

All My Relations Leilah Be/Narayan

May I walk in beauty,
May I walk in peace.
May I walk in beauty,
May I walk in peace.

All, all my relations.
All, all my relations.

All life is sacred,
The mountains and the seas.
All life is sacred,
The animals and the trees.

All, all my relations.
All, all my relations.

Heya, heya, heya, heya, heya, hey.
Heya, heya, heya, heya, heya, hey.

All, all my relations.
All, all my relations.

*Dance of Universal Peace composed by Leilah Be.
Sung by Narayan Eric Waldman and friends.*

Prayer Leader:

Subhana Cathy Graf

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What if...

Photo by Subhana Cathy Graf



Our prayer is characterized by silence ~

Be still and know that I am God!

In that silence we listen for a new word.

God is present in all our lives.

God cares for us, and
our life experiences are a source
of deepening knowledge of God and self.

Inspired by God's Word in the silence
we share from our hearts.

Renew · Refresh · Refocus

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To Ponder: Four quotes

“Our goal should be to live life in radical amazement, [to] get up in the morning and look at the world in a way that takes nothing for granted. Everything is phenomenal; everything is incredible; never treat life casually. To be spiritual is to be amazed.”

Rabbi Abraham Joshua Heschel

"What if our religion was each other. If our practice was our life. If prayer, our words. What if the temple was the Earth. If forests were our church. If holy water--the rivers, lakes, and ocean. What if meditation was our relationships. If the teacher was life. If wisdom was self-knowledge. If love was the center of our being." Ganga White

“The universe is composed of subjects to be communed with, not objects to be exploited. Everything has its own voice. Thunder and lightning and stars and planets, flowers, birds, animals, trees, ~~ all these have voices, and they constitute a community of existence that is profoundly related.” Thomas Berry

I live on Earth at present,
and I don't know what I am.
I know that I am not a category.
I am not a thing—a noun.
I seem to be a verb,
an evolutionary process—
an integral function of the universe. R. Buckminster Fuller

Reading: David Suzuki

The way we see the world shapes the way we treat it.

If a mountain is a deity,
not a pile of ore;
if a river is one of the veins of the land,
not potential irrigation water;
if a forest is a sacred grove,
not timber;
if other species are biological kin,
not resources;
or if the planet is our Mother,
not an opportunity--
then we will treat each other with greater respect.

Thus is the challenge,
to look at the world from a different perspective.

Sharing...

a word...

a phrase...

a reflection...