

Psalm 46

We seek refuge and strength  
A very present help in troubled times.  
Our security can rest in the Eternal Presence even when what feels most solid undergoes  
change and transformation

Though the mountains shake deep in the heart of the sea,  
Though the waters of the earth roar and foam,  
And the mountain tremble with its tumult.

There is a river whose cool shadowy streams are bringing Infinite Intelligence, Peace and Joy  
everywhere people live;  
To every corner of the Earth shared by the Valley Spirit and its creatures who thirst for  
contentment.

Spirit lies deep in the midst of every community;  
No one can be moved from the embrace of Tao;  
Each morning's dawn brings the Light, which shines through all of time.

The nations are in a uproar, governments totter,  
We long to hear a strong voice, as it seems the Earth herself is threatened.  
The Spirit is with and within us;  
Hidden deep but ever present, as close and effortless as our next breath.

Come, behold the works of the Mystery of Mysteries,  
See what dynamics are embedded into the very Essence of Nature;  
Wonder, awe, and gratitude replace the need for bow, spear, and shield when we find our place  
in the Web.

"Be still and know that I am!  
I am the same I am among all the nations,  
I am the same I am over all the earth."  
Power from without is with us;  
Power from within is our refuge.

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