# ~ Thoughtful, Centering, Meaningful Words ~

## As inspiration with Prayer Beads

Let nothing disturb you,
Let nothing frighten you,
All things are passing away:
God never changes.
Patience obtains all things.
Whoever has God lacks nothing:
God alone suffices.
St. Teresa of Avila

May today there be peace within you. May you trust that you are exactly where you need to be. May you not permit the infinite possibilities that are born of faith. May you use those gifts that you have received, and pass on the love that has been given to you. May you be content knowing that you are a child of God. Let this presence settle into your bones and allow your soul the freedom to sing, dance, praise and love. It is there for each and every one of us.
St. Terese of Lisieux.

Motivation
By the power and the truth of this practice
May all sentient beings enjoy happiness and the causes of happiness;
Be free from suffering and the causes of suffering.
May they never be separated
From the great happiness, devoid of suffering;
And may they dwell in the great equanimity
That is free from passion, aggression and prejudice.

God give us rain when we expect sun.
Give us music when we expect trouble.
Give us tears when we expect breakfast.
Give us dreams when we expect a storm.
Give us a stray dog when we expect congratulations.
God play with us, turn us sideways and around.
Amen.
Michael Leunig

There are only two feelings.
Love and fear.
There are only two languages.
Love and fear.
There are only two activities.
Love and Fear
There are only two motives,
two procedures, two frameworks,
two results.
Love and fear.
Love and fear.
Michael Leunig

God, help me to live slowly
To move simply
To Look softly
To allow emptiness
And to let the heart create for us.
Amen.
Michael Leunig

I settle into silence
And let me hurry cease.
I turn toward the inward Light.
And make a space for peace.

The things I cannot settle,
The answers still unknown,
I bring into this quiet;
I need not wait alone.

With open heart, I listen,
With patient breath, I stay.
May love take root within me
And guide my steps today.
Jeff Young

I let my thoughts settle without asking them to disappear.
With this breath, I return to the quiet place within me.
For this moment, nothing needs fixing. I give myself room to simply be.
I loosen my hold on the day and let the ground hold me.
Jeff Young

My life is Divinely guided.
I am filled with peace, serenity and security-
every day, and every hour.

My goal, my priority is inner peace.
I long to experience a sense of _____in my life.
I don't know what will bring that to me,
But I trust in your will, and may your will be done.

God help us to change.
To change ourselves and to change our world.
To now the need for it.
To deal with the pain of it.
To feel the joy of it.
To undertake the journey without understanding
The destination.
The art of gentle revolution.
Amen.
Michael Leunig

# WHEN DEATH COMES

When death comes
like the hungry bear in autumn;
when death comes and takes all the bright coins from his purse
to buy me and snaps the purse shut;
when death comes
like the measle pox

when death comes
like and iceberg between the shoulder blades,
I want to step through the doo full of curiosity, wondering:
what is it going to be like, that cottage of darkness?

And therefore I look upon everything
as a brotherhood and a sisterhood,
and I look upon time as no more than an idea,
and I consider eternity as another possibility,
and I think of each life as a flower, as common
as a field daisy, and as singular,
and each name a comfortable music in the mouth,
tending, as all music does, toward silence,
and each body a lion of courage, and something precious to the earth.

When it's over, I want to say all my life
I was a bride married to amazement.
I was the bridegroom, taking the world into my arms.

When it's over, I don't want to wonder
if I have made of my life something particular, and real.

I don't want to find myself sighing and frightened,
or full of argument.
I don't want to end up simply having visited this world.
David Tensen