

One Heart Grace

By Norman Fischer

As we make ready to eat this food
we remember with gratitude
the many people, tools, animals and plants,
air and water, sky and earth,
turned in the wheel of living and dying,
whose joyful exertion
provide our sustenance this day.

May we with the blessing of this food
join our hearts
to the one heart of the world
in awareness and love,
and may we together with everyone
realize the path of awakening,
and never stop making effort
for the benefit of others.