

# The Flame of Peace

I breathe in light,  
I let light infuse every cell of my body,  
A seed of peace is born,  
I plant the seed of peace into  
The fertile soil of my consciousness,  
A flame of peace is intensely lit,  
I send the flame of peace to  
Every Israeli's heart to  
Every Palestinian's heart to  
Every Ukrainian's heart and to  
Every Russian's heart  
Praying that peace and harmony  
Would refill again the empty reservoir of peace

Humanity!  
Oh humanity,  
Despite your differences,  
Let you be attuned to peace  
By the flame of peace,  
Let all animals immerse in  
The river of peace,  
Let the fish swim in  
The ocean of peace,  
Let the plants and the trees be  
Nourished by streams of peace,  
Let the entire globe be engulfed in  
The flame of peace.  
Let peace and harmony flow like a river of light,

Oh heart,  
I cry for peace,  
Let the tears cleanse and purify  
The soul of humanity,  
Let it be real,  
Let it be, let it be, let it be.

Ibrahim Ibn Salma  
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