

One Breath

My tender heart trembles,
Reacting,
the mind spins
this way and that...
Looking for escape.
I cannot accept this.
Feeling powerless
Separate
Broken

I can't breathe....

This is the legacy of suffering

The wisdom, as always,
is about turning towards this pain.
A deep, deep wound.
Admit it's there
Feel the feelings in this heart
Listen
Open
Don't look away
Heal

Breathe...

This is compassion for oneself.

And then,
with the steadiness
that comes from unflinching,
Loving awareness,
Speak and act from the heart.
Let it be known
Protect and Serve
Don't look away
Ever

Live...

This is compassion for the world.

True solidarity.

A radical acceptance.

That sacred space between the out breath
and the in breath...

Death and Rebirth

No separation

Them

Us

One.

Love...

This is a prayer for all beings

~ Mark Arthur, Black buddhist author and meditator from the UK