

## **WE ARE ONE**

We are one  
We are inextricably joined  
To every other soul on the planet  
And beyond

If you harm me  
You harm yourself  
Your harsh words travel on the vibration of your voice, reaching far off  
lands

Your anger and hatred also create and spread contamination

Negative thoughts inject toxins into your system  
tainting your bloodstream, like poison ivy, clinging to your very being  
smothering and strangling you to your core

Strive to send the vibration of love and healing to those who harm or  
offend you, for that is what they unconsciously seek

Whatever the question, love has the answer

We are one