This cup of tea in my
two hands, mindfulness
held perfectly. My mind
and body dwell in the
very here and now.

Awareness is a mirror
reflecting the four elements.
Beauty is a heart that
generates love and a mind
that is open



Water comes from high mountain
sources. Water runs deep in
the earth. Miraculously,
water comes to us and sustains
all. My gratitude is filled
to the brim.



Water flows over these hands.
May I use them skillfully
to preserve our precious
planet.

