

Meditation on the Unity of Life

By Satish Kumar

I bow to the sacred life, sacred Earth, sacred universe,
sacred cosmos.

I bow to sacred soil, sacred air, sacred fire, sacred water,
sacred space.

All living beings are sustained by the same breath of life, flow of
water, warmth of fire, and solidity of soil.

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

We share a single origin.

Unity and diversity dance together.

All our thriving is mutual.

I celebrate mutuality, reciprocity, and relationship.

When separation and division end, suffering also ceases.

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

I breathe in and I breathe out.

I smile, I relax and I let go.

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

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