

### **One Heart Grace**

*As we make ready to eat this  
food,  
We remember with  
gratitude  
The people, animals, plants,  
insects,  
Creatures of the sky and sea  
Air and water, sky and earth  
All turning in the wheel of  
living and dying  
Whose joyful exertion  
Not separate from ours  
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.*

**Norman Fischer**  
Zoketsa

### ***Embracing Formal Practice***

#### **Tasting Mindfulness**

Have you ever had the experience of stopping so completely,  
of being in your body so completely,  
of being in your life so completely,  
that what you knew and what you didn't know,  
that what had been and what was yet to come,  
and the way things are right now  
no longer held even the slightest hint of anxiety or discord?  
It would be a moment of complete presence, beyond striving,  
beyond mere acceptance,  
beyond the desire to escape or fix anything or plunge ahead,  
a moment of pure being, no longer in time,  
a moment of pure seeing, pure feeling,  
a moment in which life simply is,  
and that "isness" grabs you by all your senses,  
all your memories, by your very genes,  
by your loves, and  
welcomes you home.