

What struck me the most was:

A deep gratitude for the freedom the united States has had.

A prayer of gratitude for the many men and women that gave theirs lives in WW!! that turned the tides so that many humans could carry on and live more peacefully.

The acknowledgement that even when these people, both mena and women, fought in war. Those that lived vowed never to war again and learned that war does not bring peace, it only perpetuates war.

But when a human commits to living in a manner peacefully coexisting, amongst those that do not act or believe or look the same, they become the blueprint for harmony. Thus Many will follow.

Aho

-Trudy Welty

I have had a very profound experience leading up to, including, and following my participation in the UN Harmony Prayer Meeting. I had not heard of Harmony Week before, and am very grateful to have been introduced to this. I participated in another zoom gathering related to this as well. I will be sharing more in our next private session.

In summary, though, the timing of this was superlative. That morning, the morning before, as well as a few mornings since, when I have been waking up and am half awake/half asleep, I have been deeply inspired on a spiritual/essence/emotional level. I have had thoughts, prayers, and inspirations which I have absolutely needed to write down. Hence the prayer I shared on that day. The confluence of this event with my preparations towards retiring from hospice in 3 days has led to what I can only call a spiritual re-awakening. I feel like a caged bird who has been set free! Butterfly as an alliance has become even more important leading up to my retirement. Our prayer time together was definitely a catalyst. It was most wonderful and very supportive to hear all our thoughts and prayers that day. It is such an honor, and deeply moving, to have you, as well as everyone in our community, join me on my spiritual journey. What more can I say? Steve Kramer

Below is a prayer based on what I shared that morning, which I ask to be submitted to the UN. Feel free to use my first and last name: Steve Kramer. Thank you so very much for the opportunity to share a prayer at this time. This feels very empowering and supportive.

There was a song created in 1955 by Jill Jackson and Sy Miller, which begins:
"Let there be peace on earth, and let it begin with me."

This needs to be the starting point of any prayer I have for unity and harmony.

As a child of the Divine, I pray as I evolve, my root emotion of fear is brought into balance. I pray I have compassion starting with myself as well as compassion for all

beings: for every rock and mineral; for all those who live in rivers, lakes, and the oceans; for all those with wings; for all those little ones with 6 or 8 or more legs who bring balance to our world; for all those who creep, hop, or slither on this earth; for all those tiny ones whom we cannot see with our own eyes; for all those with four legs and fur; for all the green ones, from the very tall to the very small, who support life on earth in such a profound way; and for all my two legged sisters and brothers who are still finding their way.

I pray we support the circle of life and restore balance to our world. I pray, as a minister in service to the Divine, I grow and evolve with an attitude of respect, love, joy, altruism, and deep gratitude towards all beings, cultures, all of Pachamama's children, and towards those beings beyond this beautiful great blue pearl we call Mother Earth. I pray for peaceful coexistence within myself, amongst all my parts. I pray, most of all, for peaceful coexistence, compassion, and harmony amongst all beings.

We are all related.

Let us be as one!

Steve Kramer