



BE IN OUR POWER

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Together, let's be
the noble leadership,
the compassionate friend,
the wise mentor we are looking for.

Source the inner space,
the reservoir of true and deep courage, compassion and calm.
Tap this well-spring to be of service to humankind.

For our friends who are grieving, hold them in their loss.

For our friends who are hurt, acknowledge their pain.

For our friends who are angry, receive the message that needs to be heard.

For our friends who are scared, understand the danger they see and experience.

For our friends who've been dishonored and harmed for generations, validate their truth.

For our friends who feel divided, honor our difference and connect in our shared humanity.

For our friends who feel lost and confused, provide comfort and clarity.

For our friends who need hope and meaning, confidently imagine what is possible.

These friends may be may those around us, in our home, community and world.

These friends may reside within us, different parts of us with perspectives and stories.

They *all* need to be witnessed, acknowledged, heard and respected.

Keep their company with compassion, welcome them in the warmth of the heart.

Keep their company with calm, accept them in the peace of the heart.

Keep their company with courage, inspire hope with the vision of the heart.

As we envision our path through this time, we can choose

A path that honors the essential value of each human life,

A path that cherishes our shared humanity so every life is free to flourish.

As we are in our power,

Our precious world can repair, reconnect and rebirth.