

In this passing moment

by Hogen Bays

In this passing moment karma ripens
and all things come to be.

I vow to choose what is:

If there is cost, I choose to pay.

If there is need, I choose to give.

If there is pain, I choose to feel.

If there is sorrow, I choose to grieve.

When burning — I choose heat.

When calm — I choose peace.

When starving — I choose hunger.

When happy — I choose joy.

Whom I encounter, I choose to meet.

What I shoulder, I choose to bear.

When it is my death, I choose to die.

Where this takes me, I choose to go.