

Peace Across the Planet  
Sedona Shiva Lingam Listening February 2009

*“Softly.  
Softly listen,  
as you breathe.*

*In between our mingled inhales  
and exhales,*

*the peace of all ages  
slips into our hearts,  
grows our bones,  
smoothes our nerves,  
celebrates our divinity!*

*Just allow it.*

*When you breathe consciously,  
clearly,  
lovingly,  
delightedly,  
the world answers in kindness.  
Life grows the ever expanding wonder of you.*

*Let us breathe  
as one smile,  
touching every other being  
freely.*

*We let go of judging  
or forcing anyone to take on our beliefs.*

*We are acceptance.  
Our breath renews the utter acceptance we truly are.*

*We simply share it  
and life answers with peace.*

*As you accept this  
it comes to all who are willing.”*