

*Empty Your Mind of All Thoughts*

by Lao-tzu

Empty your mind of all thoughts.  
Let your heart be at peace.  
Watch the turmoil of beings,  
but contemplate their return.

Each separate being in the universe  
returns to the common source.  
Returning to the source is serenity.

If you don't realize the source,  
you stumble in confusion and sorrow.  
When you realize where you come from,  
you naturally become tolerant,  
disinterested, amused,  
kindhearted as a grandmother,  
dignified as a king.  
Immersed in the wonder of the Tao,  
you can deal with whatever life brings you,  
and when death comes, you are ready.

from

*The Enlightened Heart – An Anthology of Sacred Poetry,*  
*Edited by Stephen Mitchell*

