

## *The Small Ruby*

*The small ruby everyone wants has fallen out on  
the road.*

*Some think it is east of us, others west of us.*

*Some say, “among primitive earth rocks,” others,  
“in the deep waters.”*

*Kabir’s instinct told him it was inside, and what it  
was worth,*

*And he wrapped it up carefully in his heart cloth.*

*Kabir  
The Kabir Book*

## **Practice**

### **Entering into the Life of the Heart**

Now and again, over the next several days, give yourself the opportunity to pause and touch base with the “small ruby” inside of you. You might begin to pay attention, particularly during moments of sadness, separation, intimacy, or joy, to the texture of your “heart cloth” as reflected in the sensations of your chest. Without judgement, allow yourself the room to feel the experience of this inner gem. Be patient. This ruby may be protected or momentarily obscured; nevertheless, it is adamant, indestructible, always available.

Remember that we are learning to pay attention without self-judgement or discursive analysis. You might say that we are “rolling out the red carpet,” welcoming – beyond liking or disliking – whatever enters the field of the heart. Offering ourselves such close and caring attention is itself liberating.”

Saki Santorelli  
*Heal Thy Self: Lessons on Mindfulness in Medicine*  
2000, p 44.