



---

a regular donor to the monastery, and later became a rich businessman. Likewise, we can realise that whatever hindrances we find in our activities, worldly or spiritual, it is crucial that we don't lose hope, that we don't lose courage and that we don't worry our mind too much about it. We can achieve what we want if we can keep the mind positive and free from too much concern and worry. We can then be sure of finding more happiness and fewer problems, of keeping our inner peace. You don't have to be a spiritual person to have this kind of positive outlook on life. We know we can keep in good physical health, likewise our mental health can be good by keeping the mind positive, calm and relaxed. At the same time, try to help others to enjoy a healthy state of mind and body. In this way our lives are meaningful and enjoyable, as well as contributing to the happiness of others, especially those close to you.

We will now finish with chanting the Buddha's mantra, making sure that we choose a relaxing sitting posture. Try to draw the mind within and then use the mantra to focus the mind.

*TAYATHA OM MUNI MUNI MAHA MUNAYE SOHA*

*Transcribed from the tapes by Jenny Brooks  
Edited by Cynthia Kareena  
Edit checked against the tapes by Richard Garward  
Edited Version  
© Tara Institute*