

Intimate Conversation with Father Sun

With great respect I bow down before you Father, the magnificent star, Sol, the father of all species, including our human species, the source of warmth and light that makes all life on earth possible.

I bow down before you in the clear awareness that you are part of me and that I am a part of you, my father. Along with Mother Earth you are an essential condition for my life as essential as the heart that beats in my body.

You have the quality of immense magnanimity, at every moment consuming yourself so that life is possible, giving part of yourself to the cosmos in the form of the energy of light and heat.

Your great generosity, your limitless light and life are what make you a great Buddha.

We see you as the primordial Buddha because you have been in the universe for so many billions of years. We see you as the Buddha of Limitless Life because you will be in your present form for 10 billion years to come and even after that your energy of light and life will never be lost. We see you as the Buddha of limitless light because your light is the source of all light. We call you the Bodhisattva of the nectar of immortality, because each photon is a drop of energy making photosynthesis possible and all living things on earth. A sense of awe fills our heart when we see every morning how you rise and every evening how you set in a wonderful, always new array of colours that no painter could ever paint.

Your light is very fierce and strong and since causes and conditions are just right we receive the amount we need to keep our planet earth fresh and beautiful, not a frozen mass or a torrid desert. We want to behave responsibly as human beings in caring for the environment to help keep this fine balance that makes life possible.

Father, we make a vow in our heart as we touch the earth that we shall do our best as homo sapiens, to reduce our fear and greed so that we shall for a long time be able to look up and see your presence reflected in the planets and stars in the sky and enjoy practice walking meditation ourselves on our beautiful planet earth

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Whenever we are small-minded and lose ourselves in self-pity or selfishness, we shall return to ourselves, touch the earth and practice recollection of your magnanimity. Whenever we are afraid of decay and death we shall touch the earth recollecting your limitless lifespan and light. Then we shall recover our peace of mind and balance and be a true continuation of the Kinsman of the Sun [A title of Buddha Shakyamuni], the Buddha Sakyamuni..

Touching the Earth

With one-pointed mind we touch the earth before the Buddha of Infinite Light and Infinite Life, who makes life possible on the planet earth.