

## **For Our World**

**We need to stop.**

**Just stop.**

**Stop for a moment...**

**Before anybody**

**Says or does anything**

**That may hurt anyone else.**

**We need to be silent.**

**Just silent.**

**Silent for a moment...**

**Before we forever lose**

**The blessing of songs**

**That grow in our hearts.**

**We need to notice.**

**Just notice.**

**Notice for a moment...**

**Before the future slips away**

**Into ashes and dust of humility.**

**Stop, be silent, and notice...**

**In so many ways, we are the same.**

**Our differences are unique treasures.**

**We have, we are, a mosaic of gifts**

**To nurture, to offer, to accept.**

**We need to be.**

**Just be.**

**Be for a moment...**

**Kind and gentle, innocent and trusting,**

**Like children and lambs,**

**Never judging or vengeful**

**Like the judging and vengeful.**

**And now, let us pray,**

**Differently, yet together,**

**Before there is no earth, no life,**

**No chance for peace.**

**Mattie J.T. Stepanek ©**

**September 11, 2001**

*Hope Through Heartsongs*

Hyperion, 2002

*Just Peace: A Message of Hope*

Andrews McMeel, 2006

English Original [www.MattieOnline.com](http://www.MattieOnline.com)

## **Saadi Dunya Waastay**

**Saanu Rukna ey.**

**Bas rukna ey.**

**Ik lamhey waastey...**

**Es touN pehlaaN koi**

**Kuch karay, kaway**

**Jes touN kisay nu takleef howay.**

**Saanu chup karna ey.**

**Ik chup.**

**Ik lamhey wastey...**

**Es touN pehlaN asi kho deiaay**

**GeetaaN di rehmat**

**Jerri saday dilaaN wich ey.**

**Saanu wekhna paway ga.**

**Bas wekhna.**

**Wekhna uss lamhey nu...**

**Kal dey dhalan taan pehlaaN**

**Rakh tey insaaniyat di matti wich.**

**Ruk, chup kar taan wekh...**

**Assi Ikko aaN.**

**Saday farq anokhay khazaaney aaN.**

**Sadey ney, assi aan, khazanay**

**SeeNchan, deyn tey leyn wastey**

**Hona paway ga.**

**Bas hona.**

**Narm dil, shaista, masoom tey bharosa mand,**

**Bacheyaan waqan,**

**Na lor burayee na badlay di,**

**Kaday na lor burayee ya badlay di.**

**Tey hun kariay duaa,**

**Alag magar saath,**

**Ess tou pehlaaN kuch na howay,**

**Na jaan, na jahaan, na moqa aman daa.**

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(NOTE: Capital 'N' denotes a soft 'n' sound. Used to facilitate pronunciation while reading.)

**Punjabi Translation (Dialect: Lahore, Pakistan)**  
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