

## Stupa



Forget the world, and so  
command the world.  
Be a lamp, or a lifeboat, or a ladder.  
Help someone`s soul heal.  
Walk out of your house like a shepherd.  
Stay in the spiritual fire.  
Let it cook you.  
Be well-baked loaf  
and lord of the table.  
Come and be served  
to your brothers.  
You have been a source of pain.  
Now you`ll be the delight.  
Rumi

### Prayer of the Christ

May the divine source descend upon us a table of sustenance and  
nourishment from heaven, that will be a feast for the first of us and for  
the last of us. And may it bestow upon us goodness and sustenance, for  
you and only you is the best of givers.

Notice how each particle moves  
Notice how everyone has just arrived here from a journey  
Notice how each one is a different food  
Notice how the stars vanish as the sun comes up  
And how all the streams stream towards the ocean  
Look at the cooks preparing special plates for everyone according to what  
they need.  
Look at this cup that can hold the ocean  
Look at those who see the face  
Look through Shams eyes into the water that is entirely jewels.  
Rumi

"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 Ibn Sina

There is a prayer of christ in the Koran  
Blessed be me  
And God made me the blessed one  
Wherever I am  
And not a defiant tyrant  
Peace be on me on the day I am born and on the day I die  
And on the day I resurrect.

When gods generosity flooded existence  
I was fashioned  
And since the earliest lessons of love , from the earliest of times  
I was bestowed upon the teachings of love  
And from the ingredients of my heart  
God has fashioned the key that unlocks the treasure of all meaning.  
Omar Khayyam

In beauty I walk

With beauty before me I walk  
With beauty behind me I walk  
With beauty above me I walk  
With beauty around me I walk  
It has become beauty again

Today I will walk out, today everything negative will leave me  
I will be as I was before, I will have a cool breeze over my body.  
I will have a light body, I will be happy forever, nothing will hinder me.

I walk with beauty before me. I walk with beauty behind me.  
I walk with beauty below me. I walk with beauty above me.  
I walk with beauty around me. My words will be beautiful.

In beauty all day long may I walk.

Through the returning seasons, may I walk.

On the trail marked with pollen may I walk.

With dew about my feet, may I walk.

With beauty before me may I walk.

With beauty behind me may I walk.

With beauty below me may I walk.

With beauty above me may I walk.

With beauty all around me may I walk.

In old age wandering on a trail of beauty, lively, may I walk.

In old age wandering on a trail of beauty, living again, may I walk.

My words will be beautiful...

Walking in Beauty: Closing Prayer from the Navajo Blessing Way  
Ceremony

Your body is a divine stream  
As is your spirit

When your two great rivers merge, one voice is found  
And the earth applauds  
In excitement

Shrines are erected to those songs  
The hand and the heart have sung  
As they served  
The world

With a love, a love

We cherish

St John of the Cross

Peace

Quiet yourself  
Reach out with your mind's skillful hand.  
Let it go inside of me  
And touch  
God.

Don't be shy , dear  
Every aspect of Light we are meant  
To know

The calm hand holds more  
Than baskets of good  
From the market

The calm soul knows more  
That anything this world  
Can offer from her  
Beautiful  
Womb.

St John of the Cross

Be a light  
A lifeboat  
A lamp or a ladder.  
Walk out of the house  
Like a sheperd  
And  
Help someone's soul to heal

Rumi

"May I be a guard for those who need protection  
A guide for those on the path  
A boat, a raft, a bridge for those who wish to cross the flood  
May I be a lamp in the darkness  
A resting place for the weary  
A healing medicine for all who are sick

A vase of plenty, a tree of miracles  
And for the boundless multitudes of living beings  
May I bring sustenance and awakening  
Enduring like the earth and sky  
Until all beings are freed from sorrow  
And all are awakened."

The way of the bodhisattva  
Shantideva

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

Hafiz

New beginnings are often disguised as painful endings  
Lao Tzu

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

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

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

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

Rumi

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.

St Theresa of Avila

