

How We Think – Humility, Patience, Contentment, Delight

"The various studies and practices of the Dharma are all essentially diverse ways of learning how to work with our mind. Let's say our mind is like a house. Before you decorate the house it needs to be cleaned, otherwise you will just be enhancing a mess. In a clean house, the true beauty of the decorations can really shine."

Dzigar Kongtrul Rinpoche, "Uncommon Happiness, the Path of the Compassionate Warrior"

How We Act – Kindness, Honesty, Generosity, Right Speech

We are here to do.

And through doing to learn;

and through learning to know;

and through knowing to experience wonder;

and through wonder to attain wisdom;

and through wisdom to find simplicity;

and simplicity to give attention;

and through attention to see what needs to be done.

from the Pirke Avot (Sayings or Ethics of the Fathers)

How We Relate to Others– Respect, Forgiveness, Gratitude, Loyalty

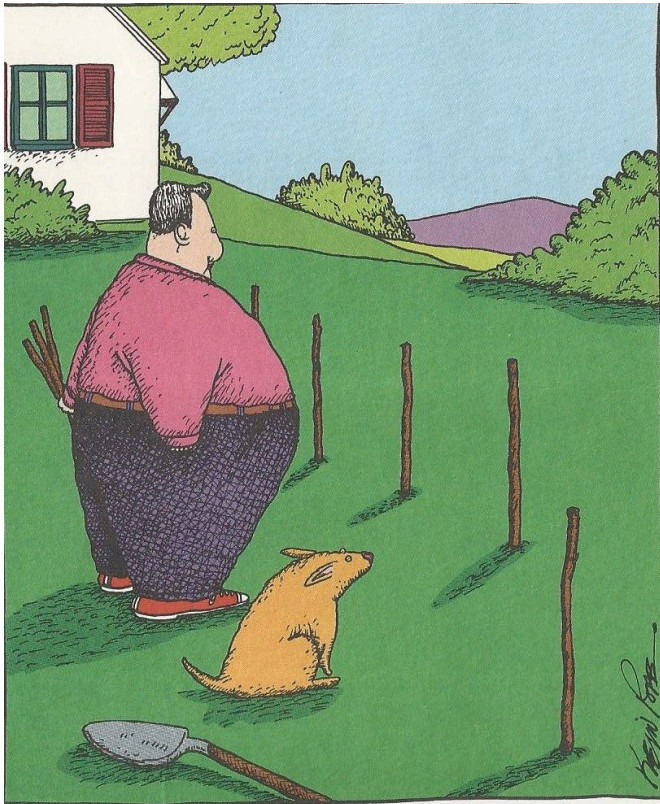
"And so it is myself I want to turn in that direction
not as towards a place, but it was a tilting
within myself,

as one turns a mirror to flash the light to where
it isn't -- I was blinded like that -- and swam
in what shone at me.

..."

from Annunciation, by Marie Howe

How We Find Meaning – Aspiration, Principles, Service, Courage



Doug was hoping that the sticks he just planted would grow into some trees, or maybe a nice white picket fence.

“Sit. Feast on your life” Derek Walcott