

THICH NHAT HANH

As we are together, praying for peace, let us be truly  
with each other.  
Let us pay attention to our breathing.  
Let us be relaxed in our bodies and our minds.  
Let us be at peace with our bodies and our minds.  
Let us return to ourselves and become wholly ourselves.  
Let us maintain a half-smile on our faces.  
Let us be aware of the source of being common to us all  
and to all living things.  
Evoking the presence of the Great Compassion, let us fill  
our hearts with our own compassion—towards ourselves  
and towards all living beings.  
Let us pray that all living beings realize that they are of  
brothers and sisters, nourished from the same source of  
life.  
Let us pray that we ourselves cease to be the cause of  
suffering to each other.  
Let us plead with ourselves to live in a way which will not  
deprive other beings of air, water, food, shelter, or the  
chance to live.  
With humility, with awareness of the existence of life,  
and of the sufferings that are going on around us, let us  
pray for the establishment of peace in our hearts and on  
earth. Amen.

**AUTUMN EQUINOX:  
NEKO ASHI YUKIMI**

**PEACE**  
lantern

Portland Japanese Garden  
Portland Oregon

reproduced on an  
acid-free recycled paper  
from an  
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**SUE ALLEN • STUDIO INK**  
PO Box 8  
Brightwood Oregon  
97011 USA  
[www.sueallenstudio.com](http://www.sueallenstudio.com)

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