

# The Magic of Existence!



Where does poetry live?

In the overpowering felt splendor every sane mind knows  
when it realizes - our life dance is only for a few magic seconds,  
from the heart saying, shouting, "I am so damn alive!"

(Hafiz)



For man, the vast marvel is to be alive.  
For man, as for flower and beast and bird,  
the supreme triumph is to be most vividly, most perfectly alive.  
Whatever the unborn and the dead may know,  
they cannot know the beauty, the marvel of being alive in the flesh.  
The dead may look after the afterwards.  
But the magnificent here and now of life in the flesh is ours,  
and ours alone, and ours only for a time.  
We ought to dance with rapture that we should be alive and in the flesh,  
and part of the living, incarnate cosmos.  
(D. H. Lawrence)



You are the bird of happiness in the magic of existence!  
(Rumi)



Every day, think as you wake up –  
today I am fortunate to have woken up.  
I am alive! I have a precious human life.  
I am not going to waste it.  
I am going to use all my energies to develop myself,  
to expand my heart out to others,  
to achieve enlightenment for the benefit of all beings.  
I am going to have kind thoughts towards others.  
I am not going to get angry, or think badly about others.  
I am going to benefit others as much as I can.  
(The Dalai Lama)



When you arise in the morning,  
think of what a precious privilege it is to be alive -  
to breathe, to think, to enjoy, to love!  
(Marcus Aurelius)



After sleeping through a hundred million centuries we have finally opened our eyes on a sumptuous planet, sparkling with color, bountiful with life. Within decades we must close our eyes again. Isn't it a noble, an enlightened way of spending our brief time in the sun, to work at understanding the universe and how we have come to wake up in it? This is how I answer when I am asked – as I am surprising often – why I bother to get up in the mornings. (Richard Dawkins)



Isn't it sad to go to your grave without ever wondering why you were born? Who, with such a thought, would not spring from bed, eager to resume discovering the world and rejoicing to be part of it? (Richard Dawkins)



A turtle lives in the ocean and every 100 years he comes up for air. If that turtle was to rise for air and by chance put his head through a bucket that was floating on the surface it would be extremely rare. Attaining a precious human rebirth is even rarer than that. (Buddhist)



Life as a human is rare. Why? All impermanent phenomena are dependent upon causes and conditions, and this human physical life-support system that is potentially so effective requires high-quality causes. What are these causes? A human lifetime requires pure moral activity in a former life. Beyond this, a human lifetime during which transformative practice can be achieved requires prior engagement in virtues such as charity and patience, and these virtuous acts themselves need to be consciously aimed toward attaining the time and qualities needed for religious practice. (The Dalai Lama)



One can savor sights and sounds more deeply when one gets old. It may be the last time you see a sunset, a tree, the snow, or know winter. The sea, a lake, all become as in childhood, magical and a great wonder: then seen for the first time, now perhaps for the last. Music, bird songs, the wind, the waves: One listens to tones with deeper delight and appreciation. (Helen Newaring)



Death is a favor to us, but our scales have lost their balance. The impermanence of the body should give us great clarity, deepening the wonder in our senses and eyes of this mysterious existence we share and are surely just traveling through. (Hafiz)



There is a joy, and it is the joy of existence — not what is happening in existence. They are two different things. There is the joy of existence, and then there is the joy of what is happening in existence. What is happening in existence we try to control and manipulate. Sometimes things go our way - sometimes they don't. But then there is another joy. That joy has been there through all the years of your life, waiting to be discovered. And that joy will be there for as long as you live. It is the simple, simple joy of being alive. (Prem Rawat)



Do not tire of crying out with the joy of being alive  
and you will hear no other cries.  
(Tuareg proverb)



Two young monks were discussing their favorite seasons when Master Wu-men happen to walk by. “Master Wu-men, what is your favorite season?” asked one monk. Wu-men replied, “Ten thousand flowers in spring, the moon in autumn, a cool breeze in summer, snow in winter. If your mind isn’t clouded by unnecessary things, this is the best season of your life.”



To be alive, to be able to see, to walk - it's all a miracle.  
I have adapted the technique of living life from miracle to miracle.  
(Arthur Rubinstein)



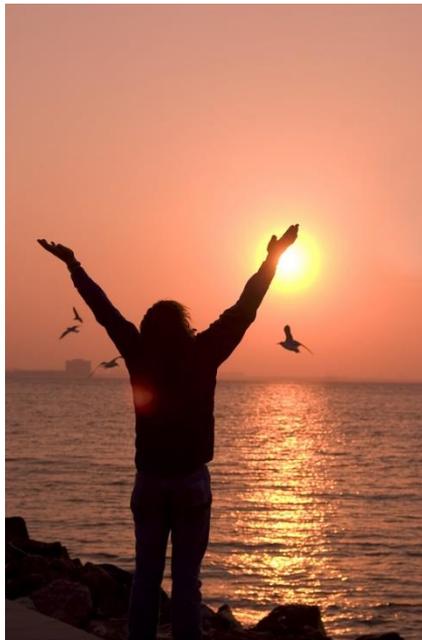
Life is but a fleeting reflection on the mirror of existence. Permanence exists not, and if your heart speaks otherwise, it lies to you. Impermanence is the essence of life, and this very truth sets us free. Life is precious, life is fleeting. Live well.  
(Shihan Kenneth Tang)



All I know of life and myself is that we are just a midair flight of golden wine  
between His Pitcher and His Cup.  
(Hafiz)



The ancient masters slept without dreams and woke up without worries.  
Their food was plain. Their breath came from deep inside them.  
They didn't cling to life, weren't anxious about death.  
They emerged without desire and reentered without resistance.  
They came easily; they went easily.  
They didn't forget where they were from; they didn't ask where they were going.  
They took everything as it came, gladly, and walked into death without fear.  
They accepted life as a gift, and they handed it back gratefully.  
(Chuang-Tzu)



We are at our very best, and we are happiest, when we are fully engaged in work we enjoy on the journey toward the goal we've established for ourselves. It gives meaning to our time off and comfort to our sleep. It makes everything else in life so wonderful, so worthwhile. (Earl Nightingale)



We are greatly fortunate that we have got the man-body. Man-body is the highest in all creation, next to God. Even the angels bowed down to the man-body when it was made. All scriptures tell us that due to the reactions of very good actions of the past, we get the man-body. So really we are very fortunate. Our good actions have fructified, and we have got the man-body as a result thereof. (Sant Kirpal Singh)



So what is the value of the human form? What can be done while living the life of man which cannot be done in any other species? We can reach the True Home - we can return to the Lord's Lap. (Sant Kirpal Singh)

In this human body you can go back to your home and in no other. You are fortunate you have the human body. What you can do here in a short time, cannot be done in the other world, higher planes, in ten times as long. (Sant Kirpal Singh)



Since this body of complete leisure and opportunity was very difficult to get, and once obtained will be very difficult to have again, make it meaningful by striving at practice. (Atisha)



Nothing can be accomplished after death in the way of spiritual liberation unless it is at least begun during this life. (Santon ki Shiksha)



We are not human beings having a spiritual experience.  
We are spiritual beings having a human experience.  
(Teilhard de Chardin)



Why would I waste this attainment of such a good life!  
When I act as though it is insignificant, I deceive myself.  
What could be more foolish than this!  
(Tsongkhara)



It is our way of seeing the world  
that determines the nature of our feelings.  
(Thich Nhat Hanh)

Remember this –  
that very little is needed to make a happy life.  
It is all in your way of thinking.  
(Marcus Aurelius)

Life is a series of choices  
and sometimes your only choice is what your attitude will be.  
(Shantideva)



This world is swept away by aging, by illness, by death.  
For one swept on by aging no shelters exist.  
Keeping sight of this danger in death,  
do meritorious deeds that bring bliss.  
Make merit while alive.  
(Buddha)

Lord, remind me how brief my time on earth will be.  
Remind me that my days are numbered,  
and that my life is fleeing away.  
(Psalm 39:4)

Death plucks my ear and says, "Live - I am coming."  
(Virgil)



What a wonderful life I've had!  
I only wish I'd realized it sooner.  
(Colette)



May your soul be happy;  
Journey Joyfully.  
(Rumi)



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