

*42 Prayers for
Peace, Love,
and Liberation*

if the only prayer
you ever say
in your entire life
is thank you
it will be enough.



listen, feel
spirit, spine

gratitude
grace, compassion

faith
emptiness

peace, love
presence



*any evaluation of others that implies wrongness
is a tragic expression of an unmet need*

observe without evaluating to see reality



*trust that what comes
through you when you slow
down
is enough*



*it is not happiness that makes us grateful;
it is gratefulness that makes us happy.*



*breathing in,
i am aware of
my heart*

*breathing out,
i smile to my heart*



be
as you are



*knowing
impermanence
is wisdom*



*create the quality of connection
that will get everybody's needs met
through natural giving*



may we be grateful.

may we be present.

may we be content.



may we know compassion.

may we know peace.

may we know love.

peace comes
when we fully accept
what is



perhaps human existence
is how we spirits
develop gratitude
for peace
due to its absence



*god is everything,
even me*



mettā

is unconditional

loving-kindness

a prayer

that all beings feel gratitude

and peace

the source

of everlasting

joy



karunā

is compassion

*an understanding
that all of us beings
are trying our best*

*to avoid
unnecessary
suffering*



muditā
is my joy
in your
joy



upekkhā
is equanimity

to love
to taste

while knowing
that nothing

will last



*there is no future day
that is more important
than today*



*we will not solve
the problem of excessive thought
with more thought*

that is the work of silence



*when you no longer demand that another complete you
you can meet them as they are
not as a fantasy , not as a savior
but as a fellow traveler
in the mystery of existence*



boredom
is unappreciated
peace



awareness is the essence
of meditation



peace and clarity
are the by-products
of noticing
accepting
befriending what is

*this moment
has all of the ingredients for
happiness*



*use care with your words
take nothing personally
drop the assumptions
give your best*



how does it all work?



i do not know,
and gladly remain
absorbed in the
mysterious nature of
existence.



let the sacred happen
through you,
not because of you

you are not here to
prove your worth

you are here to
remember it

and you are already
doing so,
beautifully



*to love
is to see*



*with no desire
to change*

impermanence
is an inherent component
of conscious experience

experience requires
change change requires
time

when change stops the
experience ends

so i am grateful for
change creator of all



what i do not love
is my prison.

love everything
and be free.



that which you are,
has always been.

all the rest,
an illusion.



move!



*what you do outside is for
the world*

*what you do in your mind
is for you*



a wandering mind

*is an
unhappy mind*

*focus
on what is present*

*only there
will you find peace*



*it is impossible
to live correctly
or incorrectly*



*where is the point
in perpetual motion?*



straight chillin'

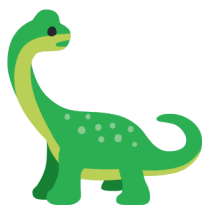


*be silent,
that is the
truth*



*be still,
that is
god*

this too shall pass



as i am



i am
enough

to myself

i say

i love you

with all my heart



*the only obstacle
to awareness
is forgetting to watch*



*the whole secret of existence
is to have no fear*

*the moon does not cling to the sky
nor the sky to the moon*

*walk on traveler,
let the moon be free*

