

Who Am I?

I — who am I?
I am no one
I can be anyone

I am Kuntuzangpo, who cannot be seen by looking
I am the melody that cannot be heard by listening
I am the truth that cannot be learned by grasping
I am the energy that cannot be stopped by blocking

Do you know me?
I am no one

I am the space between thoughts
I am the joy between painful moments
I am the confidence between fears
I am the peace between wars

Do you know me?
I can be anyone

I am the light that sees the darkness
I am the ear of compassion that hears suffering
I am the warmth of the heart that generates joy
I am the power of mind that benefits others

Do you know me?
I am no one

I am the source of everything
I am the expanse of the boundless sky
I am the radiant light that is everywhere
I am the wind that grants life force
I am the fire that enlivens the body

Do you know me?
I can be anyone

I am the refuge that abides within you

I am the value that spontaneously manifests
I am the energy that arises naturally and ceaselessly
I am the activity that compassionately benefits others

Do you know me?
I am no one

I am the mother who loves
I am the friend who can be trusted
I am the power that protects from enemies

Do you know me?
I can be anyone

I am home for you who are homeless
I am a friend for you who are lonely
I am power for you who are weak
I am wealth for you who are poor

I am the mirror where you see yourself.

Do you know me?

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Ababa (Tenzin Wangyal) Sept 24, 2019

(translated by Tenzin Wangyal and Steven Goodman, 29 September, 2019, Cafe Leila,
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