

## **YOU ARE THE ONE**

*The new messenger is not some one special person to be born some day  
whom we should pin our hopes upon – don't wait for the one to come -  
for the one is here already - in **the many who are the one** . . . . .*

You are the messenger –

all you seek is within.

Each one of us has the power

and wisdom to live.

Inside us are all the answers,

the truth of who we are –

and all of our experiences

teach us more about ourselves

and we grow in each moment

more towards our centers

until like a candle flame

we are pure and absolute

and we flow with life, for we *are* life

and we love the world

for we *are* the world, and we *are* love

and we are everything and everyone

and everything we do affects the whole

for our example and our belief

affects everyone we meet

as well as the collective consciousness

by which we are all connected

from our centers to each other and the universe –

and we are no more and no less than the next

for we are all one small part of the greatness.

And the flame grows as we feed it with life

for life begets new life and we evolve.

We need to move beyond

the destructive old limited foundations

of our political and economic systems

and our social and religious divisions

and bring them new roots to grow with

so that they can become magnificent trees

with wonderful all-inclusive unlimited canopies

like the Tree of Life, embracing all people, beliefs and things,  
swaying in the wind with understanding and giving  
instead of being stubbornly rigid and breaking.

All ways lead to the same God

which is the same as Life and Love.

All should be free to live as they see fit,

not be terrified by dogma and false prophets.

All things vibrate with the energy of life –

let us learn to move together more harmoniously,

tuning in to the cosmic dance that sings

in our cells to entice us to listen more closely.

Let us look within our hearts and accept

our greatness as messengers and yet be humble.

Let us spread the consciousness of evolution

to all systems before they crumble.

Everything is energy moving –

you are part of it all, spinning,

swirling, mixing; atoms of life

unlimited in its way of being

The human race yearns to renew itself –

Will you dare to call in the highest vision

Among your brethren, spread peace, joy, freedom?

Will you live your grandest truth, inspire, and awaken?

Yes, you are the messenger –

all you seek is within.

Each one of us has the power

and wisdom to truly live.

*We co-ordinate global meditation links via our “Back to The Garden” facebook group & website. The Facebook page is an open group so do come and join us. We also provide resources, information, links, and other things to help us achieve our aims of creating the world we want.*