This is what should be done
By one who is skilled in goodness,
And who knows the path of peace:
Let them be able and upright,
Straightforward and gentle in speech,
Humble and not conceited,
Contented and easily satisfied,
Unburdened with duties and frugal in their ways.
Peaceful and calm and wise and skilful,
Not proud or demanding in nature.
Let them not do the slightest thing
That the wise would later reprove.
Wishing: In gladness and in safety,
May all beings be at ease.
Whatever living beings there may be;
Whether they are weak or strong, omitting none,
The great or the mighty, medium, short or small,
The seen and the unseen,
those living near and far away,
those born and to-be-born —
May all beings be at ease!

Let none deceive another,
Or despise any being in any state.
Let none through anger or ill-will
Wish harm upon another.
Even as a mother protects with her life
Her child, her only child,
So with a boundless heart
Should one cherish all living beings;
Radiating kindness over the entire world:
Spreading upwards to the skies,
And downwards to the depths;
Outwards and unbounded,
Freed from hatred and ill-will.
Whether standing or walking, seated or lying down
Free from drowsiness,
One should sustain this recollection.
This is said to be the sublime abiding.
By not holding to fixed views,
The pure-hearted one, having clarity of vision,
Being freed from all sense desires,
Is not born again into this world.

~Sutta Nipata 1.8

1Source: http://www.accesstoinsight.org/tipitaka/kn/snp/snp.1.08.amar.html
☞ Serene, Uplifting, Wonderful "The Chant of Metta" rendition by Imee Ooi (with Pali & English lyrics)

St. Mary Lake at Glacier National Park, Montana © FHF Russ Finley
BYA's August 2008 Zion National Park Camping Trip

Our first BYA camping trip was in the grand and beautiful Zion National Park with its green trees lining the colorful red clay mountains and amazing rock formations all under a boundless blue sky. The wonders of nature nurtured a relaxing and bonding time for seven of us. The days were filled with laughter and excitement during hiking, cooking outdoors, and nightly games; more importantly, we opened ourselves up by sharing our life stories with each other. There were memorable moments of wading and splashing in the river, and posing for pictures to show our BYA spirit. Within two days and nights, we grew close together as one cozy family sharing a common spiritual goal: to spread the Bodhisattva seeds and helping others to cultivate them.

Bao Chau Hoang

Bodhiyouth.org
Bodhi Youth of America welcomes everyone who wishes to practice mindfulness and to follow the Bodhisattva aspiration, nurturing youth of all background, ethnicities, and religious beliefs.

Credits
1. Butterfly vector graphic by DragonArtz (dragonartz.wordpress.com) at this link.
2. Green vector graphics in the Ecology Set2 by DragonArtz (dragonartz.wordpress.com) at this link.