I open my heart... I open my life...
This moment and this day
To express more deeply, to live more radiantly
The Beautiful Aliveness
Yearning to be born within me
As courage and kindness...
As gratitude and forgiveness...

I open my heart... I open my life...
This moment and this day
To recognize and celebrate
The Beautiful Aliveness
Unfolding in you and with you
and through you
As you follow your calling
As you bring forth your Light
I open my heart... I open my life...
This moment and this day
To nurture more deeply
The Beautiful Aliveness
Unfolding between us as friendship
Unfolding between us as deep listening
Unfolding between us as shared joys and shared sorrows

I open my heart... I open my life...
This moment and this day
To receive and express more deeply
The Beautiful Aliveness, revealed
In all the sea and sky and stars,
The Beautiful Aliveness, expressed
In all creatures great and small,
The Beautiful Aliveness, yearning
To be born as Love, in all people, everywhere

I open my heart... I open my life...
This moment and this day
To nurture more courageously and creatively
The Beautiful Aliveness
Yearning to be born
Struggling to be born
Crying out to be born
In all the world around us
As justice and mercy and reverence for life

I open my heart... I open my life...
This moment and this day
To express more deeply
The Beautiful Aliveness
Yearning to be born within me
As courage and kindness...
As gratitude and forgiveness...