

HAPPY BIRTHDAY

FIRST BIRTH

Welcomed at birth
by my karma
I forgot who I was

Welcomed at birth
by concepts I never
forgot my conditioning

Welcomed at birth
by my parents I never
forgot my alienation

SECOND BIRTH

Welcomed at birth
by the Buddha I never
forgot my refuge

welcomed at birth
by the Dharma I never
forgot the transmission

welcomed at birth
by the Sangha I never
forgot my place

THIRD BIRTH

Welcomed at birth
by my Guru I never
forgot my new family

Welcomed at birth
by my Yidam I never
forgot my samaya

Welcomed at birth
by Dakinis I never
forgot how to dance

FOURTH BIRTH

Welcomed at birth
by my own nature I never
forgot my roots