

# HUSET NAMASTÉ



## Taoist Prayer

All we need is the morning.  
As long as there is sunrise, then there is the possibility  
that we can face all of our misfortunes,  
celebrate all our blessings,  
and live all our endeavours as human beings.

Spirituality is something that has become  
necessary in these troubled times.  
Yet it is inherently superfluous.  
We need it to remind ourselves, to bolster ourselves,  
to integrate ourselves, to fulfill ourselves.

If we could simply acknowledge the mystery of night  
and the glory of morning,  
we would need neither civilization nor spirituality.  
At its simplest, life begins with dawn.  
That is blessing enough.

All else becomes fullness immeasurable.  
At dawn, kneel down and give thanks for this wonderful event.  
We may think mornings are so common they are unworthy of veneration,  
but do you realize most places in the cosmos do not have mornings?  
This daily event is our supreme goodness.

Greet the dawn.

That is your miracle to witness.  
That is the ultimate beauty.  
That is sacredness.  
That is your gift from heaven.  
That is your omen of prophesy.  
That is knowledge that life is not futile.  
That is enlightenment.  
That is your meaning in life.  
That is your directive.  
That is your comfort.  
That is the solemnity of duty.  
That is inspiration for compassion.  
That is the light of the ultimate.

*-Deng Ming-Dao*