

TOO OFTEN WE LEAD

Too often we lead automatic, plastic lives,
Taking for granted—not even noticing—the delight
Available to us through our sensuous body.

Through focusing our tactile senses, our observation,
Our hearing, and our tasting faculties,
We can celebrate living in a divine vessel, on purpose,
To experience all the beauty and harmony
Available in an incarnated, multifaceted jewel of a life.

Mindfulness, single focus, and deliberate living—is a rich and rewarding life.

Loving and appreciating all that one perceives—is a full and rewarding life.

Using innate skills and hidden talents to help others—is a satisfying and rewarding life.

To Do All That,

In Silence, and with Devotion,
In Gratitude and with Passion,

Creates a life quivering on the threshold of transcendent.

