

## 1 Wakefulness 1

Wakefulness is the way to life  
The fool sleeps  
As if he were already dead,  
But the master is awake  
And he lives forever.

He watches.  
He is clear.

How happy he is!  
Following the path of the awakened.

With great perseverance  
He meditates, seeking  
Freedom and happiness.

## 2 Luminous Mind 2

Luminous is this mind, brightly shining, but it is colored by the attachments that visit it. This unlearned people do not really understand, and so do not cultivate the mind. Luminous is this mind, brightly shining, and it is free of the attachments that visit it. This the noble follower of the way really understands; so for them there is cultivation of the mind.

## 3 The Sage 3

A person of wisdom should be truthful, without arrogance, without deceit, not slanderous and not hateful. The wise person should go beyond the evil of greed and miserliness.

To have our mind set of calmness, you must take power over sleepiness, drowsiness and lethargy. There is no place for laziness and no recourse to pride.

Do not get excited by what is old, do not be contended with what is new. Do not grieve for what is lost or be controlled by desire.

## 4 Dhammapada 4

We are what we think.  
All that we are arises with our thoughts.  
With our thoughts we make the world.  
Speak or act with an impure mind  
And trouble will follow you  
As the wheel follows the ox that draws the  
cart.

We are what we think.  
All that we are arises with our thoughts.  
With our thoughts we make the world.

Speak or act with a pure mind  
And happiness will follow you  
As your shadow, unshakable.  
How can a troubled mind  
Understand the way?

Your worst enemy cannot harm you  
As much as your own thoughts, unguarded.

But once mastered,  
No one can help you as much,  
Not even your father or your mother.

## 5 Metta Sutta 5

This is the work of those who are skilled and  
peaceful, who seek the good:

May they be able and upright, straightforward,  
of gentle speech and not proud.  
May they be content and easily supported, un-  
burdened, with their senses calmed.  
May they be wise, not arrogant and without  
desire for the possessions of others.  
May they do nothing mean or that the wise  
would reprove.

May all beings be happy.  
May they live in safety and joy.  
All living beings, whether weak or strong, tall,  
stout, average or short, seen or unseen, near  
or distant, born or to be born, may they all be  
happy.  
Let no one deceive another or despise any be-  
ing in any state, let none by anger or hatred  
wish harm to another.

As a mother watches over her child, willing to  
risk her own life to protect her only child, so  
with a boundless heart should one cherish all  
living beings, suffusing the whole world with  
unobstructed loving-kindness.

Standing or walking, sitting or lying down,  
during all one's waking hours, may one remain  
mindful of this heart and this way of living  
that is the best in the world.

Unattached to speculations, views and sense  
desires, with clear vision, such a person will  
never be reborn in the cycles of suffering.

## 6 Developing loving-kindness

Put away all hindrances, let your mind full of love pervade one quarter of the world, and so too the second quarter, and so the third, and so the fourth. And thus the whole wide world, above, below, around and everywhere, altogether continue to pervade with love-filled thought, abounding, sublime, beyond measure, free from hatred and ill-will.

## 7 Harmlessness

All beings tremble before violence.  
All fear death.  
All love life.

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

He who seeks happiness  
By hurting those who seek happiness  
Will never find happiness.

For your brother is like you.  
He wants to be happy.  
Never harm him  
And when you leave this life  
You too will find happiness.

## 8 The Awakened 14

How joyful to look upon the awakened  
And to keep company with the wise.

Follow then the shining ones,  
The wise, the awakened, the loving,  
For they know how to work and forbear.

But if you cannot find  
Friend or master to go with you,  
Travel on alone –  
Like a king who has given away his kingdom,  
Like an elephant in the forest.

If the traveler can find  
A virtuous and wise companion  
Let him go with him joyfully  
And overcome the dangers of they way.  
Follow them  
As the moon follows the path of the stars.

## 9 Developing the Mind 20

“Develop a state of mind like the earth. For on earth people throw clean and unclean things, dung and urine, spittle, pus blood, and the earth is not troubled or repelled or disgusted. And as you grow like the earth no contacts with pleasant or unpleasant will lay hold of your mind or stick to it.

“Similarly you should develop a state of mind like water, for people throw all manner of clean and unclean things into the water and it is not troubled or repelled or disgusted. And similarly with fire, which burns all things, clean and unclean, and with air, which blows upon them all, and with space, which is nowhere established.

“Develop the state of mind of friendliness. For, as you do so, ill-will will grow less; and of compassion, for thus vexation will grow less; and of joy, for thus aversion will grow less; and of equanimity, for thus repugnance will grow less.

## 10 Crossing the Stream 34

Few cross over the river.  
Most are stranded on this side.  
On the riverbank they run up and down.

But the wise person, following the way,  
Crosses over, beyond the reach of death.

Free from desire,  
Free from possessions,  
Free from attachment and appetite,  
Following the seven lights of awakening,  
And rejoicing greatly in one's freedom,  
In this world the wise person  
Becomes oneself a light,  
Pure, shining, free.

## 11 Master your senses 44

Master your senses,  
What you taste and smell,  
What you see, what you hear.

In all things be a master  
Of what you do and say and think  
Be free.

Are you quiet?  
Quieten your body.  
Quieten your mind.

By your own efforts  
Waken yourself, watch yourself,  
And live joyfully.

Follow the truth of the way.  
Reflect upon it.  
Make it your own.  
Live it.  
It will always sustain you.

## 12 Sutra on Full Awareness of Breathing 67

“What is the way to develop and practice continuously the method of Full Awareness of Breathing so that the practice will be rewarding and offer great benefit?

“It is like this, the practitioner goes into the forest or to the foot of a tree, or to any deserted place, and sits stably in the cross-legged position, holding one’s body quite straight. Breathing in, one knows that one is breathing in; and breathing out, one knows that one is breathing out.

“Breathing in a long breath, one knows, ‘I am breathing in a long breath.’ Breathing out a long breath, one knows, ‘I am breathing out a long breath.’

“Breathing in a short breath, one knows, ‘I am breathing in a short breath.’ Breathing out a short breath, one knows, ‘I am breathing out a short breath.’

“ ‘I am breathing in and am aware of my whole body. I am breathing out and am aware of my whole body.’ This is how one practices.

“ ‘I am breathing in and making my whole body calm and at peace. I am breathing out and making my whole body calm and at peace.’ This is how one practices.

“ ‘I am breathing in and feeling joyful. I am breathing out and feeling joyful.’ This is how one practices.

“ ‘I am breathing in and feeling happy. I am breathing out and feeling happy.’ One practices like this.

“ ‘I am breathing in and am aware of the activities of the mind in me. I am breathing out and am aware of the activities of the mind in me.’ One practices like this.

“ ‘I am breathing in and am aware of my mind. I am breathing out and am aware of

my mind.’ One practices like this.

“ ‘I am breathing in and making my mind happy and at peace. I am breathing out and making my mind happy and at peace.’ One practices like this.

“ ‘I am breathing in and concentrating my mind. I am breathing out and concentrating my mind.’ One practices like this.

“ ‘I am breathing in and liberating my mind. I am breathing out and liberating my mind.’ One practices like this.

“ ‘I am breathing in and observing the impermanent nature of all dharmas. I am breathing out and observing the impermanent nature of all dharmas.’ One practices like this.

“ ‘I am breathing in and observing the fading of all dharmas. I am breathing out and observing the fading of all dharmas.’ One practices like this.

“ ‘I am breathing in and contemplating liberation. I am breathing out and contemplating liberation.’ One practices like this.

“ ‘I am breathing in and contemplating letting go. I am breathing out and contemplating letting go.’ One practices like this.

“The Full Awareness of Breathing, if developed and practiced continuously according to these instructions, will be rewarding and of great benefit.”

Blessed are the poor in spirit, for theirs is the kingdom of heaven.

Blessed are those who mourn, for they shall be comforted.

Blessed are the gentle, for they shall inherit the earth.

Blessed are those who hunger and thirst for righteousness, for they shall be satisfied.

Blessed are the merciful, for they shall receive mercy.

Blessed are the pure in heart, for they shall see God.

Blessed are the peacemakers, for they shall be called sons of God.

Blessed are those who have been persecuted for the sake of righteousness, for theirs is the kingdom of heaven.

Love is patient; love is kind. It does not envy, it does not boast, it is not proud.

It is not rude, it is not self-seeking, it is not easily angered, it keeps no record of wrongs.

Love does not delight in evil but rejoices with the truth.

It always protects, always trusts, always hopes, always perseveres.

Love never fails. But where there are prophecies, they will cease; where there are tongues, they will be stilled; where there is knowledge, it will pass away.

For we know in part and we prophesy in part, but when perfection comes, the imperfect disappears.

When I was a child, I talked like a child, I thought like a child, I reasoned like a child. When I became a man, I put childish ways behind me.

Now we see but a poor reflection as in a mirror; then we shall see face to face. Now I know in part; then I shall know fully, even as I am fully known.

And now these three remain: faith, hope and love. But the greatest of these is love.

Love bears all things, believes all things, hopes all things, endures all things

I Corinthians 13:4-13

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Sing a Song, read a poem,  
Paint a picture, hear the music,  
Rise up and touch the stars  
– Susan Polis Schutz

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