateful.  
Then each moment, each occasion of being grateful.  
OSHO

As you start to walk out on the way, the way appears.  
Rumi

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

Awake, my dear!  
Be kind  
to your sleeping heart.  
Take it out  
into the vast fields  
of Light  
And let it breath....  
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

On the path of love, temptations do create distractions,  
But you also have the blessing-full blossoms left by those  
Who have already trodden the path.  
Realize this and follow the golden footprints of those  
Who have gone ahead.  
Swami Rama

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

What happens when your soul  
Begins to awaken  
Your eyes  
And your heart  
And the cells of your body  
To the great Journey of Love?  
First there is wonderful laughter  
And probably precious tears  
And a hundred sweet promises  
And those heroic vows  
No one can ever keep.  
But still God is delighted and amused  
You once tried to be a saint.  
What happens when your soul  
Begins to awake in this world  
To our deep need to love  
And serve the Friend?  
O the Beloved  
Will send you  
One of His wonderful, wild companions-  
Like Hafiz.  
Hafiz

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

For years, copying other people, I tried to know myself.  
From within, I couldn't decide what to do.  
Unable to see, I heard my name being called.  
Then I walked outside.  
The breeze at dawn has secrets to tell you.  
Don't go back to sleep.  
You must ask for what you really want.  
Don't go back to sleep.  
People are going back and forth across the doorsill  
where the two worlds touch.  
The door is round and open.  
Don't go back to sleep.  
Rumi

I saw grief drinking a cup of sorrow  
And called out,  
It tastes sweet, does it not?  
You have caught me, grief answered  
And you have ruined my business.  
How can I sell sorrow?  
When you know it is a blessing?  
Rumi

When a thirsty men moans:  
Oh water Oh delicious water.  
This thirst that is in all of our souls  
Is the water drawing us to it.  
We belong to it and it belongs to us.  
Rumi

"I have come to drag you out of your self  
And take you in my heart.  
I have come to bring out the beauty  
You never know you had  
And lift you like a prayer to the sky.  
If no one can recognize you, I do  
Because you are my life and soul.  
Don't run away, accept your wounds and  
Let bravery be you shield.  
It takes a thousand stages for  
For the perfect being to evolve.  
Every step of the way I will walk with you  
And never leave you stranded.  
Be patient, do not open the lid too soon

Simmer away until you are ready.  
In this game I make the rules.  
I roll you like a ball and chase you  
When I choose".  
Rumi

There could be a holy fall out.

We are often in battle.  
So often defending every side of the fort,  
It may seem, all alone.  
Sit down, my dear.  
Take a few deep breaths,  
Think about a loyal friend.  
Where is your music,  
Your pet, a brush?  
Surely one who has lasted as long as you  
Knows some avenue or place inside  
That can give a sweet respite.  
If you cannot slay your panic,  
Then say within  
As convincingly as you can,  
"It is all God's will!"  
Now pick up your life again.  
Let whatever is out there  
Come charging in,  
Laugh and spit into the air,  
There could be holy fallout.  
Throw those ladders like tiny match sticks  
With "just" phantoms upon them  
Who might be trying to scale your heart.  
Your love has an eloquent tone.  
The sky and I want to hear it!  
If you still feel helpless  
Give our battle cry again,  
Hafiz  
Has shouted it a myriad times,  
"It is all,  
It is all the Beloved's will!"  
What is that luminous rain I see  
All around you in the future  
Sweeping in from the east plain?  
It looks like, O it looks like  
Holy fallout

Filling your mouth and palms  
With Joy!  
Hafiz

Listen to that which will help your soul to grow. Read that which will  
provoke aspirations for the eternal, the essential.  
See that which will give you a new vision, new eyes, clarity. Life is short,  
energy is limited.

Don't be foolish, don't go on wasting it on the nonessential.  
But you have to be conscious, only then the nonessential can be dropped.  
And the first thing is to drop the nonessential; only then the second thing  
is possible -- to get attuned with the essential. Seeing the false as the  
false is the beginning of seeing the true as the true.

Osho

Remember one principle: whatever happens is somehow needed, whether  
we understand it or not..

Osho

Life is not for waiting  
Do not postpone  
Love is bringing everyone by the ear  
To a place where reason cannot go  
Where Muhammed's eyes close in sleep  
And the night grows quiet  
Truth does not sleep. Sunlight does not go away  
The stars are suns. Shams is everywhere.  
Rumi

Every midwife knows  
that not until a mother's womb  
softens from the pain of labor  
will a way unfold  
and the infant find that opening to be born.  
Oh friend!  
There is treasure in your heart,  
it is heavy with child.  
Listen.  
All the awakened ones,  
like trusted midwives are saying,

'welcome this pain.'  
It opens the dark passage of Grace.  
Rumi

Longing is the core of the mystery.  
Longing itself brings the cure.  
The only rule is, Suffer the pain.  
Your desire must be disciplined,  
And what you want to happen  
In time, sacrificed.  
Rumi

If you have food in the refrigerator, clothes on your back, a roof overhead  
and a place to sleep ... you are richer than 75% of this world.  
If you have money in the bank, in your wallet, and spare change in a dish  
someplace ... you are among the top 8% of the world's wealthy.  
If you woke up this morning with more health than illness ... you are  
more blessed than the million who will not survive this week.  
If you have never experienced the danger of battle, the loneliness of  
imprisonment, the agony of torture, or the pangs of starvation... you are  
ahead of 500 million people in the world.  
If you can attend a meeting without fear of harassment, arrest, torture,  
or death ... you are more blessed than three billion people in the world.  
If your parents are still alive and still married ... you are very rare.  
If you hold up your head with a smile on your face and are truly thankful  
... you are blessed because the majority can, but most do not.  
If you can hold someone's hand, hug them or even touch them on the  
shoulder ... you are blessed because you can offer a healing touch.  
If you can read this message, you are more blessed than over two billion  
people in the world that cannot read at all.  
Isn't this a wonderful day to give thanks?

"May today there be peace within.  
May you trust that you are exactly where  
you are meant to be. May you not forget the infinite possibilities that  
are born of faith in yourself and others. May you use the gifts that you  
have received, and pass on the love that has been given to you. May you  
be  
content with yourself just the way you are. Let this knowledge settle into  
your bones, and allow your soul the freedom to sing, dance, praise and  
love. It is there for each and every one of us."

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

Be watchful — the grace of God appears suddenly. It comes without  
warning to an open heart.

Rumi

Although you appear in earthly form Your essence is pure Consciousness.  
You are the fearless guardian of Divine Light.

Rumi

My Sweet, Crushed Angel  
You have not danced so badly, my dear,  
Trying to hold hands with the Beautiful One.  
You have waltzed with great style,  
My sweet, crushed angel,  
To have ever neared God's heart at all.  
Our partner is notoriously difficult to follow,  
And even His best musicians  
are not always easy to hear.  
So what  
If the music has stopped for a while.  
So what  
If the price of admission to the Divine  
Is out of reach tonight.  
So what, my dear,  
If you do not have the ante to gamble for the Real Love.  
The mind and the body are famous,  
For holding the heart ransom,  
But Hafiz knows the Beloved's eternal habits.  
Have patience,

For He will not be able to resist your longing  
For long.  
You have not danced so badly, my dear,  
Trying to kiss the Beautiful One.  
You have actually waltzed with tremendous style,  
O my sweet,  
O my sweet crushed angel.  
Hafiz

If you want to go fast  
Go alone  
If you want to go far  
Go together  
African Proverb

I felt in need of a great pilgrimage so I sat still for three days.  
And God came to me.  
Hafiz

Your own self realisation is the greatest service  
you can render to the world.  
Ramana Maharshi

When I run after what I think I want,  
my days are a furnace of stress and anxiety;  
if I sit in my own place of patience,  
what I need flows to me, and without pain.  
From this I understand that  
what I want also wants me,  
is looking for me and attracting me.  
There is a great secret here  
for anyone who can grasp it.

Shams Tabrizi

"By three methods we may learn wisdom. First, by reflection, which is noblest, second, by imitation, which is easiest, and third by experience, which is the bitterest."  
Confucius

"Not everything that is faced can be changed. But nothing can be  
changed until it is faced."  
James Baldwin

The purpose of life is not to be happy. It is to be useful, to be honorable,  
to be compassionate, to have it make some difference that you have lived  
and lived well.  
Ralph Waldo Emerson

When someone beats a rug, the blows are not against the rug,  
but against the dust in it.  
Rumi

Very little grows on jagged rock. Be grounded. Be crumbled so  
wildflowers will come up where you are.  
Rumi

For years, copying other people, I tried to know myself.  
From within, I couldn't decide what to do.  
Unable to see, I heard my name being called.  
Then I walked outside.  
The breeze at dawn has secrets to tell you.  
Don't go back to sleep.  
You must ask for what you really want.  
Don't go back to sleep.  
People are going back and forth across the doorsill  
where the two worlds touch.  
The door is round and open.  
Don't go back to sleep.  
Rumi

It is very difficult to get a human birth. It is much more difficult to have  
an interest in spirituality. It is even more difficult to get company of Self-  
Realized Masters.  
Amma

"From a begger, the Guru lifts you to the status of the Emperor of  
the Universe. From a mere receiver, he makes you a giver  
Amma

Horror has its day, or year, or decade, or century.  
The Sun of Love has never, and will never, set.  
Whatever you have to go through to know this beyond any shadow of a  
doubt  
is worth it.  
From someone written in Auswitsch.

Life is not for waiting  
Do not postpone  
Love is bringing everyone by the ear  
To a place where reason cannot go  
Where Muhammed's eyes close in sleep  
And the night grows quiet  
Truth does not sleep. Sunlight does not go away  
The stars are suns. Shams is everywhere.  
Rumi

I have no right to call myself one who knows.  
I was one who seeks, and I still am,  
but I no longer seek in the stars or in books;  
I'm beginning to hear the teachings of  
my blood pulsing within me.  
My story isn't pleasant,  
it's not sweet and harmonious  
like the invented stories;  
it tastes of folly and bewilderment,  
of madness and dream,  
like the life of all people who  
no longer want to lie to themselves.  
Hermann Hesse

Listen to that which will help your soul to grow. Read that which will  
provoke aspirations for the eternal, the essential.  
See that which will give you a new vision, new eyes, clarity. Life is short,  
energy is limited.

Don't be foolish, don't go on wasting it on the nonessential.  
But you have to be conscious, only then the nonessential can be dropped.  
And the first thing is to drop the nonessential; only then the second thing  
is possible -- to get attuned with the essential. Seeing the false as the  
false is the beginning of seeing the true as the true.

Osho

Until you've found pain, you won't reach the cure .  
Until you've given up life, you won't unite with the supreme soul .  
Until you've found fire inside yourself, like the Friend,  
You won't reach the spring of life.  
Rumi

What hurts you, blesses you.  
Darkness is your candle.  
Rumi

It is almost a miracle that modern teaching methods have not yet entirely strangled the holy curiosity of inquiry; for what this delicate little plant needs more than anything, besides stimulation, is freedom.  
Albert Einstein on inquiry

Learn the Alchemy true human beings know  
The moment you accept the troubles  
you've been given, the door will open.  
Welcome difficulty, as a familiar comrade.  
Joke with torment brought by the Friend.  
Sorrows are the rags of old clothes  
and jackets that serve to cover,  
and then are taken off.  
That undressing  
and the naked body underneath,  
Is the sweetness that comes after grief.  
Rumi

Awake, my dear!  
Be kind  
to your sleeping heart.  
Take it out  
into the vast fields  
of Light  
And let it breath....  
Hafiz

Until you make a conscious decision to do something different,  
your life will never change.  
Unknown

If only our own faces would allow the invisible carvers hand to bring the deep grain of love to the surface. If only we knew, as the carver knew, how the floors and the wood let his searching chisel to the very core, we would smile too and not need faces immobilized by fear and the weight of things undone.

When we fight with our failing we ignore the entrance to the shrine itself and wrestle with the guardians fierce figure on the side of good, and as we fight our eyes are huddled with grief and our mouth is dry with pain

If only we could give ourselves to the blows of the carvers hands  
The lines in our face would be the trace lines of rivers feeding the sea,  
where voices meet praising the features of the mountain and the cloud  
and the sky.

Our faces would fall away until we, growing younger towards death every day would gather all our flaws in celebration to merge with them perfectly, impossibly wedded to our essence full of silence from the carvers hands.

David Whyte

All day I think about it, then at night I say it.  
Where did I come from, and what am I supposed to be doing?  
I have no idea.  
My soul is from elsewhere, I'm sure of that,  
and I intend to end up there...  
Rumi

Move Within  
Keep walking, though there is no place to get to.  
Don't try to see through the distances.  
That is not for human beings. Move within,  
Bout don't move the way fear makes you move.  
Thich Nhat Hanh

New beginnings are often disguised as painful endings  
Lao Tzu

The Journey by Mary Oliver

One day you finally knew  
what you had to do, and began,

though the voices around you  
kept shouting  
their bad advice—  
though the whole house  
began to tremble  
and you felt the old tug  
at your ankles.  
"Mend my life!"  
each voice cried.  
But you didn't stop.  
You knew what you had to do,  
though the wind pried  
with its stiff fingers  
at the very foundations,  
though their melancholy  
was terrible.  
It was already late  
enough, and a wild night,  
and the road full of fallen  
branches and stones.  
But little by little,  
as you left their voices behind,  
the stars began to burn  
through the sheets of clouds,  
and there was a new voice  
which you slowly  
recognized as your own,  
that kept you company  
as you strode deeper and deeper  
into the world,  
determined to do  
the only thing you could do—  
determined to save  
the only life you could save.

Everyone sees the unseen in proportion to the clarity of his heart,  
and that depends upon how much he has polished it.  
Whoever has polished it more sees  
more - more unseen forms become manifest to him.  
Rumi

Let yourself be silently drawn by the stronger pull  
of what you really love.  
Rumi

There are guides  
Who can show you the way  
Use them  
But they will not satisfy your longing  
Keep wanting the connection with presence  
With all your pulsing energy  
The throbbing vein  
Will take you further  
Than any thinking  
Mohammed said: Do not theorize  
About essence. All speculations  
Are just more layers of covering  
Human beings love coverings  
They think the design on the curtains  
Are what is being concealed  
Observe the wonders as they occur around you  
Do not claim them. Feel the artistry  
Moving through and be silent.  
Rumi

Why are you so enchanted by this world,  
When a mine of gold lies within you?  
Rumi

There is a life-force within your soul, seek that life.  
There is a gem in the mountain of your body, seek that mine.  
O traveler, if you are in search of That  
Don't look outside, look inside yourself and seek That.....

Rumi

Auto biography in five Chapters

Chapter 1

I walk down the street  
There is a big hole in the sidewalk

I fall in  
I am lost.....I am helpless  
It isn't my fault  
It takes forever to find a way out.

## Chapter 2

I walk down the same street  
There is a deep hole in the side walk  
I pretend I don't see it.  
I fall in again  
I can't believe I am in the same place  
But it isn't my fault  
It still takes a long time to get out.

## Chapter 3

I walk down the street  
There is a deep hole in the side walk  
I see it is there  
I fall in.....it is a habit.....but,  
My eyes are open.  
I know where I am.  
It is my fault.  
I get out immediately

## Chapter 4

I walk down the same street  
There is a deep hole in the sidewalk  
I walk around it

## Chapter 5

I walk down a different street.

Anonymous

Anyone who genuinely and constantly with both hands  
looks for something, will find it.

Though you are lame and bent over, keep moving  
toward the Friend. With speech, with silence,  
with sniffing about, stay on the track.

Whenever some kindness comes to you, turn  
that way, toward the source of kindness.

Love-things originate in the ocean.  
Restlessness leads to rest.  
Rumi

Suffering is a gift. In it is hidden mercy.  
Rumi

There is a brokenness out of which comes the  
unbreakable

There is a shattered ness out of which blooms the  
unshatterable

There is a sorrow beyond all grief which leads to joy  
and a fragility out of whose depths emerges strength

There is a hollow space too vast for words through  
which we pass with each loss, out of whose darkness we  
are sanctioned into being.

There is a cry deeper than all sound  
whose serrated edges cut the heart  
as we break open  
to the place inside which is unbreakable  
and whole,  
while learning to sing.

-Rashani

St. Theresa's Prayer:  
May today there be peace within.  
May you trust your highest power that you are  
Exactly where you are meant to be.  
May you not forget the infinite possibilities that are  
Born of faith.  
May you use those gifts that you have received, and

pass on the love that has been given to you. May you be  
content knowing you are a child of God....  
Let this presence settle into our bones, and allow  
your soul the freedom to sing, dance, praise and love.  
It is there for each and every one of you.

When you find the way, others will find you.  
Passing by on the road they will be drawn to your door.  
The way that cannot be heard will be echoed in your voice.  
The way that cannot be seen will be reflected in your eyes.  
Lao Tzu

### Shape shifting

How beautiful it is to migrate away from a former land every day!  
How lovely it is to perch on a different branch every day!  
How nice it is to keep flowing uncontaminated, unfrozen!  
All the words of yesterday vanished with the passing day, o my soul!  
Now it is time to tell something new and fresh...  
Rumi

This earth is a challenge. You are made to work your way through this  
darkness of existence. This is a task to be done, this is a way of growth,  
to be here on earth simply means that God has given you an opportunity  
to grow.

This earth is a challenge, accept it, encounter life, don't escape.  
Osho

Love  
Don't be in a hurry.  
So often hurry causes delay.  
As you thirst, wait patiently- the deeper the waiting, the sooner it comes.

You have sown the seed, now sit in the shade and watch what happens.  
The seed will break, it will blossom, but you cannot speed up the process.  
Doesn't everything need time?  
Work you must, but leave the results to God.  
Nothing in life is ever wasted,  
Especially steps taken towards truth.

But at times impatience comes,  
Impatience comes with thirst, but this is an obstacle.  
Keep the thirst and throw away the impatience.

Do not confuse impatience with thirst.  
With thirst there is a yearning but no struggle.  
With impatience there is struggle but no yearning.  
With longing there is wanting but no demanding.  
With impatience there is demanding but not waiting.  
With thirst there are silent tears.  
With impatience there is a restless struggle.  
Truth cannot be attacked, it is attained through surrender, not through  
struggle.  
It is conquered through total surrender.

Osho.

A cup of tea.

All people on the planet are children, except for a very few. No one is  
grown up except those free of desire.  
Rumi

Be with those who help your being.  
Rumi

Man's desire is to jump out of the world,  
and God's desire is to plunge into the world.  
Man's desire is to be God,  
and God's desire is to be man.  
Osho

Until you've found pain, you won't reach the cure.  
Until you've given up life, you won't unite with the supreme soul.  
Until you've found fire inside yourself, like the Friend,  
You won't reach the spring of life.  
Rumi

What is the difference  
between your experience of Existence  
and that of a saint?

The saint knows  
that the spiritual path  
is a sublime chess game with God

and that the Beloved  
has just made such a Fantastic Move

That the saint is now continuously  
Tripping over Joy  
and bursting out in Laughter  
and saying, "I surrender!"

Whereas, my dear,  
I am afraid you still think

You have a thousand serious moves.  
Hafiz

O wondrous creatures,  
By what strange miracle  
Do you so often...  
...not smile?  
Hafiz

He who controls others may be powerful,  
but he who has mastered himself  
is mightier still

Lao Tzu

It is easier to transport a mountain on a hair  
That to bring yourself by yourself to your self-realization.  
Sufi Saying

If you want to shrink something,  
you must first allow it to expand.  
If you want to get rid of something,  
you must first allow it to flourish.

If you want to take something,  
you must first allow it to be given.  
This is called the subtle perception  
of the way things are.  
Lao Tzu

Be content with what you have;  
rejoice in the way things are.  
When you realize there is nothing lacking,  
the whole world belongs to you.  
Lao Tzu

See yourself in others.  
Then whom can you hurt?  
What harm can you do?  
The Buddha

Longing is the core of the mystery.  
Longing itself brings the cure.  
The only rule is, Suffer the pain.  
Your desire must be disciplined,  
And what you want to happen  
In time, sacrificed.  
Rumi

### Being Human

Once a man came to me and spoke for hours about  
"His great visions of God" he felt he was having.

He asked me for confirmation, saying,  
"Are these wondrous dreams true?"

I replied, "How many goats do you have?"

He looked surprised and said,  
"I am speaking of sublime visions  
And you ask  
About goats!"

And I spoke again saying,  
"Yes brother, how many do you have?"

"Well, Hafiz, I have sixty-two."

"And how many wives?"  
Again he looked surprised, then said,  
"Four."

"How many rosebushes in your garden,

How many children,  
Are you parents still alive,  
Do you feed the birds in winter?"

And to all he answered.

Then I said,  
"You asked me if your visions were true,  
I would say that they were if they make you become  
More human,

More kind to every creature and plant  
That you know."

Hafiz

### The Mystery of the Moment

To the mind there is such a thing as news.  
Whereas to the inner knowing, it is all  
In the middle of its happening.

To doubters, this is a pain  
To believers, it is gospel  
To the lover and the visionary,  
It is life as it is being lived.

Rumi

He plays a beautiful tune, I dance to it;  
Love plays a new game on me every instant.  
he teases me sometimes: 'go sit in a corner!'

Just as I sit in the corner, he calls me back.  
Today, he is going to fly me like a hawk again;  
What does he want to capture by me?

who does he want me to go after?  
I am as generous as thunder, as talkative as the cloud;  
Raindrops fall when he embraces me.  
My cloud is generous because it partakes of his sea;  
I know not on whom he shall make me rain.  
When he makes me rain, it is never in vain;  
For he lets me, then, live in a hundred plants.  
Rumi

Teachers open the door, but you must enter by yourself.  
Chinese Proverb

People want to see you happy.  
Don't keep serving them your pain.  
Rumi

"... it is your life. You have to live it authentically, lovingly, with great  
passion and  
with great compassion, with great energy. You have to become a tidal wave  
of bliss. Whatsoever is needed to do for it, do." ..  
Osho

"Every day, think as you wake up, today I am fortunate to be alive, I  
have a precious human life, I am not going to waste it. I am going to use  
all my energies to develop myself, to expand my heart out to others; to  
achieve enlightenment for the benefit of all beings. I am going to have  
kind thoughts towards others, I am not going to get angry or think badly  
about others. I am going to benefit others as much as I can.  
His Holiness the Dalai Lama

By three methods we may learn wisdom. First, by reflection, which is  
noblest, second, by imitation, which is easiest, and third by  
experience, which is the bitterest.  
Confucius

The best way of preparing for the future is to take good care of the  
present.  
Thich Nhat Hanh

We should make all spiritual talk simple today.  
God is trying to sell you something,  
But you don't want to buy.

That is what your suffering is:  
Your fantastic haggling,  
Your manic screaming over the price!  
Hafiz

Heart be brave. If you cannot be brave, just go  
God's glory is no small thing.  
Rumi

Lion of the heart  
You that come to birth and bring the mysteries,  
Your voice-thunder makes us very happy.  
Roar, Lion of the heart  
And tear me open.  
Rumi

Listen, and feel the beauty of your separation,  
the unsayable absence.  
There is a moon inside every human being.  
Learn to be companions with it.

Give more of your life to this listening.  
As brightness is to time,  
so you are to the one who talks  
to the deep ear in your chest.  
I should sell my tongue and buy a thousand ears  
when that one steps near and begins to speak.  
Rumi

Unearthing the treasure

The health of the senses of this world  
Comes from the well being of the body,

The health of one's spiritual sense  
Arises from the body's ruin

The spiritual path wrecks the body,  
But afterwards restores it to health.  
It destroys the house to unearth the treasure,  
Then with that treasure builds it better than before.

The water is stopped and the riverbed cleansed,  
So that purer water might flow.  
The flesh is cut open to draw out the arrow  
So that fresh skin might heal the wound.  
Rumi

#### Principle

Remember one principle: whatever happens is somehow needed, whether  
we understand it or not...  
Osho

If you would say I don't exist  
I would be grateful.  
When this longing makes me disreputable,  
Then I have little self-respect.  
A vine begins to become wine  
When you say, Pressure is necessary  
To burst open.  
Rumi

"When the words stop  
And you can endure the silence  
That reveals your heart's pain  
Of emptiness  
Of great wrenching-sweet longing,  
That is the time to try and listen  
To what the Beloved's eyes  
Most want to say.  
Hafiz

"We are indebted to the world and to all the beings in it, all of which have  
nourished us, and brought us to our current state."

Amma