

“Sometime go outside and sit,
In the evening at sunset,
When there’s a slight breeze that touches your body,
And makes the leaves and the trees move gently.
You’re not trying to do anything, really.
You’re simply allowing yourself to be,
Very open from deep within,
Without holding onto anything whatsoever.
Don’t bring something back from the past, from a memory.
Don’t plan that something should happen.
Don’t hold onto anything in the present.
Nothing you perceive needs to be nailed down.
Simply let experience take place, very freely,
So that your empty, open heart
Is suffused with the tenderness of true compassion.”

Tsoknyi Rinpoche