



Lataif

White

Do you have the patience to wait
until your mud settles and the water is clear?
Can you remain unmoving
until the right action arises by itself?
Lao Tzu

First you have to do all that you can do
and then you have to learn non-doing.
The doing of the non-doing is the greatest doing,
and the effort of effortlessness is the greatest effort.

Osho

The Nirvana is possible in the here and now. When you make a mindful
step, you are free from the past and future. That is Nirvana.
Thich Nhat Hanh

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

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

Just Sit There
Just sit there right now.
Don't do a thing.
Just rest.
For your separation from God
Is the hardest work in this world.
Let me bring you trays of food
And something
That you would like to drink.
You can use my soft words
As a cushion
For your
Head.
Hafiz

A Spontaneous Vajra Song

Happiness cannot be found
Through great effort and willpower,
But is already present,
in open relaxation and letting go.
Don't strain yourself:
There is nothing to do or undo.
Whatever momentarily arises in the body mind
Has no real importance at all,
Has little reality whatsoever.
Why identify with, and become attached to, it,
Passing judgement upon it and ourselves.
Far better to simply
Let the entire game happen on its own,

Springing up and falling back like waves~
Without changing or manipulating anything~
And notice how everything vanishes
And reappears, magically, again and again,
Time without end.
Only our searching for happiness
Prevents us from seeing it.
It's like a vivid rainbow which you pursue
Without ever catching,
Or like a dog chasing its own tail.
Although peace and happiness do not exist
As an actual thing or place,
It is always available
And accompanies you every instant.
Don't believe in the reality of
Good and Bad Experiences;
They are like today's ephemeral weather,
Like rainbows in the sky.
Wanting to grasp the Ungraspable,
You exhaust yourself in vain.
As soon as you open and relax this tight fist of grasping,
Infinite space is there~ open, inviting
And comfortable.
Make use of this spaciousness, this freedom
And Natural Ease.
Don't search any further.
Don't go into the tangled jungle
Looking for the great Awakened Elephant
Who is already resting quietly at home
In front of your own hearth.
Nothing to do and Nothing to undo,
Nothing to force,
Nothing to want
And nothing missing~
Emaho! Marvellous!
Everything happens by itself.
Lama Gendun Rimpoche

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

Red

Our deepest fear is not that we are inadequate.
Our deepest fear is that we are powerful, beyond measure.
It is our light, not our darkness, that most frightens us.
We ask ourselves: Who am I to be brilliant, gorgeous, talented and
fabulous?
Actually, who are you not to be?
You are a child of God.
Your playing small doesn't serve the world.
There is nothing enlightened about shrinking so that other people won't
feel insecure around you.
You were born to make manifest the glory of God that is within you.
Marianne Williamson

Forget safety. Live where you fear to live. Destroy your reputation.
Be notorious.
Rumi

Holding on to anger is like grasping a hot coal with the intent of throwing
it at someone else; you are the one who gets burned.
Buddha

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

When it is impossible for anger to arise within you,
you find no outside enemies anywhere.
An outside enemy exists only if there is anger inside.
Lama Zopa Rinpoche

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

Black

The truth was a mirror in the hands of God. It fell, and broke into pieces.
Everybody took a piece of it, and they looked at it and thought they had
the truth.
Rumi

I placed one foot on the wide plain
Of death, and some grand immensity
Sounded on the emptiness.
I have felt nothing ever
Like the wild wonder of that moment.
Rumi

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

When the power of love
overcomes the love of power,
The world will know peace.
Jimmy Hendricks

Truth is like a lion.
You don't have to defend it.
Let it loose. It will defend itself.
St Augustine

Now that all your worry has proved
such an unlucrative business,
Why not find a better job.
Hafiz

Letter from W. A. Mozart (31 years old) to his father:
I have now made a habit of being prepared in all affairs of life for the
worst. As death, when we come to consider it closely, is the true goal of
our existence, I have formed during the last few years such close
relations with this best and truest friend of mankind, that his image is no
longer terrifying for me, but is indeed very soothing and consoling!
And I thank God for graciously granting me the opportunity of learning
that death is the key which unlocks the door to true happiness.
I never lie down at night without reflecting that, young as I am, I may not
live to see another day.
Yet no one of all my acquaintance could say that in company I am morose
or disgruntled. For this blessing I daily thank my Creator and wish with all
my heart that each one of my fellow-creatures could enjoy it.

On the day I die,
When I am being carried toward the grave,
Don't weep. Don't say, He is gone, He is gone.
Death has nothing to do with going away.
The sun sets and the moon sets,
But they are not gone.
Death is a coming together.
The tomb looks like a prison,
But it is really a release into union.
The human seed goes down into the ground
Like a bucket into the well where Joseph is.
It grows and comes up

Full of some unimagined beauty.
Your mouth closes here
And immediately opens
With a shout of joy there.
Rumi

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

Green

Be kind whenever possible
It is always possible
Dalai Lama

I would like my life to be a statement of love and compassion and where
it isn't , that is where my work lies
Ram Dass

Be kind and honest, and harmful poisons will turn sweet inside you.
Rumi

If you want others to be happy, practice compassion.
If you want to be happy, practice compassion."
Dalai Lama

Goodness is the only investment that never fails.
Henry David Thoreau

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

Is your caravan lost?
it is if you can no longer be kind to yourself
and loving to those who must live
with the sometimes difficult task of loving you.
Hafiz

You acts of kindness are iridescent wings of divine love, which linger
and continue to uplift others long after your sharing.
Rumi

Muhammad went to visit a sick friend.
Such kindness brings more kindness,
And there is no knowing the proliferation from there.
The man was about to die.
Muhammad put his face close to him and kissed him.
His friend began to revive.
Muhammad's visit re-created him.
He began to feel grateful for an illness
That brought such light.
No need to snore away like a buffalo
When this wonder is walking the world.
There are values in pain that are difficult
To see without the presence of a guest.
Do not complain about the autumn.
Walk the grief like a good friend.
Listen to what he says.
Sometimes the cold and dark of a cave
Give the opening we most want.
Rumi

We can reject everything else: religion, ideology, all received wisdom. But we cannot escape the necessity of love and compassion....

This, then, is my true religion, my simple faith. In this sense, there is no need for temple or church, for mosque or synagogue, no need for complicated philosophy, doctrine or dogma.

Our own heart, our own mind, is the temple.

The doctrine is compassion. Love for others and respect for their rights and dignity, no matter who or what they are: ultimately these are all we need.

So long as we practice these in our daily lives, then no matter if we are learned or unlearned, whether we believe in Buddha or God, or follow some other religion or none at all, as long as we have compassion for others and conduct ourselves with restraint out of a sense of responsibility, there is no doubt we will be happy.

Dalai Lama

Go and be kind for Time is aware of kindness,
And He will not take kindness away from the kind.
Material things outlast everyone and will outlast you too.
But better for you is that kindness will outlast you.

Rumi

Yellow

The birds have flown to freedom
The cage lies empty
Your happy songs bring me the scent of heaven
Please keep singing!

Rumi

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

A thousand times I have ascertained and
found it to be true:
The affairs of this world are
really nothing into nothing.
Still though, we should dance.

Hafiz

Live in joy, in peace,
even amongst the troubled.
Gautama the Buddha

I slept and dreamt that life was joy. I awoke and saw that life was
service. I acted and behold, service was joy.

Rabindranath Tagore

Happiness depends on how you accept, understand and surrender to
situations.

Amma

When all your desire are distilled
You will cast just two votes:
To love more And be happy.
Hafiz