

This Body is Not Me by Thich Nhat Hanh

This body is not me; I am not limited by this body,

I am life without boundaries.

I have never been born and I have never died.

Look at the ocean and the sky filled with stars,
manifestations from my wondrous true mind.

Since before time, I have been free.

Birth and death are only doors through which we pass,
sacred thresholds on our journey.

Birth and death are a game of hide and seek.

So laugh with me; hold my hand,

Let us say good-bye; say good-bye, to meet again soon.

We meet today.

We will meet again tomorrow.

We will meet at the source every moment.

We meet each other in all forms of life.

~*~

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