

Create you own happiness, nuture your inner child

This is for all of you, who like me are technically orphans - no Mom or Dad anymore. It has been a reminder to me that you are responsible for creating your own happiness, and part of that starts with unconditional acceptance and love for the imperfect being that is you. The other part is realizing that at the core of your being is an enlightened Buddha. So you have every reason to live with bliss, gratitude, treating yourself with kindness and gentleness - just the same as you would treat a small child. Peace, dt



Unconditional
No Mom, no Dad?; Then
take the fragile child you are
Hold her safe and warm

Haiku

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