

Prayer to the Universe

This is my prayer to the Universe
Which gives and takes away

I breathe in life for this animal form
I breathe out life for green growing things

I breathe in life for myself
I breathe out life for others

Those who are suffering
Those who are oppressed
By violence
By greed
By apathy
By cycles of hatred begun long ago

In a moment I will take action
But first ...

This is my prayer to the universe
I breathe in
I breathe out