

Zen meditations to ponder and discuss with children:

If my heart can become pure and simple like that of a child, I think there probably can be no greater happiness than this.

When moved to complain about others, remember that karma is endless and it's loving that leads to love.

Have the heart of a small child.

Whenever I feel nothing matters, I look at sleeping children and recall my original purpose.

When things are in total disarray, play with joyful children.

The quieter you become, the more you are able to hear.

To forget oneself is to be enlightened.

The foolish reject what they see; the wise reject what they think.

When I awake in the morning I listen to those I love, especially to things they don't say.

Teachers open the door, but you must enter by yourself.