



DIKTER PÅ ENGELSKA

I'll meet you there

Rumi

"Out beyond ideas of wrongdoing and rightdoing,
there is a field. I'll meet you there.

When the soul lies down in that grass,
the world is too full to talk about.
Ideas, language, even the phrase each others
doesn't make any sense."

Wild Geese

Mary Oliver

You do not have to be good.
You do not have to walk on your knees
For a hundred miles through the desert, repenting.
You only have to let the soft animal of your body
love what it loves.

(Tell me about your despair, yours, and I will tell you mine.
Meanwhile the world goes on.
Meanwhile the sun and the clear pebbles of the rain
are moving across the landscapes,
over the prairies and the deep trees,
the mountains and the rivers.
Meanwhile the wild geese, high in the clean blue air,
are heading home again.
Whoever you are, no matter how lonely,
the world offers itself to your imagination,
calls to you like the wild geese, harsh and exciting --
over and over announcing your place
in the family of things.)



The Place Where You Are Now
Hafiz

This place where you are right now
God circled on a map for you.

Wherever your eyes and arms and heart can move
Against the earth and the sky,
The Beloved has bowed there –

Our Beloved has bowed there knowing
You were coming.

The beloved has bowed there knowing You were coming...

Hafiz

The time for asking who's right and who's wrong
Who's drunk and who's sober,
Who's closer to God and who's further away
All that is over now.
This caravan is led instead by a great delight
That simple joy which sits with us now
That is the grace
Hafiz, you may have just poured a toast that will wash love clean of all it's
stories.

Hafiz

The Sun Never Says
Even
After
All this time
The sun never says to the earth

"You Owe Me."

Look
What happens
With a love like that,
It lights the
Whole Sky.

DIKTER



Peace is every step
Thich Nhat Hanh

Peace is every step.
The shining red sun is my heart.
Each flower smiles at me.
How green, how fresh all that grows.
How cool the wind blows.
Peace is every step.
It turns the endless path to joy.

Kahlil Gibran

I have learnt silence from the talkative,
toleration from the intolerant,
and kindness from the unkind;
yet strange,
I am ungrateful to these teachers.

Upanishads

Watch your thoughts; they become words.
Watch your words; they become actions.
Watch your actions; they become habits.
Watch your habits; they become character.
Watch your character; for it becomes your destiny.

Are you looking for me?
Kabir

Are you looking for me? I am in the next seat.
My shoulder is against yours.
You will not find me in stupas, not in Indian shrine
Rooms, nor in synagogues, nor in cathedrals:
Not in masses, nor kirtans, not in legs winding
Around your own neck, nor in eating nothing but vegetables.
When you really look for me, you will see me instantly--
You will find me in the tiniest house of time.
Kabir says: Student, tell me, what is God?
He is the breath inside the breath.

DIKTER



Flowers
Kabir

Don't go outside your house to see flowers.
My friend, don't bother with that excursion.
Inside your body there are flowers.
One flower has a thousand petals.
That will do for a place to sit.
Sitting there you will have a glimpse of beauty
Inside the body and out of it,
Before gardens and after gardens.

Oh Soul
Rumi

Oh soul,
you worry too much.
You have seen your own strenght.
You have seen your own beauty.
You have seen your golden wings.
Of anything less,
why do you worry?
You are in truth
the soul, of the soul, of the soul

Meta Meditation
Loving-kindness, Buddha

May I be well
May I be happy and content
May I be free from danger and suffering
May I be filled with loving-kindness

May you be well
May you be happy and content
May you be free from danger and suffering
May you be filled with loving-kindness

May all beings be well
May all beings be happy and content
May all beings be free from danger and suffering
May all beings be filled with loving-kindness

DIKTER



Breathing in
Thich Nhat Hanh

Breathing in I calm my body. Breathing out I smile.
Dwelling in the present moment. I know this is a wonderful moment.
Breathing in, calm. Breathing out, smile.
Present moment. Wonderful moment.

Breath of Life
Danna Faulds

I breathe in All That Is-
Awareness expanding
to take everything in,
as if my heart beats
the world into being.
From the unnamed vastness beneath the
mind, I breathe my way to wholeness and healing.
Inhalation. Exhalation.
Each Breath a "yes,"
and a letting go, a journey, and a coming home.

Being Peace
Thich Nhat Hahn

If we are peaceful.
If we are happy.
We can smile and blossom
like a flower
And everyone
In our family,
Our entire society
will benefit
from our Peace

Interrelationship
Thich Nhat Hahn

You are me, and I am you.
Isn't it obvious that we "inter-are"?
You cultivate the flower in yourself,
so that I will be beautiful.
I transform the garbage in myself,
so that you will not have to suffer.

I support you;
You support me.
I am in this world to offer you peace;
You are in this world to bring me joy.