

## BLESSINGS FOR OUR WORLD

The earth has been groaning under the weight of resource exploitation, deforestation, degradation of air and water, and the heating of the planet with climate change. And, now, we humans have been faced with a “wake up call” with the global pandemic we are living with.

We have all had to become aware of the reality of our interconnectedness. It has become absolutely clear that we are not only responsible for our own health, but that our behavior will affect the health of others, and vice versa. How well we deal with the pandemic rests upon this recognition and the behavior it requires. But we have also come to see how our behavior affects the world around us. Satellites have captured the reductions in air pollution in and around major cities as they are locked down. People in the Punjab province in Northern India have seen the peaks of the Himalayas for the first time in decades. The water in the canals in Venice are clearing, and even dolphins are returning. In Los Angeles, the smog has cleared.

Today, I would like to pay homage to this interconnected world that is our home, and offer blessings for peace and healing. I am reading a poem attached. You can choose to read it with me or just listen, or you can repeat the two line refrain: *We live in all things/ All things live in us..*

Please sit comfortably, as tall as you can sit, your feet on the floor. Take a few deep breaths.

We live by the sun  
We feel by the moon  
We move by the stars

We live in all things  
All things live in us

We eat from the earth  
We drink from the rain  
We breathe of the air

We live in all things  
All things live in us

We call to each other  
We listen to each other  
Our hearts deepen with love and compassion

We live in all things  
All things live in us

We depend on the trees and animals  
We depend on the earth  
Our minds open with wisdom and insight

We live in all things  
All things live in us

We dedicate our practice to others  
We include all forms of life  
We celebrate the joy of living-dying

We live in all things  
All things live in us

We are full of life  
We are full of death  
We are grateful for all beings and companions

We live in all things  
All things live in us.

Sit quietly now and reflect on the marvelous interconnectedness with which we live in this world.

We end our quiet time speaking aloud this prayer for healing and peace for our world and all who are in it.

Dear Loving Spirit,

We pray blessings of healing and peace for this earth,  
and healing and peace for the sky and air.

We pray blessings of healing and peace on these waters,  
and healing and peace for the plants and the trees.

We pray blessings of healing and peace on the stars,  
and also on the sun and the moon.

We pray blessings of healing and peace on all beings, the two footed and  
four-footed, the winged and those that crawl, the swimmers and  
those that live in the ground.

Dear God, we ask your healing and peace everywhere and for everyone.

Amen