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The Land of Serenity

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There are moments in life
when my mind hurls me into a
whirlpool of frantic thoughts
Having lost control of my faculties
I would rush to the temple premises

The cooling sands at the end of
the gravel path
The perfect soothing balm
The yellowish bo leaves lay still
and calm on the yard
though fallen

The sizzling yet charming dance
of the leaves in the canopy
teaches me a lesson
about the nature of the mind
thus breaking the tranquility
for a moment

Under the shade of the giant tree
I would lose myself
in a meditation
The cozy breeze
sweeping the dreaded contemplation
away from me

Then I would walk towards
the statue of the Buddha
that stands still
spreading myriads of compassion
towards mankind
Oh, the enlightened one
An innate grace
so enormous to illuminate

a whole world
While putting my hands together
I would go under the knees
and recite the Gathas

Finally I would leave
the land of serenity
And I would feel myself
as a newborn
with wings to fly hither and thither
Thus I would attain the relief,
the freedom of mind

Oh, may the pristine Dharma bless the entire world!

Glossary

Bo A tree which is a species of fig and is considered sacred by the followers of Buddhism, Hinduism and Jainism

Gathas Verses or hymns in Buddhism