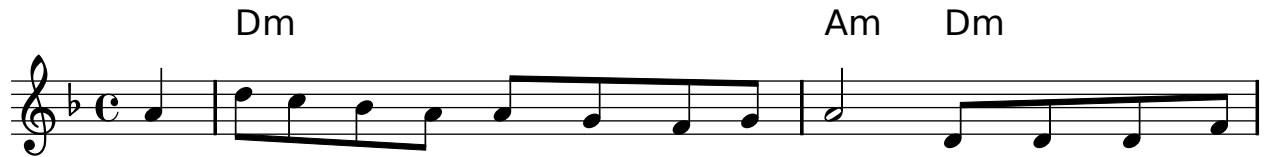
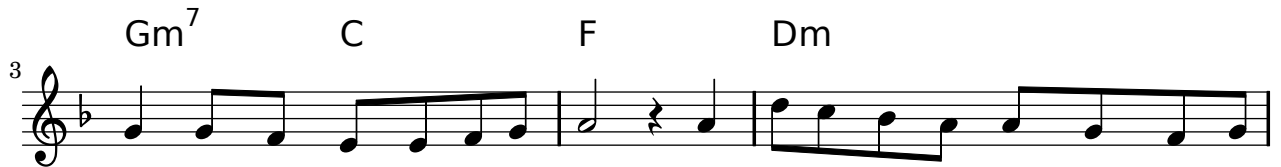


# You Suffer Only When Your Heart Is Small

Mantra from Plum Village



**English:** You suf-fer on - ly when your heart is small, when your heart is  
**Deutsch:** Ein eng-es Herz be - rei - tet dir viel Leid, mach dein Herz ganz



big you don't suf - fer a - ny more. You suffer on - ly when your heart is  
weit und vom Leid bist du be-freit. Ein enges Herz be - rei - tet dir viel



small, when your heart is big you don't suf - fer a - ny more.  
Leid, mach dein Herz ganz weit und vom Leid bist du be-freit.