

We Are One

Joan Zen

©2007 All Rights Reserved

Compassion subtle vibration

An awareness of sensation replaces fear and aggression

But passion distracts concentration

Consciousness on vacation diversion from observation

A centered moment full of atonement of recognized impermanence

Experiencing changes everything understanding life in its entirety

All beings innately free for we are one

Detachment relinquishing resentment

Releasing attachment for enlightenment attainment

Yet narcissism only relates with criticism

Such egotism is just a mechanism for separatism

Practicing wisdom a simple system seeing with a clearer vision

Experiencing humble equanimity generating love in its purity

No past believed no future to see for we are one

To empathize to realize reality as it is

Impersonal changing phenomena

Each is certain to experience similarly

No matter what you believe we can agree

That we are one