

Light

golden light

fresh from the source.

Colours

creation's colours

calling our senses

Life

life in its oneness

life in its manifold oneness

all from you.

You are the Sun from whom the morning shines.

You are the River in whom each life-form flows

each face

each race

each cell within our ever-living soul.

This new day we greet You.

**Be still and aware**