



A Daily Affirmation

February 1, 2001

I am grateful today to be alive. Let me live each moment of this day attentively, consciously and intentionally, with an open mind and an open heart.

This day let my hopes for healing of mind, body and spirit become visible in my life.

I am grateful for my body, for each breath I draw, for the blood in my veins, for the cells of which I am composed. May I treasure this body with every act of eating, breathing, sleeping, feeling, lovemaking, exercising, and with every pill I ingest.

I am grateful for the people I know and have known, friends and lovers living and dead, those I love and see, and those I love and no longer see; for love that is stronger than death and for love that never ends.

Each day help me to connect with the diversity of human creation, young and old, positive and negative, every race, gender and orientation. Keep me passionate and engaged in creating a world of justice, free from prejudice and poverty, where everyone is valued, loved and free.

May my awareness of mortality inspire me to live abundantly, here and now.

May I live in expectation of a cure for HIV in my lifetime.

Let my life be a prayer, my dreams a reality.

—Rev. Jim Mitulski

