

There is a dimension, a presence, that we can call sacred. It is not separate from your own presence. Everything is an expression of life...

There is a sense of the sacred presence within and without of which you are an inseparable part, and yet a presence which is vast.

It shines through the life forms, but also found in the formless stillness. The acknowledgment of that, one could call gratitude. And gratitude is really in a deeper or wider sense: acknowledging the sacredness of the present moment. Not grateful to something or someone, it is a state of consciousness: appreciation of the beauty and sacredness of life. *Eckhart Tolle Omega 2012*