



I sit in silence,
still and slow,



and let the restless
thinking go.



No prize to chase,
no fruit to claim,



I work with love,
not praise or fame.



The mind can lift,
the mind can bind,



it can be cruel,
it can be kind.

奉
養
後





Through patient practice,
day by day,



I teach this friend
a gentler way.



my body calm,
my purpose bright.



With food and sleep
in balanced flow,



I choose the middle
path and grow.



Like one small flame
where no winds blow,



my quiet heart
begins to glow.



When thoughts arise
and start to roam,



I softly lead my
attention home.



In heat or cold,
in loss or gain,



I learn to meet
both joy and pain.



Stone, dust, and
gold appear the same;



friend, stranger,
foe—one sacred flame.

荷棟夫





As selfish wants
faint and cease,



the soul remembers
boundless peace.

東海堂





I see one Light
in every face,



one life alive
in every place.

壬午





The mind is wild,
the road is long,

清風





but practice makes
the spirit strong.



With no attachment,
fear grows small;

空手種





I find the Self
that lives in all.



Beyond the gold,
the red, the dark,

清心
禪



In meditation,
clear and free,



the Light within
awakens me.

GOLDEN LIGHT