I am not alone in this world.
You are bound to me and I am to you.
I am also bound to the people in
my community, and we are linked to
each neighbouring community.

Together, we form the world.
Like oceanic circles, or the rooting
branches of the great banyan tree,
we are all bound to each other
and to the land.

Therefore, the sweetness you pour into
our relationship will nourish my life;
just as the bitterness I spill will harm
your life. We are under one sky.
We breathe a common air;
we draw water from a common ground.
We eat the produce of the same earth
that sustains you and me. We are all the
children of Mother Earth.

This give and take ties us together
in a net of mutuality.
This is called *Anubandh*.
Let us acknowledge this bond between us.
The world is sustained by the
sum of all our correlated actions.