“I” Am The “I”

“I” come forth from the void into light,

“I” am the breath that nurtures life,

“I” am that emptiness, that hollowness beyond all consciousness,

The “I”, the Id, the All.

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“I” draw my bow of rainbows across the waters,

The continuum of minds with matters.

“I” am the incoming and outgoing of breath,

The invisible, untouchable breeze,

The undefinable atom of creation.

“I” am the “I”.

The Hoponopono prayer:

* **I love you.**
* **I'm sorry.**
* **Please forgive me.**
* **Thank you.**