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The Gatha form can become a very
meaningful way for you to reconnect in
any situation. We spend our lives

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individuating, separating-making me, you, separate and distinct.

Gathas — NewBuddhist

In Buddhism, gatha is sometimes used to refer to a verse from the sutras (scripture). However, here we refer to gathas as mini poems of mindfulness; ones you can say to yourself as you are

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for Your Daily Life, Berkeley, CA: Ulysses
Press, 2006. How It Happens: The
Extraordinary Processes of Everyday
Things, New York: Random House, 2005.
4,000 Questions for Getting to Know
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Random House, 2004. Instant Karma,
New York: Workman, 2003

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201 Little Buddhist Reminders is a great little book. Buddhism is a fairly unique religion. There are not as many “requirements” in ritual nor are there

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commandments for everyday life. And yet when practiced fully, Buddhism permeates every facet of life. Yes. EVERY part of life should be done mindfully, in line with the dharma to lead to perfect happiness.

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