

# Meditation and Spirituality Fall 2023

**Dear Friends. I am glad to be getting Tara's mediation packet and the book 'Start Where You Are' off to you. I have been away from the library due to a fall leading to a concussion and broken wrist. I did this while playing pickleball with my 75-year old sister. Go figure. Next time I will just say nice shot, instead of diving across concrete!! The fracture is set with a plate and screws, but the ligaments and tendons are all stiff and stuck. Hopefully my next communication will have more improvement to report. Of course, even with my wrist I can sit quietly and enjoy the interior space within. As I age, I find mediation gets a little easier and I am grateful for the spaciousness it provides my crowded mind.**

**This cycle we have another Pema Chodron book to read. "Start Where You Are"**

**Your Assignment for this PE Book Club-**

**Please write a letter regarding the book that we can forward to the Pema Chodron Foundation [PCF]. Please tell them what you thought of the book and how reading it affected you. If it does have an effect on you let them know what that effect was. I will gather the letters and forward them to Margie at PCF, who has been helping me secure these books to share with you.**

**Send all responses regarding the book directly to PE. Please note the different address for direct response to Tara. See bottom of page 3 and 4 for correct address**

**Below is Tara's letter full of meditation information and insight.**

My dear dharma friends,

As I sit here, writing to you, a heartfelt welcome- if this is your first time receiving our newsletter or we have connected before. There is a deep sense of space in my heart, and gratitude for your presence as you read this. There is an invisible and very real web that connects those of us who are on this 'spiritual' journey, the path of awakening, the path of uncovering the jewel of our essence, the path of perhaps relieving some of our suffering and bettering ourselves to be

more genuine beings of compassion and kindness, peace and contentment. It is an extraordinary endeavor, to be a warrior of your own awakening.

It's an extraordinary endeavor to cultivate the presence of peace and realize that this is a great power, an even greater power than aggression. It's a beautiful endeavor to cultivate the presence of loving kindness for yourself, and for those in your world, where gentleness can be mistaken for weakness. It takes courage and commitment, effort without aggression, a good mind and a good heart.

As we taste the profound gifts of mindfulness, we find that even in the simplest of things we do in the moments of our life, we can find a profound sense of centeredness, stillness and meaning. Because when we fall into being fully present in this moment, right here, right now, sometimes we will see how everything else falls away. Anxiety, stress, the past and future don't exist in that moment. To fully experience the power of mindfulness of the present moment can be sublime and profound, and life changing.

Some of you know, I was living with my mom since she was 101, as her caregiver. She died in July, a few days before turning 103. It was a powerful journey filled with grace and intense challenges. Being with her, feeling her and watching her moving towards her death... the deepening quiet and peace. Letting go of her attachments, an inch at a time. I was journeying with her then, and still feel I'm journeying with her: her presence so strong in my heart.

Sometimes the grief feels overwhelming, like the emotions of anxiety, fear and anger can be. They consume all our attention. As best I can, I fall into what I'm experiencing, as mindfully as I can, and witness whole heartedly what the body, mind and emotions are going through. Again and again I marvel at the great power of Witnessing, of Seeing, that awakens a clear dispassion, a spaciousness that is a clear Knowing. I'm so awed at the simplicity of this profound tool of mindfulness that is life changing when we cultivate practicing it, and it becomes our natural way of walking through our life. The more we remember to be mindful, the more we will remember to be mindful. Mindful awareness becomes an effortless choice that feels born of loving kindness.

I spent a bunch of time with Ram Dass over the span of about 40 years. - in retreats, in large and small groups, and then in Hawaii before he passed. He was a westerner (from Massachusetts), a devotee of his guru, Neem Karoli Baba, (Maharaji) as well as being devoted to the teachings of the Buddha and Christ. A strong part of his practice became what he called Loving Awareness. To bring loving awareness to yourself, right where you are, wherever you are. And then we can expand it - into the room we're in, the building, or whatever we bring our attention to. We can bring loving

awareness to something or someone in our cell, to something or someone we're grateful for, for something that has a meaning, a feeling...It's not really about the object - it's about expanding our sense of loving kindness, through our loving awareness.

At first I thought this practice was a little hokey, corny...but I have come to use it when I teach, and it has become a precious part of a way of going more deeply into myself, and then beyond myself, bringing more love into the space, into the world. Perhaps, I just thought, this is a merging of mindfulness and metta (a Buddhist Pali meditation of sending positive energy and kindness to others).

There is much suffering in the world these days. I keep hearing in my mind, a message...“Never doubt the power of sending love and sending light.” Every time I rest in offering love and light, I feel like I'm not helpless. I'm doing something to help. I want to share a story of what happened years ago... a short while after I had finished massage school I started working in the health spa. I had just finished a massage and all of a sudden I was filled with a beautiful, powerful, white light. Radiance filled in my entire body and it was so strong it almost knocked me over. The next day I got a phone call from two friends from massage school. They had just become born again Christians the day before and had been praying for me, sending me light. This felt like it was a gift from the universe, so that I would believe in the power of sending light and love, and the power of prayer.

I found this from a letter I wrote, and I want to share an excerpt:

Dear N,  
I'm so sorry for the loss of your grandmother.  
Know that sending your dear grandmother love is a beautiful, real transmission that helps her in her journey, and helps you in your grief. Garchen Rinpoche said *this is the best practice to do when someone you love dies. Never stop sending love.*  
In this river of love between your souls, you may feel her with you. After my dad died in 2012, for a long time, the sorrow I felt was the river connecting me to him. It was when I cried that I felt our connection and his presence. And now I can feel his presence without the tears, without the sorrow.  
Trust your heart. Do the practices you feel pulled to doing or think about doing. And offer the benefits of these to your beloved grandmother and all grandmothers and their grandchildren, to all who grieve the loss of loved ones. There are so many beings you can touch through your longing for connection to her. When you feel the urge to call her on the phone, go within and talk to her - send her loving thoughts.

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There are gifts for us in the passing of ones we love, and we can turn the loss and grief into merit by thinking of beings who are experiencing this kind of suffering, and do Tonglen, the practice of giving and taking. As Garchen Rinpoche explains it: “When we feel compassion for their suffering, we are taking on their suffering. Then, when we feel

love or kindness towards them, we are helping to transform their suffering into peace and love”. Tonglen is a simple very powerful practice.

I remember when I was afraid to do Tonglen - I was afraid that I would suffer more by taking on their suffering. And then one day, I received a letter from one of our inmate sangha who had been moved into a noisy disturbing environment, and had been feeling the same fear I had, and decided to Tonglen anyway. He was amazed that he actually ended up feeling so much peace. I was inspired by his experience, and when I started doing Tonglen, I also felt peace.

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I'm still regaining my strength...and at this time, I can offer the following:

Photocopied altar pictures of Garchen Rinpoche, the Dalai Lama, His Holiness the Karmapa, White Tara and Green Tara with 21 Taras  
Tara teachings and prayers  
Refuge from Afar with Garchen Rinpoche

Please do not send your refuge request to P.E. If you think you did send it to PE, , please resend what you can to me at:  
TARA'S VOICE

P O BOX 524  
VALLEY COTTAGE, NY 10989

**PLEASE - put your name and contact info on the envelope AND on the letter.** Sometimes envelopes get lost in my piles of mail...!!

Let me know all your mailing restrictions!  
Any limit to the number of pages, if you can get photocopied color pictures...

### **TAKING REFUGE FROM AFAR WITH GARCHEN RINPOCHE**

“Use your time well! Use your time to awaken! Prison is the greatest gift in your life if it leads you to the dharma, if it leads you to the Buddha!

Why do we want to take refuge? If you do not want to suffer, Buddha shows the path to freedom from suffering. Buddha said perfectly practice virtue as much as we can. As much as we do that, we develop a mind of love and compassion. First we must give up harming others. And then we must benefit them as much as we can.”

Garchen Rinpoche has a special place in his heart prisoners. I was doing a retreat with him in Rochester New York. At lunch, he beckoned me over to sit with him at his table. His first words to me were

“Prison wasn't a bad place for me. I had so many opportunities to practice compassion.”

This was before I had started this precious endeavor of teaching meditation. He knew what was going to unfold...

Rinpoche was imprisoned in Tibet by the Chinese who were arresting and killing monks because of their religion. He was in a hard labor prison for 20 years, tortured and starved. Mindfulness and compassion were the major practices for him in those years. If he was caught meditating he'd be tortured and or killed. And he knows the profound value of practicing in prison. Practicing mindfulness can be done every moment of your waking day. It's a powerful, simple way of bringing you deeply into the present moment, opening the portal of your being into your deepest consciousness. Compassion is the foundation of enlightenment. Without compassion, and bodhicitta (loving kindness), one cannot become enlightened. And he has said that being in prison purifies negative karma.

Taking refuge does not mean you give up your religion. Dalai Lama has often said if you do Buddhist practices you become a better Christian, Muslim... whatever your religion - because practicing Buddhism helps us to become better human beings. In taking refuge you are under the umbrella of the Buddha's blessings and you are in the heart circle of Garchen Rinpoche. He will be your guide until you're enlightened.

Rinpoche will give a refuge to everyone who asks for it! If you want to take refuge, and you can - send me the following and I will send it off to him. Remember - you don't have to send anything!

~a clipping or 2 or 3 locks hair from the top of your head (the crown), cut with sincerity,

~ a picture of you

~something you'd like to offer him - (a picture, poem, feather, stamps, a kind thought...)

You will receive a packet including: a Tibetan name, a refuge card with Buddhist prayers, photocopied pictures of Garchen Rinpoche, White Tara, and more.

Rinpoche is 85. He will offer this as long as he is able to. He teaches less and spends more time in retreat. If you feel the urge for this, I recommend you act on it! I will send you a letter confirming I got your request. The turn around til you receive the Refuge packet is a few months.

I have taken refuge with Garchen Rinpoche.

Refuge Prayer: I take refuge in transcendent awareness, the heart essence of Buddha

I take refuge in compassion, the heart essence of Dharma

I take refuge in spiritual friends, the heart essence of Sangha.

### **Pithe (Essence) Teachings of Garchen Rinpoche**

In my 20 years in prison, I was very careful not to allow anger to arise. That was my time to cultivate patience. I was very careful to keep practicing patience. Patience is the highest virtue. There are lower, middle and upper virtues. The highest virtue is patience. It protects our love, and allows our love to

become profound, boundless love. If you want harmony in your relationships, practice patience.

The space between thoughts is our true nature.

Never separate from the generous mind, the altruistic mind, the mind of loving kindness.

Never separate from the wish to benefit others.

Perfect Buddhas arise from the altruistic mind.

When you realize the nature of thoughts, the nature of the mind, you will realize that there is no self, and so there is no other.

If you have loving kindness, you feel it with your dedication prayer. This is boundless merit.

If you have patience, you will not lose your love. When you are impatient, you have lost your love.

If we truly understand the value of patience, we will never resent an opportunity to practice it.

Whatever you do, if you start with the intention to help all beings, then whatever you do will bring benefit.

*(When you are about to start an activity)*

You can begin with taking refuge, this will connect you to the realm of the Buddhas. Then awaken bodhicitta, the wish to benefit all beings with your actions. When you finish, offer the merit from you activities to the Buddhas.

Your wish to help someone is the cause of your merit. Let it be your intention to practice kindness in any way possible. Even if your wish to help doesn't succeed because of the being's karma, it is still your good deed. And then, immediately offer the merit.

At night, before you go to sleep, recite Om Mani Padme Hum with the wish to benefit all beings. When you wake, recite Om Mani Padme Hum and wish to benefit all beings, with immeasurable love.

### **A Short Purification Breath Meditation**

You can do this once in the morning. Think you are inhaling the outer, pure essence of the air and exhale all defilements and negativities. Then as you inhale again, gather in and receive all the blessings of the Buddhas. Then again exhale afflictions, negativities. And the third time, think you're now inhaling all of the sufferings of sentient beings. You destroyed the sufferings as you inhale. Exhale all the happiness that's permeating all space and see it pouring into all sentient beings.

*Rinpoche did not say if you should breathe your nose or mouth, but he always recommends we do what's comfortable. When you see yourself purified with the pure blessings of the Buddhas, you can rest in this. Remember our motivation is so important, to remember that we're doing this and every practice for the benefit of all beings - and that includes you!*

*We are all worthy of loving kindness. This is a beautiful way to practice compassion no matter how harsh your environment. You practice in the quiet of your being. And you become your own sanctuary.*

### **Deep, Restful Breathing Meditations**

If you can, always inhale and exhale through your nose. Breathing through your mouth stimulates the nervous system while breathing through your nose calms you down.

These are simple, profound practices. They calm down anxiety. They lead us into relaxation and peace. Mindfulness. Gratitude for the precious air we breathe. Awakening.

#### **Body Position for Deeper Breathing**

Rest your thumbs on the lower ribs, hands resting on your belly or lower back. Breathe slowly, deeply into your hands. Notice your belly/back and ribs expanding. Feel how it feels to deeply breathe into the lower part of your lungs. It's relaxing and healing. A great way to fall asleep.

#### **The Healing Breath**

Inhale 2 times, then exhale. Let your breathing be slow and relaxed, with a deep, long exhale. Think that all forms of negativity release on the exhale. Do several times. If you do 10 or more, careful you don't hyperventilate!

Inhale for 5 seconds...exhale for 5 seconds...

Gentle, slow breaths. The duration of thinking "1-1000" is about 1 second. See how long your natural breath length is when you start this practice. With deep, gentle inhales, try to lengthen it to 4 or 5 seconds, but settle in with whatever rhythm is good for you, without judging how it 'should' be. Sometimes my inhale is 3 seconds, sometimes longer. Be with your authenticity of the moment.

### **Pause at the Bottom of the Space Between the Breath**

When you inhale, notice the space between the inhale and the exhale, at the bottom of the breath. then breathe out. Notice the space before you inhale. Be with the quiet, the stillness in that space. Don't cling to it or stay too long. Just be with it peacefully for a moment. Relax.

Between the stimulus and the response there is a space. And in that space is your power and your freedom. Victor Frankl  
The space between thoughts is our true nature. Garchen Rinpoche

### **Mindfulness Meditations**

The best meditation is to be in a state of mindfulness. Garchen Rinpoche

### **Mindfully Witnessing the Mind**

Being mindful of the mind is hard at first, but with effort and diligence, we begin to witness our thoughts. This 'seeing' or 'hearing' our thoughts is a precious portal into the Silence of our inner being. It then becomes more natural and effortless to do, once we make the decision to witness. Then we find ourselves remembering more often. The wisdom in us is then awakening. We start to witness the impermanence of

thoughts - and this is key to our true wisdom. The realization of the impermanence of thoughts - which comes directly from our seeing that within us - leads us into the realization of the emptiness of the mind. This is called Mahamudra. It is in reality, so simple. So direct. And the key is just doing it.

#### **The Practice:**

Notice if you hear or see your thoughts. Can you see the impermanence of thoughts, how they arise and dissolve? Can you sense where they arise from? Can you witness the stories of the thoughts without getting entangled in the story? Sit and meditate on this for short focused sessions. That's much better than longer spaced out sessions. 5, 10, 15 minutes...whatever works. Then try to sit longer sessions.

'Whatever thoughts and emotions arise in meditation, allow them to rise and settle, like waves in the ocean. Whatever you find yourself thinking, let that thought rise and settle. Don't grasp at it, feed it, indulge it or cling to it, and don't try to solidify it. Neither follow thoughts nor invite them. Be like the ocean looking at its own waves or the sky gazing down on the clouds passing thru it.' Sogyal Rinpoche

### **Mindful Meditation in Action**

Maintaining mindfulness is being clearly aware of what your body is doing as it's doing it. Walking, eating, drinking, holding something, reaching...every activity is done with a consciousness of what your body is doing. This very simple practice is very powerful. It cultivates true awareness that is grounded into your life. Wisdom, patience, centeredness, a quiet mind, and a sense of emotional balance and strength awaken, because the mindful awareness is born in your true self, and with this practice it blossoms. If you practice mindful activities, then you do sitting meditation, your meditations will be stronger and clearer.

### **Eat and Walk Mindfully**

Try eating and walking a little more slowly, being aware of as many of the movements as possible. If you have to eat quickly - be aware of that! Bringing your awareness fully into your body's actions is a powerful tool to bring us more fully into this moment, helping us to let go of future and past. Sometimes it helps us to quiet the mind more easily than in sitting meditation. Try it for small amounts of time, and then do it longer and longer. Also noticing your breath while doing these actions can help you focus on right now. After a while, you will probably find yourself effortlessly become more mindful.

### **Meditation in Action - or Sitting Meditation -Which to do???**

Do both!!Meditation is about turning the attention within, and the awakening of your true inner presence.

There are so many ways to meditate! And because of our unique nature, sitting meditation and meditation in action flow into each other - the more focused we are during sitting meditation, the more mindful we will be in activity. And the more mindful we are in activity, the more focused our sitting meditation will be. Be kind to yourself and listen to yourself- if you're sitting, and the mind is busy busy busy, you can mindfully get up, stretch, move...and if you stay mindful in this, when you return to sitting, your mind may be more focused. Ultimately, we want our awareness to be mindful and

meditative during all the activities of our day, so we are always meditating.

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Our practices are guides to help us awaken the jewel of consciousness within us. The jewel is the warrior of inner strength, kindness, and peace, and all the qualities of the divine. It is who we are.

Garchen Rinpoche always talks about the power of love, and that when we practice, it's best to do the practices that feel natural. May the deepest facets of the jewel of love and kindness be revealed in your heart and mind, and may all beings be blessed with your awakening.

*When I read these prayers of Gyatso Rinpoche, my heart was deeply touched. We can read the same Buddhist prayers with different translations, and they will feel different to us. I invite you to try these...*

*As we are all the pure Buddha consciousness in our source, you can imagine that you are all of these precious and profound qualities. This will help you loosen your attachment to your body/ego/personality, and help you begin to open yourself to the possibility of being Buddha body, Buddha consciousness, which is the truth of what/who you are. Even if this happens for one moment, it is shedding light within you. Garchen Rinpoche has often said, "The essence of your mind is the same as the mind of the Buddha. But be attached to the form of the teacher. The essence is in the teachings."*

In a Medicine Buddha empowerment with the The Dalai Lama he said:

"Any action, mental action, verbal action, or physical action, in order to be a process for Buddhahood is entirely dependent on the motivation. So we must at least try to cultivate bodhicitta, acting for the benefit of all beings." My car's bumper sticker is a quote from H H the Dalai Lama: Loving kindness is my religion.

*And, in order to dissolve being trapped in this body, you understand the Ultimate Reality of self. So you forget a little, that 'I am this body' (patting his arm), and develop in the subtle body in your imagination, then you get the feeling that "I am the Buddha consciousness." The mind and the body are not independent. Therefore, visualize new body, the body of pure consciousness, and if your mind remains there, then you can develop the feeling "I am the deity". So if your meditation is strong enough, you get the feeling of "I am the deity". So, now, in order to dissolve the 'trapped' body, the method is to understand the ultimate reality of Self. There is no independent existence of the body. So remember that, and in the mind, automatically the body of the deity appears as your body. then with the understanding of Ultimate Reality, that wisdom transforms the imagination into the deity of your practice.*

*(Then, the more time you spend with that visualization, the more the wisdom mind will awaken - because in the ultimate*

*reality you are the Buddha. And as you spend more time with this 'seeing', it will be easier to spend more time with this beautiful vision. One of my favorite sayings about remembering something precious in your practice: The more you remember, the more you'll remember.*

These prayers were compiled from traditional sources by Geshe Kelsang Gyatso Rinpoche

### **Liberating Prayer**

O Blessed One, Shakyamuni Buddha, Precious treasure of compassion,  
Bestower of supreme inner peace, You, who love all beings without exception,  
Are the source of happiness and goodness; As you guide us to the liberating path.

Your body is a wish-fulfilling jewel, Your speech is supreme, purifying nectar,  
And your mind is refuge for all living beings. With folded hands I turn to you,  
Supreme unchanging friend, I request from the depths of my heart:  
Please give me the light of your wisdom To dispel the darkness of my mind  
And to heal my mental continuum.

Please nourish me with your goodness,  
That I in turn may nourish all beings with an unceasing banquet of delight.  
Through your compassionate intention, Your blessings and virtuous deeds,  
And my strong wish to rely upon you, May all suffering quickly cease  
And all happiness and joy be fulfilled; And may holy Dharma flourish forever more.

### **PRAYERS FOR MEDITATION**

#### **Going for Refuge (3x, 7x, 100x or more)**

I and all sentient beings, until we reach the heart of enlightenment,  
Go for refuge to the Buddha (enlightened mind), Dharma (invisible way of profound peace)  
and Sangha (in all their stages of enlightenment)

#### **Generating Bodhichitta (Loving kindness) (3x)**

Through all the virtues I collect by generosity and other perfections,  
May I become a Buddha for the benefit of all.

#### **Generating the Four Immeasurables**

May everyone be happy and know boundless, immeasurable joy.  
May everyone be free from misery,  
May no one ever be separated from their happiness,

May everyone have equanimity, free from hatred and attachment (clinging).

### **Visualizing the Field for Accumulating Merit**

In the space before me is the living Buddha Shakyamuni, surrounded by all the Buddhas and bodhisattvas, like the full moon surrounded by stars.

### **Prayer of Seven Limbs**

With my body, speech, and mind, I humbly prostrate,  
And make offerings both real and imagined.  
I confess my wrong deeds from all time, and rejoice in the virtues of all beings.  
Please stay until samsara ends, and turn the Wheel of Dharma for us,  
Spreading the way of kindness, compassion and wisdom.  
I dedicate all virtues to great enlightenment.

### **Offering the Mandala**

The ground sprinkled with perfume and spread with flowers,  
The Great Mountain, lands, sun and moon,  
Are seen as a Buddha Land and are offered.  
May all beings enjoy such Pure Lands.

I offer without any sense of loss  
The objects that give rise to my attachment, hatred, and confusion,  
My friends, enemies, and strangers, our bodies and enjoyment.  
Please accept these and bless me to be released directly from the three poisons  
(attachment, hatred and confusion/ignorance)

IDAM GURU RATNA MANDALAKAM NIRYATAMI

### **Prayer of the Stages of the Path**

The path begins with strong reliance on the wisdom of the enlightened ones, source of all good;  
O Bless me with this understanding to follow these teachings with great devotion.  
This human life with all its gifts, extremely rare, with so much meaning;  
O Bless me with this understanding all day and night to seize its essence.

My body, like a water bubble, decays and dies so very quickly;  
After death come results of karma, just like the shadow of a body.  
With this firm knowledge and remembrance, bless me to be extremely cautious,  
Always avoiding harmful actions and gathering abundant virtue.

Samsara's pleasures are deceptive, give no lasting contentment, and only tournament.  
So please bless me to strive sincerely to gain the bliss of perfect freedom.

O Bless me so that from this pure thought come mindfulness and greatest caution,  
To keep as my essential practice the doctrines route, the Pratimoksha.

Just like myself, all my mothers are drowning in samsara's ocean;  
O, so that I am the soon release them, bless me to train in bodhicitta.  
But I cannot become a Buddha by this alone without pure ethics,  
So bless me with the strength to practice the bodhisattva's way.

By pacifying my distractions and analyzing perfect teachings,  
Bless me to quickly gain the union of special insight and equanimity.  
When I become a pure container through common paths, bless me to enter  
The essence practice of good fortune, the supreme path.

May those who guide me on the good path, and my companions, all have long lives;  
Bless me to pacify completely all obstacles, outer and inner.  
May I always find perfect teachings, and take delight in holy Dharma,  
Accomplish all paths swiftly and gain the state of true awakening.

### **Receiving blessings and purifying**

From the heart of all the holy beings, streams of light and nectar flow down, granting blessings and purification.

*Now begin contemplation and meditation. Visualize as best you can what is described above. If you do not visualize, think that this is happening. Or, read the directions above, and then let go into presence, or whatever is your preferred meditation. Let yourself rest in this for as long as you can.*

*After the meditation, we dedicate our merit while reciting the following prayer:*

### **Dedication prayer**

Through the virtues I have collected by practicing the stages of the path,  
May all living beings find the opportunity to practice the dharmic way of life.  
May everyone experience the happiness of humans and gods,  
And quickly retain Enlightenment, so that samsara is finally extinguished.

*Words like these are truly precious teachings. They are called 'pithic instructions'. A few lines or even a few words can carry the teachings, transmitted by an awakened teacher, lifting us out of our ordinary consciousness to the deeper, pure*

**Write Tara Directly-----TARA'S Voice P O BOX 524 VALLEY COTTAGE, NY 10989**

consciousness within. If you keep reading this, or another true teaching - be it the words of Buddha, or Christ, or any enlightened being...the meaning will reveal itself from within you. And in time, you will completely understand through your own experience what is truly being pointed to. When teachings like these pulling on you to keep reading it, it is because they are touching a space deep within you, where you know this truth. The blessings within these words of wisdom are speaking to your true consciousness, and your longing to keep reading this is coming from your deepest longing. Trust that impulse. It is precious. It is leading you to your Self.

\*\*\* Wishing you great peace and kindness, one moment at a time.

May your mindfulness be a continuum, like a clear, gentle flowing river.

May you see the emptiness of all thoughts: they are like rainbow bubbles dissolving into space.

May your heart know the grace of living in the ocean of loving kindness. Tara

#### **RESOURCE LIST** (Updated April 2020)

##### **American Buddhist Temple**

10515 N Latson Road

Howell, MI 48855

Free books. Ask for 2 or 3. When finished, can ask for another.

##### **B.A.U.S Buddhist Association of the US**

2020 Route 301

Carmel, NY 10512

Free books and booklets

##### **Christian Pen Pals**

PO Box 11296,

Hickory, NC 28603

Christian penpal for friendship and spiritual support, to help prisoners, prisoners families, and chaplains.

##### **Compassion Works For All**

PO Box 7708,

Little Rock AR 72217-7708 /

CWFA offers a monthly newsletter. Dharma Friends supports Buddhists in their meditation practice and provides healing and psychological guidance. Write to be placed on the mailing list.

##### **Human Kindness Foundation**

PO Box 61619

Durham, NC 27715

Free books, newsletter about interfaith spirituality. Free copy of Eckhart Tolle's The Power of Now and A New Earth.

Address letter to Tolle Books Offer at HKF...Additional books can be requested after 1 month...

by Bo Lozoff:

We're All Doing Time

Finding Freedom:

Writings from Death Row: J.J. Masters

Lineage and Other Stories  
Leonardini

Just Another Spiritual Book

M. Singer

Deep And Simple

Spanish Books: Una Vida Sagrada, Toso Estamos

Encarcelados, El Encuentro de Dios Interior

Finding God Within: Ray

Untethered Soul:

##### **Liberation Prison Project**

PO Box 33036

Raleigh NC 27636 415-701-8500

Free Tibetan Buddhist books, small booklets for specific practices and prayers; materials for prison libraries; a free subscription Liberation Magazine; and practice support for serious students. Some literature available in Spanish

##### **The Lion's Roar Magazine**

PO Box 469095

Escondido, CA 92046

May send free 1 year subscription for quarterly Buddhist magazine

##### **Parallax Press**

PO Box 7355, Berkeley CA 94707

Free slightly damaged books of Buddhist teachings of Thich Nhat Hanh. You may request a catalog, or a specific book which they will send if they have.

##### **Prison Mindfulness Institute**

Prison Dharma Network

P.O. Box 206 South

Deerfield, MA, 01373

Buddhist books

##### **Prison Yoga Project**

PO Box 415

Bolinas, CA 94924

##### **San Francisco Zen Center**

300 Page Street,

San Francisco, CA 94102

Books on Zen buddhism

##### **Tathagata Meditation**

1215 Lucretia Ave

San Jose, CA 95122

Free Dharma books on Vipassana and Buddha's teachings

##### **Zen Mountain Monastery**

National Buddhist Prison Sangha

P O Box 156

Mount Tremper, NY 12457,

Books on Zen Buddhism, correspondence about Buddhism

7 Prisoner Express Pema Chodron Book Club PO Box 6556 Ithaca NY 14851

## Inspirational Quotes

Indeed, the sage who's fully quenched rests at ease in every way;

No sense desire adheres to him whose fires have cooled, deprived of fuel.

All attachments have been severed, the heart has been led away from pain;

Tranquil, he rests with utmost ease. the mind has found its way to peace. (Anonymous)

Sometimes it is called mindfulness. Sometimes it is called love. Jack Kornfield

When you make friends with the present moment, you can feel at home no matter where you are. Lao Tsu

The main purpose of life is serving, helping, or at least contribute some happiness to others, including animals, and insects. Automatically you get some satisfaction, inner peace. Dalai Lama

There are those who discover they can leave behind destructive reactions and become as patient as the earth, unmoved by fires of anger or fear, unshaken as a mountain, undisturbed as a clear and quiet pool. Buddha

*Mahatma Gandhi:*

I have learned through bitter experience the one supreme lesson to conserve my anger. As heat conserved is transmitted into energy, even our anger controlled can be transmuted into a power which can move the world. To control anger is a habit that everyone must cultivate with constant practice. G

I am but poor struggling soul yearning to be wholly truthful and wholly nonviolent in thought, word, and deed, ever failing to reach the 'real' which I know to be true. It is a painful climb, but the pain of it is a positive pleasure to me. Each step upward makes me feel stronger and more fit for the next. G

There is not a moment when I do not feel the presence of a Witness whose eye sees all and everything. I cannot recall a moment in my life when I had a sense of desertion by God, the eternal Witness within. G

I am endeavoring to see God through service to humanity, for I know that God is neither in heaven nor down below - but in everyone. Ghandi

If you clean the floor with love, you have given the world an invisible work of art. Osho

Geshe Kelsang Syatso

Ultimately it is our mind that determines whether we are happy or miserable.

Pain ceases to exist when we discover its real nature.

Eventually, our mind no longer gives rise to thoughts in our meditation. We are able to focus single-pointedly and awareness that is mind itself. The longer we remain focused on this, the more vivid and vibrant the clarity aspect of mind becomes. HH the Dalai Lama *from Tradition of Mahamudra.*

While there is much to do, we are not here to do.

Beneath the need to want to problem-solve is the need to being-solve.

Often with full being, the problem goes away.

The seed-essence-being solves its darkness by blossoming.

The heart-being solves its loneliness by loving whomever and whatever it meets. Mark Nepo, author

May you see the emptiness of all thoughts: bubbles dissolving into space. Tara

Like a bird that soars in an empty, endless sky,

Let your mind be free. Let your heart be free.

And in time, beyond time, You will know that your Spirit is always free. Tara

There is no distance between us and our spiritual masters.

There is no distance between us and our beloveds. Tara

May your mindfulness be a continuum, like a clear, gentle flowing river.

May your heart know the grace of living in the ocean of loving kindness.

May your true radiance and your true heart fill the earth and heavens with pure light and pure love,

and may your awakening bless all beings.

with loving prayers for boundless peace and loving kindness

for you, and for all beings

Tara

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