

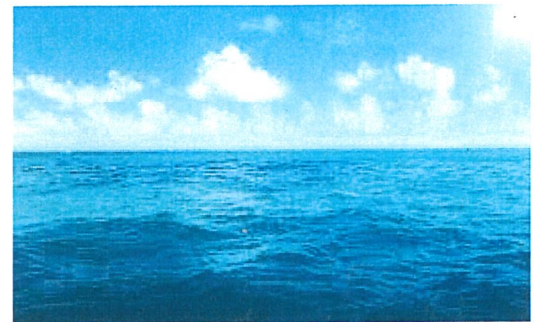
HOW TO PRAY

When you pray, be like the mountain
in stillness, in silence,
thoughts rooted in eternity.
Do nothing, just sit, just be,
and you will harvest the fruit of your prayer



When you pray, be like the flower
reaching up to the sun,
straight stemmed like a column.
Be open, ready to accept all things without fear
and you will not lack light on your way

When you pray, be like the ocean,
with stillness in its depths,
the waves ebbing and flowing
Have calm in your heart,
and evil thoughts will flee of their own accord.



When you pray, remember the breath,
that made us people, living beings;
from God it comes, to God it returns.
Blend the Word and prayer with the flow of life
and nothing will come between you
and the Giver of Life

When you pray, be like the bird,
endlessly singing before the Creator,
its song rising like incense.
Pray like the turtle dove
and you will never lose heart.

