

Earth Teach Me

Gently breath in & out, hear the rhythm, reflect on the photo

Steadfast love and faithfulness will meet; righteousness and peace will kiss each other. Faithfulness will spring up from the ground, & righteousness will look down from the sky. The Lord will give what is good, and our land will yield its increase. [Psalm 85: 10-12](#)



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.

- American Indian Ute Prayer passed down from White Buffalo Calf Woman -

Prayer

The fullness of joy is to behold God in everything. God is the ground, the substance, the teaching, the teacher, the purpose, and the reward for which every soul labors. *(Julian of Norwich)*

Reflection

What experiences is God revealing to me through creation today?