

# GLOBAL GRACE DAY

## November 9, 2018: Meditation by Sabine Lichtenfels

Where there was pain, let healing awaken.

Where there was anger, let the power for change emerge.

Where there was fear, let safety and trust grow.

Where there were enemies, let the awakening of mutual compassion begin.

Where there was oppression, let freedom reign.

Where nations were divided, let empathy for planet earth lead to shared responsibility.

We have come as a reminder:

If we want planet earth to survive, then all the walls of separation must fall, the walls between peoples, between Israel and Palestine, between Europe and Africa, between the so-called first and third world.

And likewise, with the walls that we have erected in our own psyches, the walls between the genders, and the walls between humans and all creatures.

We have come as a reminder of the original beauty and truth of life:

Every living being has a right to be free and to unfold,  
a right to love, and a right to genuine truth and trust.

Let us set examples for overcoming violence wherever we are.

Let us stand up for life and for love so that fear can vanish on earth.

Let us form a worldwide ring of power to protect all living beings.