

# Let us BE the PEACE we PRAY for.

Winifred Morice, March, 2022

It is easy to feel hopeless, that there's nothing we can do  
Our fragile earth is reeling and all has gone askew.  
Darkness has invaded with destruction on its mind  
Bombs and devastation reigning down on human kind.

It is easy to feel desperate, watching news of bitter war  
Chaos of such magnitude, searing to our core.  
Has history taught us nothing? Must we take this course again?  
This cycle of pure madness, fueled by greed, beyond our ken.

But wait! Let's breathe, regroup our thoughts, recharge our optimism.  
Our purpose is to hold the thoughts that bring to life, our vision.  
When things are at their seeming worst, take note of all the good  
That suddenly emerges and appears just where it should.

Mothers with their children, displaced in foreign climes  
Scooped up by caring strangers, overriding wartime crimes.  
Compassion in its truest form, is already overflowing.  
And kindness, taking solid root, contagiously keeps growing.

And so we watch from far away, these deeds of love unfolding  
The finest of humanity displayed for our beholding.  
Reminding us we are all one. We're each to all connected  
When some of us are hurting, We ALL are thus affected.

So how can we contribute to make this war rescind?  
We want more than the answer that is "Blowing in the Wind".  
Let's harness what we know within. The power that is our life force  
Our energy from mother earth that gives us constant recourse.

We who KNOW, who understand, how energy can travel  
Further than the brightest star and faster than a missile,  
Let's send it where it needs to be, so, lighter than a feather  
Burdens can be lifted up and families brought together.

Let every thought be that of love, for Russian soldiers too  
That they may find their truth within, and further war eschew.

Let's hold the truth that miracles can happen every day  
When like-minds flood the universe, with love in full array.

Let's harness up our energy and see this war deflected  
The more we spread our gratitude, new calm will be detected.  
Let our emanating light force keep on glowing through the dark  
Let us BE the peace we pray for, let us BE the love we spark.