

## *That Mind*

*Frank L. Henninger*

The Mind that thought of the universe  
Caused the big bang  
Put the galaxies in their places  
Gave the stars their fire  
And the planets their orbits  
That Mind is my mind

The Mind that dreamed of the oceans  
Placed whales and fish and lobsters there  
Invented gravity and the tides  
Stirred in the salt and minerals  
And added seaweed and foam  
That Mind is my mind

The Mind that imagined our Sun  
First spun the Earth and the Moon  
Separated the seas with dry land  
By making continents and islands  
And pushed the mountains up into the air  
That Mind is my mind

The Mind that meditated about animals and plants  
Elephants, tigers, ants, ravens and wolves  
Cacti, redwoods, orchids, mushrooms and bamboo  
Gave each its life and place on Earth  
And made an abundance of everything for all  
That Mind is my mind

The Mind that by contemplating Itself  
Formed Humankind from that thought  
Men and women of many colors and sizes  
And gave us all Its creative power  
By the working of our thoughts  
That Mind is my mind

That Mind is all there is  
Its thoughts are power  
Its dreams are joy  
Its imagination is light  
Its meditation is peace  
Its contemplation is wisdom  
That Mind is my mind

And when I realize that  
There is no That Mind and My Mind  
But just one Mind  
That Mind is my mind

*Frank Henninger is a member of the Center for Spiritual Living in Paoli, PA, where he is a practitioner in training. His book, Compass Points: Finding a Mid-Life Bearing on Mount Rainier, is available at [amazon.com](http://amazon.com) and [Xlibris.com](http://Xlibris.com).*