

# YOUR BODY IS BORN FROM LIGHT

Your body is born from light  
Sculpted out of wisdom and of time,  
Dust in the beginning  
Dispersed among the heavens.

Your body is here on the earth  
Which one day invented life  
Giving refuge to the dust  
As it spiralled through infinity.

Your body is born from this desire  
Out of this strange battle  
Between ending and becoming  
Out of a conflict never ending.

If this body can in a thousand ways  
By gestures of hand and foot  
Create its personal prayer  
Echo of a heavenly faraway

It's because running endlessly,  
Sacred among rivers  
Is the true river of your blood  
Never interrupted through the générations!

As the springlight  
Seeps into the arteries  
The river swells into a torrent  
Sweeping away all certainties.

To what music shall we dance now  
Vibrating from top to toe,  
If not to the chant profoundly rising and falling  
Free, out of this torrent?

In the body, so much pain  
Accumulated since forever  
Has masked from us the true nature  
Of the sun, the prince of love.

It seems there is no end to it  
Within it everything renews itself  
And it is this unbelievable destiny  
Which deep down holds us spell bound!

Gilles Petit  
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