

Our reading today is from the Buddhist text, *The Way of the Bodhisattva* by Shantideva

*A Bodhisattva is a person who chooses to remain in the cycle of death and rebirth until all beings are enlightened.*

### **The Noble Practice of Remaining as a Log**

When the urge arises in the mind  
To feelings of desire or wrathful hate  
Do not act! Be silent, do not speak!  
And like a log of wood be sure to stay.  
When the mind is wild with mockery  
And filled with pride and haughty arrogance  
Ad when you want to show the hidden faults of others  
To bring up old dissension or to act deceitfully,  
And when you want to fish for praise  
Or criticize and spoil another's name,  
Or use harsh language, sparring for a fight,  
It's then that like a log you should remain  
And when you yearn for wealth, attention, fame  
A circle of admirers serving you  
And when you look for honors, recognition  
It's then that like a log you should remain.  
And when you want to do another down  
And cultivate advantage for yourself,  
And when the wish to gossip comes to you,  
It's then that like a log you should remain.  
Impatience, indolence, faint-heartedness,  
And likewise haughty speech and indolence,  
**Attachment to your side**, when these arise,  
It's then that like a log you should remain.  
Examine thus yourself from every side

Note harmful thoughts and every futile striving

Thus it is that heroes striving in the bodhisattva path

Apply the remedies to keep a steady mind.

With perfect and unyielding faith, with steadfastness, respect and courtesy,

With modesty and conscientiousness,

Work calmly for the happiness of others.