



CARIBOU AZORES

Inner Alignment

One with YOU,
the primal source of all life,
I serve mankind,
the earth and the cosmos.

With a loving heart,
I stand for
justice and peace within me,
in my relationships, and in the world,
honouring every dimension of creation.

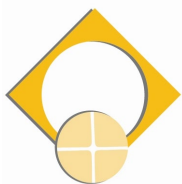
For the sake of suffering beings
in poverty, violence, and pain,
I embody compassion
and place my trust in the divine wisdom within me.

Mindfully, I live
mutual complementarity and partnership
among people of all genders,
religions, and cultures,
and between technology and nature.

I am ready,
mindful of my responsibility to future generations,
to walk the path of awakening,
to embrace the joy and the challenge of growth,
and to become truly loving.

Divine Source,
let me experience
that Your I AM
is also my I AM.

Source: [via integralis](#) – Alignment of forces; Version February 2022



via integralis is the name of a school of contemplation where 'Zen and Christian mysticism meet'. It draws on the testimonies of Christian mystics while also practising Zazen from Zen Buddhism as a contemplative exercise. This spiritual path was developed by Zen master Pia Gyger († 2014) and Zen master Niklaus Brantschen. Ultimately, the practice aims at awakening to unity with God and living a life of love for all creatures.

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