

AND REPEAT

Ground
hope
whole

lengthening upward to the sun, rooted deep in the earth
change is not always comfortable, but it can be beautiful

wind surrounds
intimate connection
breaking through into the light
ferns
radiant growth
nurturing love
evolving peace
sweet grass

network of roots
that weave and intermingle
feeling serenity and community
deep in the flow and heartbeat of Mother Earth

weight of attention
awareness of others
live in the present
N-Tlak menth-katha ("look after the land")

we are symbiotic - everything that leaves the Earth returns to it and repeat.