

Peace

It does not mean to be in a place where there is no noise, trouble, or hard work.
It means to be in the midst of those things and still be calm in your heart.

-anonymous

If you are depressed, you're living in the past.
If you are anxious, you're living in the future.
If you are at peace, you're living in the present.

- Lao Tsu

The Breeze at Dawn

The breeze at dawn has secrets to tell you.

Don't go back to sleep.

You must ask for what you really want.

Don't go back to sleep.

People are moving back and forth across the doorsill where the two worlds touch.

The door is round and open.

Don't go back to sleep.

--Rumi (trans. by Coleman Barks)