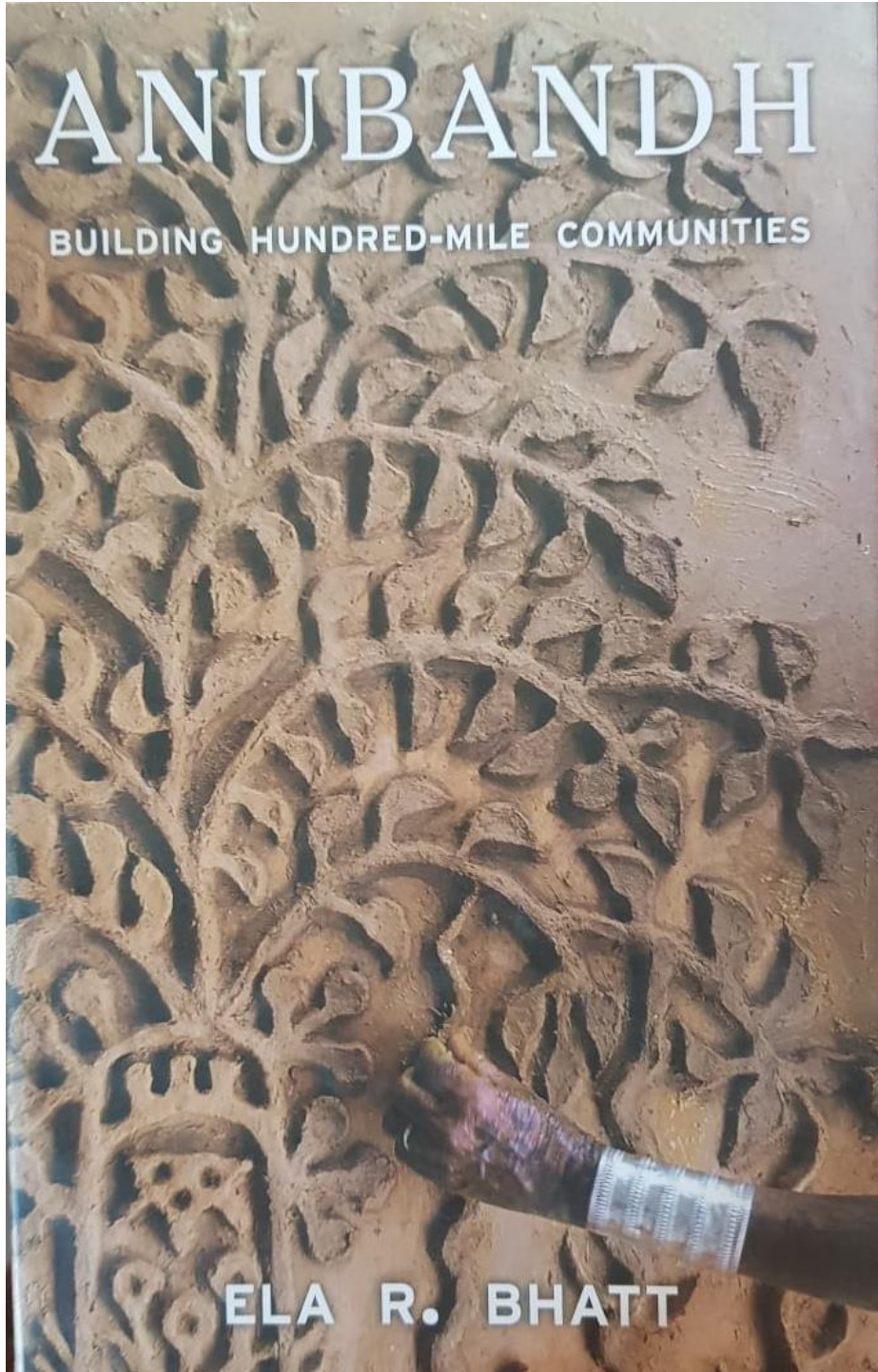


# ANUBANDH

BUILDING HUNDRED-MILE COMMUNITIES

ELA R. BHATT



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.

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