



Rest in Peace

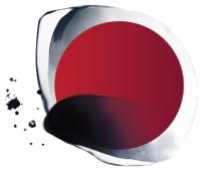


So May it Be, And so it is.

REST IN PEACE
(Thich Nhat Hanh, 2001)

“I am a World Trade Center tower, standing tall in the
clear blue sky, feeling a violent blow in my side, and
I am a towering inferno of pain and suffering
imploding upon myself and collapsing to the
ground.
May I rest in peace.

I am a terrified passenger on a hijacked airplane



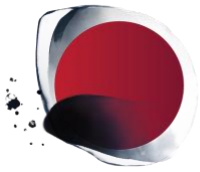
not knowing where we are going or that I am riding
on fuel tanks that will be instruments of death, and
I am a worker arriving at my office not knowing
that in just a moment my future will be obliterated.
May I rest in peace.

I am a pigeon in the plaza between the two towers
eating crumbs from someone's breakfast when fire
rains down on me from the skies, and I am a bed of
flowers admired daily by thousands of tourists now
buried under five stories of rubble.
May I rest in peace.

I am a firefighter sent into dark corridors of smoke
and debris on a mission of mercy only to have it
collapse around me, and I am a rescue worker
risking my life to save lives who is very aware that I
may not make it out alive.
May I rest in peace.

I am a survivor who has fled down the stairs and out
of the building to safety who knows that nothing will
ever be the same in my soul again, and I am a doctor
in a hospital treating patients burned from head to toe
who knows that these horrible images will remain in
my mind forever.
May I know peace.

I am a tourist in Times Square looking up at the giant
TV screens thinking
I'm seeing a disaster movie as I watch the Twin
Towers crash to the ground, and I am a New York
woman sending e-mails to friends and
family letting them know that I am safe.



May I know peace.

I am a piece of paper that was on someone's desk
this morning and now I'm debris scattered by the
wind across lower Manhattan, and I am a stone in
the graveyard at Trinity Church covered with soot
from the buildings that once stood proudly above
me, death meeting death.

May I rest in peace.

I am a dog sniffing in the rubble for signs of life,
doing my best to be of service, and I am a blood
donor waiting in line to make a simple but very
needed contribution for the victims.

May I know peace.

I am a resident in an apartment in downtown New
York who has been forced to evacuate my home, and
I am a resident in an apartment uptown who has
walked 100 blocks home in a stream of other
refugees.

May I know peace.

I am a family member who has just learned that
someone I love has died, and I am a pastor who
must comfort someone who has suffered a
heartbreaking loss.

May I know peace.

I am a loyal American who feels violated and vows to
stand behind any military action it takes to wipe
terrorists off the face of the earth, and I am a loyal
American who feels violated and worries that people
who look and sound like me are all going to be



blamed for this tragedy.
May I know peace.

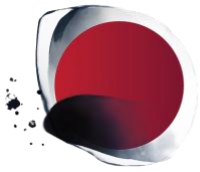
I am a frightened city dweller who wonders whether
I'll ever feel safe in a skyscraper again, and I am a
pilot who wonders whether there will ever be a way
to make the skies truly safe.
May I know peace.

I am the owner of a small store with five employees
that has been put out of business by this tragedy,
and I am an executive in a multinational corporation
who is concerned about the cost of doing business
in a terrorized world.
May I know peace.

I am a visitor to New York City who purchases
postcards of the World Trade Center Twin Towers
that are no more, and I am a television reporter trying
to put into words the terrible things I have seen.
May I know peace.

I am a boy in New Jersey waiting for a father who will
never come home, and I am a boy in a faraway
country rejoicing in the streets of my village because
someone has hurt the hated Americans.
May I know peace.

I am a general talking into the microphones about
how we must stop the terrorist cowards who have
perpetrated this heinous crime, and I am an
intelligence officer trying to discern how such a thing
could have happened on American soil, and I am a
city official trying to find ways to alleviate the suffering



of my people.
May I know peace.

I am a terrorist whose hatred for America knows no
limit and I am willing to
die to prove it, and I am a terrorist sympathizer
standing with all the enemies of American
capitalism and imperialism, and I am a master
strategist for a terrorist group who planned this
abomination.

My heart is not yet capable of openness, tolerance,
and loving.
May I know peace.

I am a citizen of the world glued to my television set,
fighting back my rage and despair at these horrible
events, and I am a person of faith struggling to
forgive the unforgivable, praying for the consolation
of those who have lost loved ones, calling upon
the merciful beneficence of
God/Yahweh/Allah/Spirit/Higher Power.
May I know peace.

So May it Be, And so it is.”

Image courtesy of: [Sunguk Kim @sunyu](#)

The Tim Dukes Method provides an opportunity for self-reflective individuals to cultivate the capacity to receive into consciousness hidden aspects of the self, claiming your unique gifts – ensuring that today’s brilliance successfully transitions into tomorrow’s wisdom. The Tim Dukes Method is designed and implemented by Dr. Timothy Dukes for determined creatives to ensure long-term viability — as a continuing investment in the well-being of yourself, family, organizations, culture, society, and the Earth itself.