

All experience is preceded by mind,  
Led by mind,  
Made by mind.  
Speak or act with a corrupted mind  
And suffering follows  
As the wagon wheel follows the hoof of the ox.

All experience is preceded by mind,  
Led by mind,  
Made by mind.  
Speak or act with a peaceful mind  
And happiness follows  
Like a never-departing shadow.

*The Dhammapada* – verses of the Buddha  
A New Translation by Gil Fronsdal  
Shambhala, Boston & London, 2005

Though my view is as vast as they sky, my attention to the law of karma is as  
fine as a grain of barley flour.

Padmasambhava – an 8th Century Tibetan teacher