

1 MY HEART ELOPED

This day I awoke to the chant,
 “Buddham Sharanam Gattchami”,
 And the Buddha I experienced;
 This chant permeated my soul,
 And my heart eloped.

I saw colors flow through my veins,
 I felt aromas caress my mind,
 The brilliance of sound filled all space,
 Answers came in a steady pace,
 That’s when my heart eloped.

The image etched in my awareness,
 Is of the true embodiment of peace;
 Deep in meditation, with graceful gesture,
 Yet Buddha’s gaze came through the veil,
 That’s hiding the all-seeing eyes.

“Dharmam Sharanam Gattchami”
 Was his call, to seek refuge in Dharma;
 Kings and peasants, low caste and high,
 All Indians heeded this and to this day.

“For those who are always courteous and respectful of elders,
 Four things increase: life, beauty, happiness and strength”;
 These words and their timeless values,
 Guidance these offered to all who took refuge.

“The Middle Path” the Buddha preached.
 Through Mahayana and Theravada ‘vessels’,
 The rest of Asia his message reached;
 With “Sangham Sharanam Gattchami” he urged,
 All to seek refuge in the group.

Buddha’s message flows through the ages:

“Consider others as yourself”.

“Whoever who would tend me,
 He should tend the sick”.

“One is the way to gain,
 The other is the way to Nirvana.”

“Neither fire nor wind, birth nor death,
Can erase one’s good deeds.”

“Do not dwell in the past,
Do not dream of the future,
Concentrate the mind on the present moment.”

“Words have the power to both destroy and heal;
When words are both true and kind,
They can change our world.”

“Meekness is most powerful,
For it harbours no evil thoughts.”

“Rely not upon your own will;
It is not trustworthy.”

“Passions grow from the will,
The will grows from thoughts and imagination.
When both are calmed,
There is neither sensualism nor transmigration.”

“In this world hate never yet dispelled hate;
Only love dispels hate.
This is the law, ancient and inexhaustible.”

“Let us live happily, possessing nothing”

“Giving truth surpasses all giving”.

“When your mind is completely liberated,
You no longer undergo birth and old age”.

Without invoking sin nor punishment,
Without invoking fear of the divine,
Through sentiments simple yet profound,
Into my being the way the Buddha found,
And to his message my heart eloped.