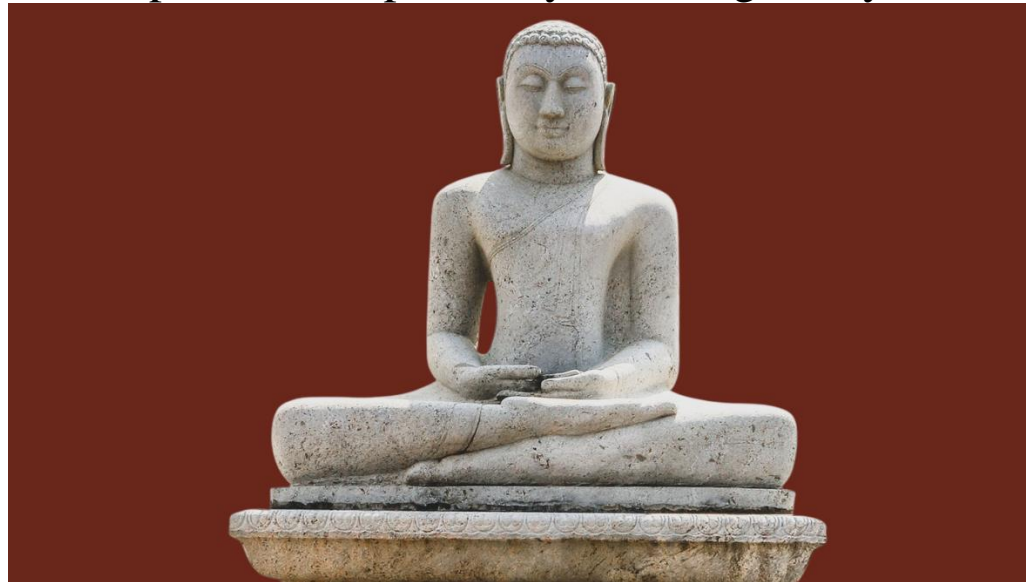


Thich Nhat Hanh's — BREATHE: you are Alive! — Adapted and Amplified by Lama Jigme Gyatso

Thich Nhat Hanh's

# BREATH: you are Alive!

adapted and amplified by Lama Jigme Gyatso



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Annabel Laity wrote:

Bréathe and you know  
that you are álive.  
Bréathe and you know  
that ALL is helpíng you.



Breathe and you know  
that you are the world.  
Breathe and you know  
that the flower is breathing too.

Breathe for yourself  
and you breathe for the world.  
Breathe in compassion  
and breathe out joy.

Breathe and be one  
with the air that you breathe.  
Breathe and be one  
with the river that flows.

Breathe and be one  
with the earth that you tread.  
Breathe and be one  
with the fire that glows.

Breathe and you break  
the thought of birth and death.  
Breathe and you see  
that impermanence is life.

Breathe for your joy  
to be steady and calm.  
Breathe for your sorrow  
to flow away.

Breathe to renew  
every cell in your blood.  
Breathe to renew  
the depths of consciousness.

Breathe and you dwell  
in the here and now.  
Breathe and all you touch  
is new and real.



*INTRODUCTION:*

*Stop and Breathe*

In the Sutra  
on the Full Awareness of Breathing,  
also known as the A-na-pa-na-sa-ti Sut-ta,  
  
the Buddha shows us how to transform  
our fear, despair, anger, and craving.

I was so happy the day  
I discovered this Sut-ra.  
I thought I *had* discovered  
the greatest treasure in the world.

Before, I *had* been content  
to simply gain knowledge.

I did *NOT* know  
how to enjoy the present moment,

how to look deeply into my life,  
and how to enjoy the positive conditions  
that were all around me.

This Su-tra is so basic  
and so wonderful.

There are many great Su-tras,  
BUT approaching them without this Su-tra  
is like trying to reach the top of a mountain  
without a path to *travel* on.

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