

Words & music: Carolyn McDade, 1935- , © 1981 Carolyn McDade, ⊕ harmony by Grace Lewis-McLaren, 1939- , © 1992 Unitarian Universalist Association

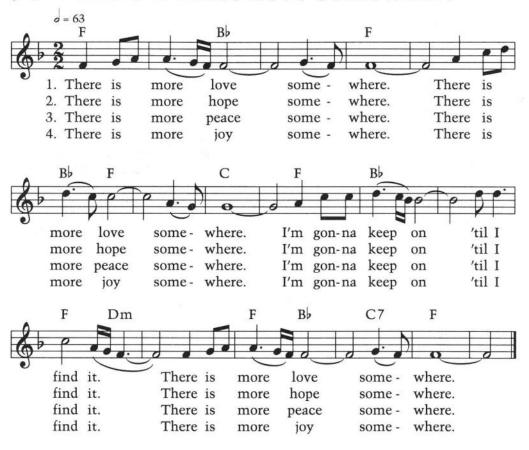
## Meditation on Breathing

1009



⊕ Words & music: Sarah Dan Jones, 1962 - , © 2001 Sarah Dan Jones

## 95 There Is More Love Somewhere



Words & music: African American hymn

віко 6.6.9.6.

## Spring Everywhere

(by Shundo Aoyama, from Zen Seeds; adapted, abridged)

Happiness that depends on what you acquire or become is only conditional happiness, not true happiness. True happiness means no matter what happens, it's all right. If you become ill, just be ill. When it's time to die, just die. Unless you accept your present circumstances, happiness cannot be attained. To face any situation and accept it with open arms molds the attitude enabling you to see that a wonderful way of living is possible.

This is indeed something of consequence.

As soon as this attitude is achieved, you have reached paradise, anytime, anywhere, and in any circumstances.

- It is the plum blossoms that bring the spring.
- Once this idea is accepted, spring must be everywhere.