

Given the scale of life in the cosmos,  
one human life is no more than a tiny blip.

Each one of us is a just visitor to this planet,  
a guest, who will only stay for a limited time.

What greater folly could there be  
than to spend this short time alone,  
unhappy or in conflict with our companions?

Far better, surely, to use our short time here  
in living a meaningful life, enriched by our sense of  
connection with others and being of service to them.

- The Dalai Lama

Know all things to be like this:  
A mirage, a cloud castle,  
A dream, an apparition,  
Without essence, but with qualities that can be seen.

Know all things to be like this:  
As a moon in a bright sky  
In some clear lake reflected,  
Though to that lake the moon has never moved.

Know all things to be like this:  
As an echo that derives  
From music, sounds and weeping,  
Yet in that echo is no melody.

Know all things to be like this:  
As a magician makes illusions,  
Of horses, oxen, carts and other things,  
Nothing is as it seems.

BUDDHA