

A CUP OF TEA



I see my mother's cup
I feel the warmth of the tea
I smell and taste the mint
From all our relations
Human and more-than-human

EMPTY BOWL



Empty bowl for so many
While mine is so full
Food from all our relations
Sustains my life, our lives

SITTING DOWN



Sitting on this chair
That once was a tree
Connects me to the Earth
Grounds me in the present

CREATING COMPOST



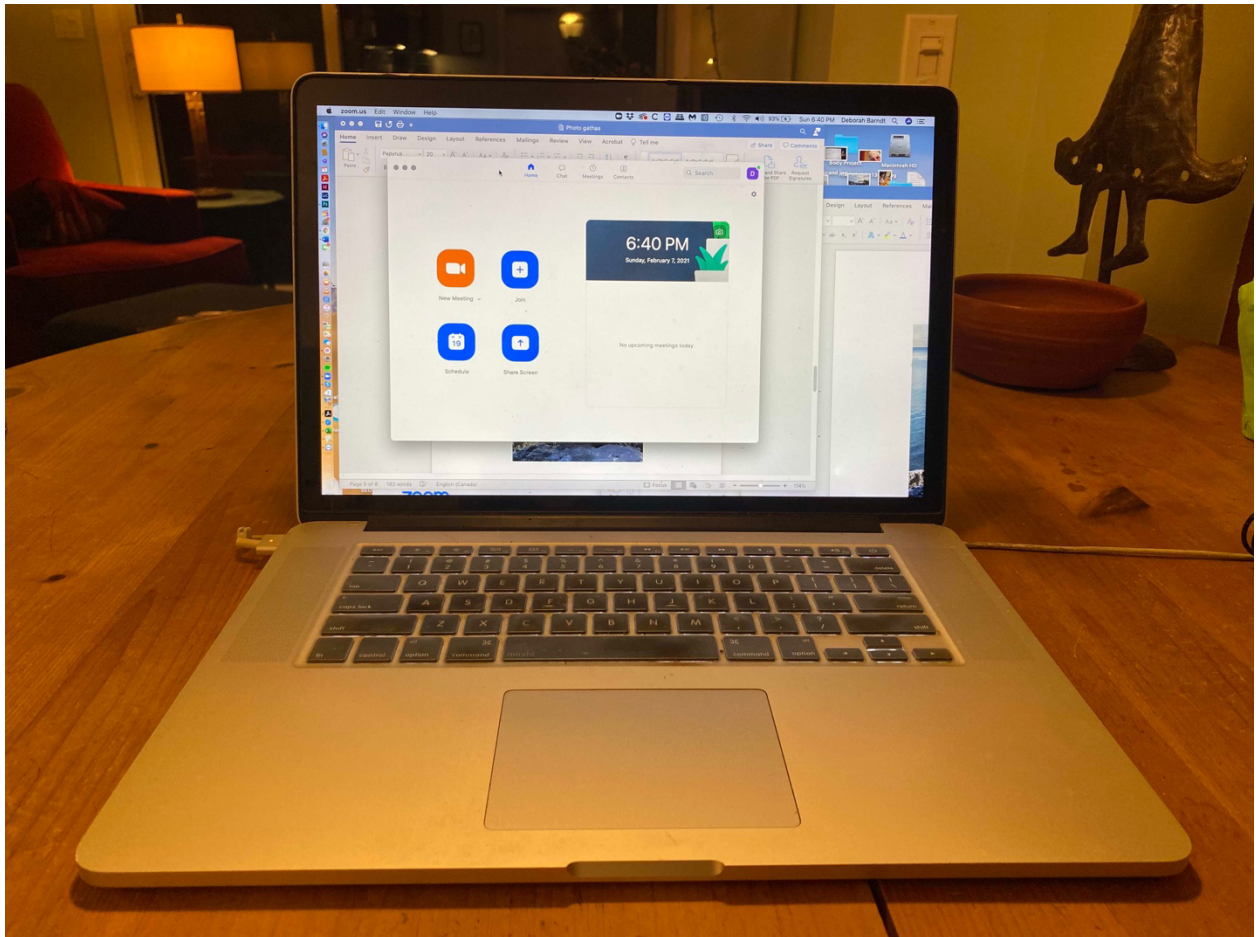
In the compost, I see flowers
In the flowers, I see compost
As I stir my organic waste
Everything is in transformation

CLEANING THE STOVE



Cleaning the stove and sink
Clears my mind and soul
The profane is sacred

MY COMPUTER AND ME



As I open my computer
I enter a world of demands and desires
May I choose wisely
And send good energies through my fingers

DECLUTTERING MY HOUSE



When I let go of something
I can pass it on to others
I create more space
And a clear mind

WATER IS LIFE



Water comes from the sky
and from deep within the earth
Water is in constant transformation
around us and within us
Water is life

WASHING MY HANDS



When I wash my hands
I protect myself and others
When I use water mindfully
I protect the planet

LIGHTING A CANDLE



Lighting a candle
Creates a flickering flame
That illuminates and warms the space
As it dances through time

TURNING ON MY GAS STOVE



Turning on my gas stove
Offers light and ignites fire
That warms me and my family
A hearth, a heart, a home

WASHING VEGETABLES



These vegetables are borne not just of seed
But of fertile soil, sun and rain
The bees and the workers
I honour them all

SITTING ON THE TOILET



Ah, the sweet relief of elimination
My mother's mantra
As food transforms to pee and poo
I celebrate my body's connection to the earth

THIS BREATH - A GIFT



Breathing in, breathing out air
The cosmos loves me, I love her back

JUST MONEY



Earth to Tables Productions
Seeks and spends money
For food justice
Transforming a market-based food system

BODY EARTH



Leaves in beautiful decay
Our skin too wears thin
Our hands and (are) the Earth
In constant transformation