

# Regeneration: A Meditation

We know that life is sacred

We know that all life is connected

We can get in touch with all life just through coming back to our breathing

Feeling the air filling our bellies, raising our chests

Coming in through our nostrils and leaving them warmer

Feeling our whole body breathing, in and out

Marvelling at what it is to have a body

The marvel of our body

The marvel of our life

All ancestors in our DNA

Human, animal, microbial,

The minerals in all our cells

The journey these minerals have taken to become part of us

As our whole body breaths we feel the fullness of this breath

We connect to all our past breaths, that exist now in the atmosphere, in the lungs of others, in the breath of the trees

And we connect to our future breaths, seeing in them the sunlight and rain that will allow trees and plants to transform carbon dioxide into oxygen, and that oxygen will fuel our own cells, generating energy for us to move, to dance, to think, and to dream

We see our past and future breaths as swirling over mountaintops, blowing across the ocean and twirling through all the earth's treetops

This miracle of our lives is a dance with the whole of creation

With the whole of creation in our every breath, we know that we are enough, and we know that we are so loved

Through this love, life is sacred and life is interconnected

To know love is to know life

To know life is to know joy

And to know life is to know all that is

We can hold all that is

Joy and love are always there for us

And with that in our hearts, we can also welcome in the grief, the fear, the anger and the despair

We can welcome them in and hold them to us

We can hold life to us

Allow it to be witnessed

Allow it to become what it will be

Allow all things to be of the nature of change

And allow regeneration to unfold

