

For Our World

We need to stop.
Just stop.
Stop for a moment...
Before anybody
Says or does anything
That may hurt anyone else.
We need to be silent.
Just silent.
Silent for a moment...
Before we forever lose
The blessing of songs
That grow in our hearts.
We need to notice.
Just notice.
Notice for a moment...
Before the future slips away
Into ashes and dust of humility.
Stop, be silent, and notice...
In so many ways, we are the same.
Our differences are unique treasures.
We have, we are, a mosaic of gifts
To nurture, to offer, to accept.
We need to be.
Just be.
Be for a moment...
Kind and gentle, innocent and trusting,
Like children and lambs,
Never judging or vengeful
Like the judging and vengeful.
And now, let us pray,
Differently, yet together,
Before there is no earth, no life,
No chance for peace.

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September 11, 2001
Hope Through Heartsongs
Hyperion, 2002
Just Peace: A Message of Hope
Andrews McMeel, 2006

English Original www.MattieOnline.com

Saadi Dunya Waastay

Saanu Rukna ey.
Bas rukna ey.
Ik lamhey waastey...
Es touN pehlaaN koi
Kuch karay, kaway
Jes touN kisay nu takleef howay.
Saanu chup karna ey.
Ik chup.
Ik lamhey wastey...
Es touN pehlaN asi kho deiaay
GeetaaN di rehmat
Jerri saday dilaaN wich ey.
Saanu wekhna paway ga.
Bas wekhna.
Wekhna uss lamhey nu...
Kal dey dhalan taaN pehlaaN
Rakh tey insaaniyat di matti wich.
Ruk, chup kar taan wekh...
Assi Ikko aaN.
Saday farq anokhay khazaaney aaN.
Sadey ney, assi aan, khazanay
SeeNchan, deyn tey leyn wastey
Hona paway ga.
Bas hona.
Narm dil, shaista, masoom tey bharosa mand,
Bacheyaan waqan,
Na lor burayee na badlay di,
Kaday na lor burayee ya badlay di.
Tey hun kariay duaa,
Alag magar saath,
Ess tou pehlaaN kuch na howay,
Na jaan, na jahaan, na moqa aman daa.

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(NOTE: Capital 'N' denotes a soft 'n' sound. Used to facilitate pronunciation while reading.)

Punjabi Translation (Dialect: Lahore, Pakistan)
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