

That Mind

Frank L. Henninger

The Mind that thought of the universe
Caused the big bang
Put the galaxies in their places
Gave the stars their fire
And the planets their orbits
That Mind is my mind

The Mind that dreamed of the oceans
Placed whales and fish and lobsters there
Invented gravity and the tides
Stirred in the salt and minerals
And added seaweed and foam
That Mind is my mind

The Mind that imagined our Sun
First spun the Earth and the Moon
Separated the seas with dry land
By making continents and islands
And pushed the mountains up into the air
That Mind is my mind

The Mind that meditated about animals and plants
Elephants, tigers, ants, ravens and wolves
Cacti, redwoods, orchids, mushrooms and bamboo
Gave each its life and place on Earth
And made an abundance of everything for all
That Mind is my mind

The Mind that by contemplating Itself
Formed Humankind from that thought
Men and women of many colors and sizes
And gave us all Its creative power
By the working of our thoughts
That Mind is my mind

That Mind is all there is
Its thoughts are power
Its dreams are joy
Its imagination is light
Its meditation is peace
Its contemplation is wisdom
That Mind is my mind

And when I realize that
There is no That Mind and My Mind
But just one Mind
That Mind is my mind

Frank Henninger is a member of the Center for Spiritual Living in Paoli, PA, where he is a practitioner in training. His book, Compass Points: Finding a Mid-Life Bearing on Mount Rainier, is available at amazon.com and Xlibris.com.