

Earth teach me quiet

Earth teach me quiet
as the grasses are still with new light.

Earth teach me suffering
as old stones suffer with memory.

Earth teach me humility
as blossoms are humble with beginning.

Earth teach me caring
as mothers nurture their young.

Earth teach me courage
as the tree that stands alone.

Earth teach me limitation
as the ant that crawls on the ground.

Earth teach me freedom
as the eagle that soars in the sky.

Earth teach me acceptance
as the leaves that die each fall.

Earth teach me renewal
as the seed that rises in the spring.

Earth teach me to forget myself
as melted snow forgets its life.

Earth teach me to remember kindness
as dry fields weep with rain.

~ Ute Prayer