

Gratitude to Mother Earth: On the 63rd Anniversary of the UN Commission on the Status of Women
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Gratitude to Mother Earth

I am grateful for all that you do
To nurture, love, and protect us.
Thank you for being consistently
Supportive, compassionate, and present.

When I am feeling tired and weary,
You energize me with Brother Sun,
Empowering me within, and
Energizing my body, mind, and soul.

When I am feeling sad and abandoned,
You guide me to an almond tree.
The trunk empowers me and supports my back,
The branches give me shade and comfort.

When I am feeling used and victimized,
I submerge myself in the bosom of your sea—
Just like a womb; not only do you wash my miseries away,
But also, nurture, feed, and caress me to wholeness.

When I am feeling hopeless and disenchanted,
You lead me to a beautiful sunrise.
Watching the Sun come up fills me with hope,
Perseverance, and faith, and lets me know that all is OK.

When I feel I'm in darkness or lost?
You illuminate with ever-present Sister Moon,
Guiding my way through the unknown,
Until I reconnect with my inner compass.

When I am in fear and wanting to
Run away, you send a cloud formation,
Reminding me that just like the clouds,
My emotions are always in motion.
If only I could detach and set them free...

Thank you, Mother Earth, on this
63rd Anniversary of the Commission on Status of Women.
Just like you, we all possess
The power to choose, to Be, to care, and
To watch our emotions with detachment and love.

You show me how to become whole
By Being, and not as Descartes once said by thinking.
I am because I am a human being,
Not a human doing; I don't identify with my thoughts,
Nor do I identify with my emotions. I am
Because I love unconditionally, and I create joy and peace
Within me as well as all around me.