

Instead of being right,
Just be kind
Cultivate tools to keep your heart
Open and soft
There are lots of beautiful people in the world
You've been given this body and this life.
What are you going to do with it?

To feel the earth under us is sacred and beautiful
Cherish sense of place
Let your feet root into the earth
Stand tall and strong
If you want to, smile, or let the tears roll down
Or both.

There are few sounds so beautiful
As the sound of human voices laughing together
Of soft pine needles falling to the earth
A child's glee
The gurgling of a stream
Leaves rustling in the wind
Horses munching
Cats crunching
Meditation bowls
Of Silence.

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