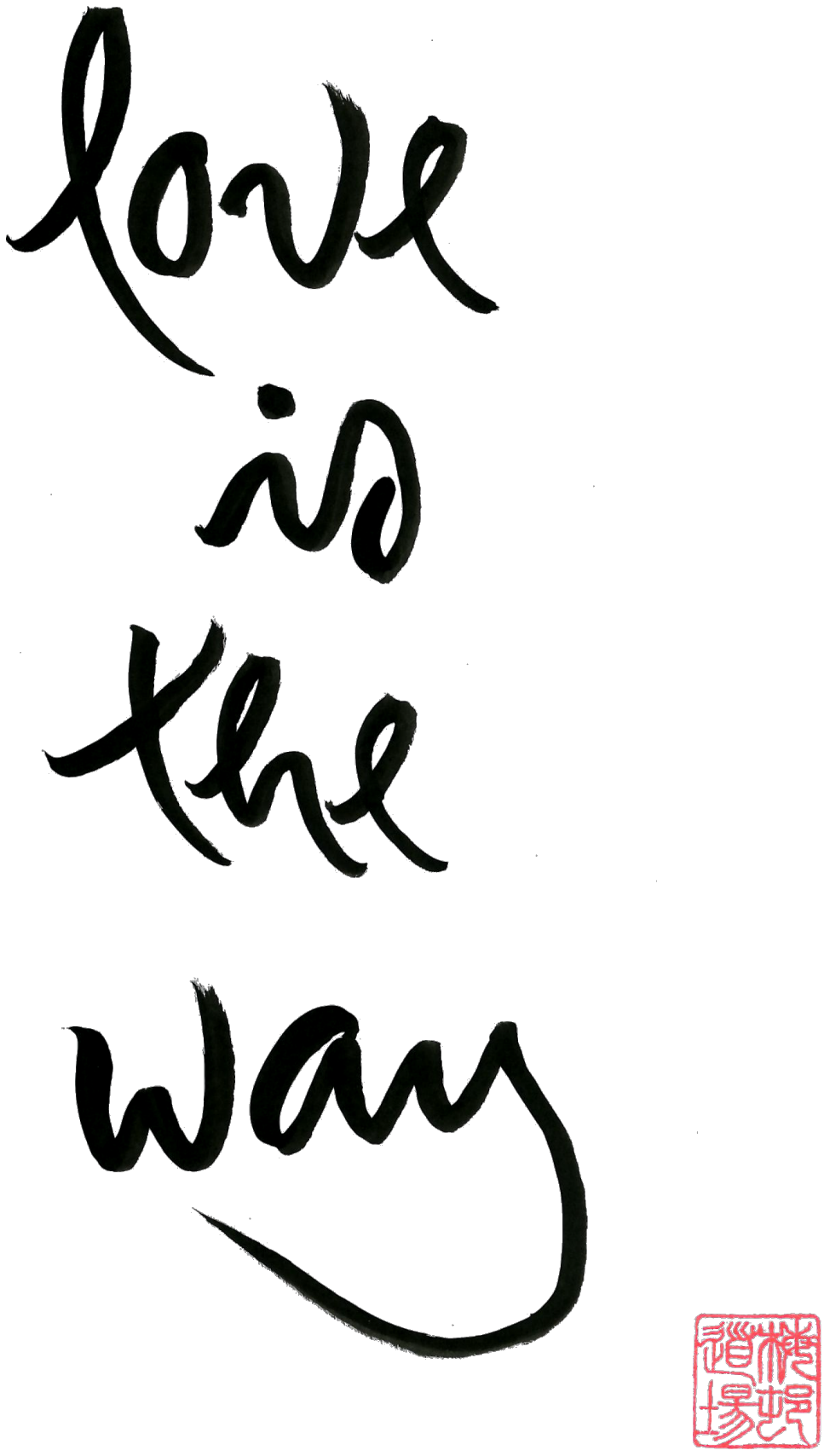
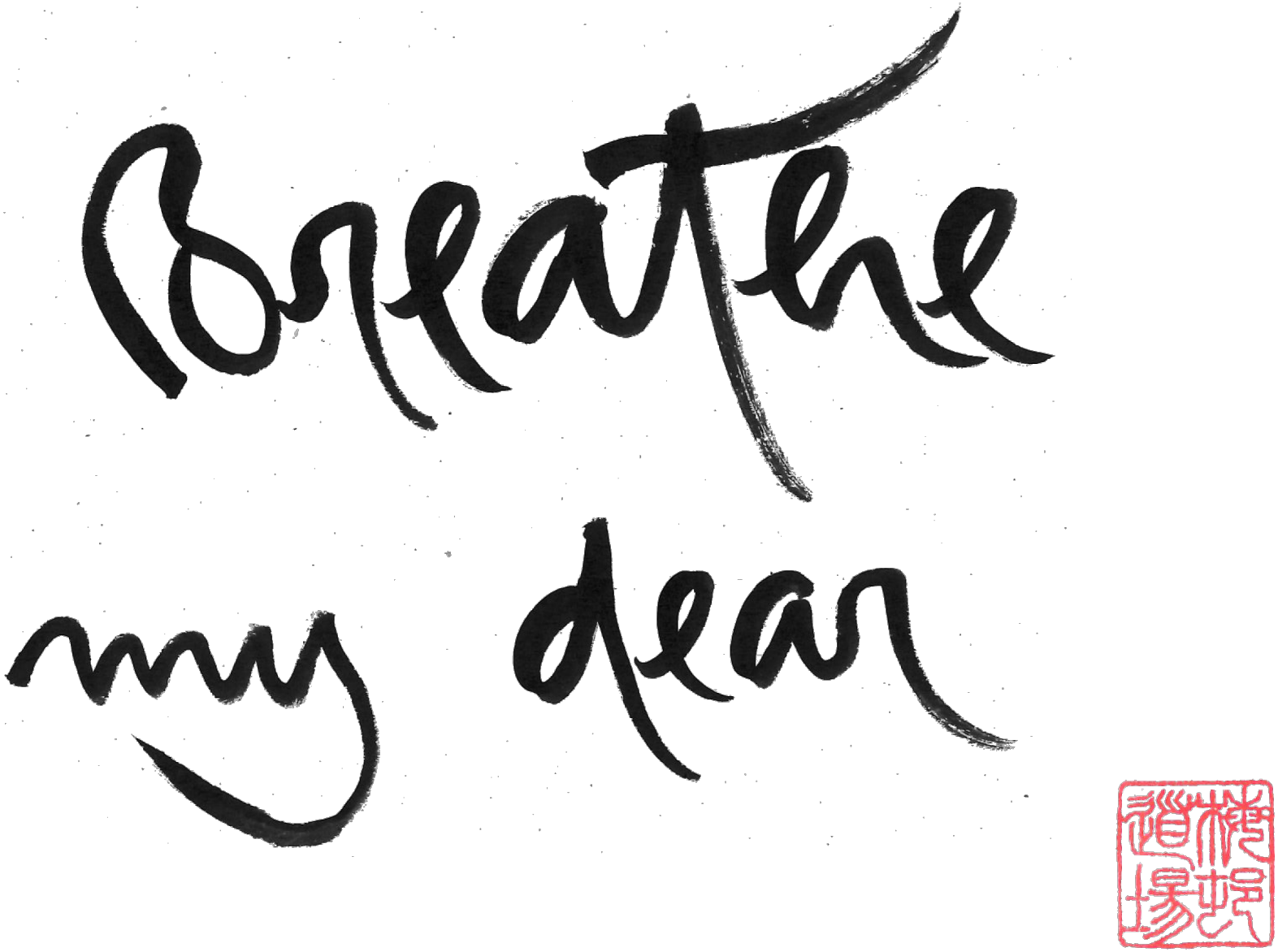
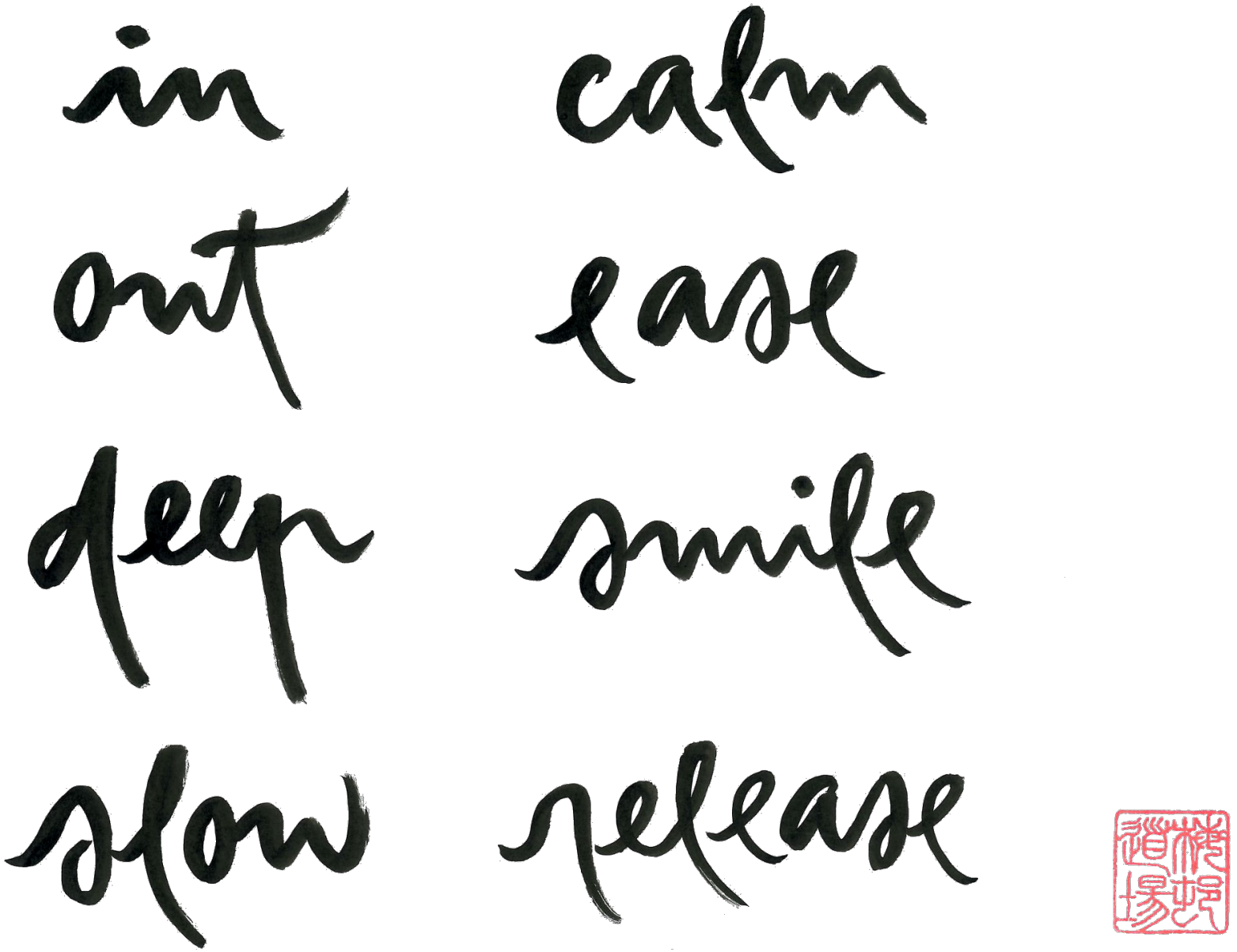

love
is
the
way


Breathe
my dear


breathe
you are alive


in
calm
out
ease
deep
smile
slow
release

Be
free
where
you
are



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



Waking up this morning,
I smile. 24 brand new hours
are before me. I vow to live
fully in each moment and
to look at all beings with eyes
of compassion.



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.



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

