

Touchstones Theme: Generosity

In Buddhism there is the phrase, “the seven gifts that require no possessions.” The seven gifts are:

1. The gift of gentle eyes, looking at others kindly.
2. The gift of a smile and kind expressions.
3. The gift of words, speaking kindly to others.
4. The gift of the physical body. Acting properly yourself, and treating others with respect.
5. The gift of heart, touching others with a heart full of love.
6. The gift of a resting place, offering others a place to sit and rest.
7. The gift of shelter and lodging, providing others with a room or warm place to stay.



Monshu Koshin Ohtani



One of the few things I know about writing is this: Spend it all, shoot it, play it, lose it, all, right away, every time. Don't hoard what seems good for a later place in the book, or for another book; give it, give it all, give it now. The very impulse to save something good for a better place later is the signal to spend it now. Something more will arise

for later, something better. These things fill from behind, from beneath, like well water. Similarly, the impulse to keep to yourself what you have learned is not only shameful; it is destructive. Anything you do not give freely and abundantly becomes lost to you. You open your safe and find ashes. *Annie Dillard*

Join us in exploring Generosity

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