

The Human Body at Peace with Itself - Tsongkhapa

The human body, at peace with itself,
Is more precious than the rarest gem.
Cherish your body - it is yours this time only.
The human form is won with difficulty,
It is easy to lose.
All worldly things are brief,
Like lightning in the sky;
This life you must know
As the tiny splash of a raindrop;
A thing of beauty that disappears
Even as it comes into being.
Therefore set your goal;
Make use of every day and night
To achieve it.

*from: 'Readings From The Refuge Tree of the Western Buddhist Order'
- compiled and edited by Lokabandhu and Cittapala*