

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



*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



liberation
is a state of mind
free from all desires

*knowing
impermanence
is wisdom*



rest

*where there is
no fear or hope*



*peace exists
in the present
moment*

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



*real happiness
comes from
within*



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

*that is the work
of silence*



*pleasure is pain,
pain is pleasure.*



*there is no peace in desire.
gratitude cuts the knot*

*i am home,
always.*



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*



*what is the point
in perpetual motion?*



thank you

for all of the
beauty

in this present
moment



straight chillin'



this too shall pass



what a wonderful world



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*

