

*"Know that joy is rarer, more difficult, and more beautiful than sadness.
Once you make this all-important discovery,
you must embrace joy as a moral obligation."*

— André Gide

May I Live My Life with Trust¹

May I love myself just as I am.

May I sense my worthiness and well-being. My basic okay-ness and goodness.

May I trust life, the path, and mostly myself².

May I hold my pain and suffering with gentleness, compassion, and loving kindness.

May I meet the ignorance and bad behaviors of others with spacious, loving awareness, boundaries, and a sense of humor.

May I hold the pain and suffering of all beings, including myself, with equanimity and compassion, so that I may be with whatever arises.

May I remember that life is precious.

May I use this day well and live with nobility and dignity.

May I be easily contented and joyful and enjoy the simple pleasures of being alive.

May I show up with a spirit of happiness and confidence.

Buddha's Little Instructions

Live in joy and love, even among those who hate

Live in joy and health, even among the afflicted

Live in joy and peace, even among the troubled

Look within. Be still.

Free from fear and attachment.

Know the sweet joy of living in the way (the path).

¹ Adapted from Jack Kornfield's meditation: [The Compassionate Replacement of Painful Thoughts](#).

² **life:** "the arc of the moral universe is long, but it bends toward justice"- MLK, G-d, absolute and relative bodhicitta; **path:** wisdom teachings, meditation, and other practices, "don't let individual setbacks get you down, onto something bigger"; **self:** self-agency, learner-mindset