

*When we train in **Meditation** and the **Precepts**, we allow the Return-flowing to the Eternal to take place within our lives.*

*Anger and cruelty cause outflowing;
Sympathy and **Kindness** aid the
Return-flowing.*

*Meanness causes outflowing;
Generosity aids the Return-flowing.*

*Greed causes outflowing;
Gratitude aids the Return-flowing.*

*Willful impulsiveness causes
outflowing; **Willingness** and
Patience aid the Return-flowing.*

*Pride causes outflowing;
Humility aids the Return-flowing.*

*Above all, the **Surrender to our
Greater Self** in pure meditation aids the
Return-flowing.*