

A MEDITATION ON THE UNITY OF LIFE

By Satish Kumar

Let us bring our both palms together.

And bow to sacred life, sacred soil, sacred Earth, sacred universe.

We see all Being in us, and ourselves in all beings.

We see whole universe in ourselves and ourselves in the whole universe.

Each one of us are a microcosm of macrocosm.

Cosmos is our country,

The planet Earth is our common home,

Nature is our nationality,

And love is our religion.

All living beings are sustained by the same breath of life.

Thus, we are all connected, we are all related, we are interbeings.

We all share a single origin.

Unity and diversity dance together.

All our thriving is mutual

When separation and divisions end, suffering ceases.

We go beyond right and wrong, beyond good and bad.

We bow to the unity of life. We bow to the diversity of forms.

We bow to the sacred, to life, to the Earth, to the universe.

Breath in. Breath out.

Smile, relax and let go.

Let go of all expectations, attachments and anxieties.

Let go of all worries, fears and anger.

Let go of ego.

Let us move from ego to eco.

Breath in. Breath out.

Smile. Relax. Let go.

We are at home. I am at home. I am at home. We are at home.