

Cradle the earth with your arms  
And your heart and your spirit  
Follow the good nature that the great mother has given you  
Understand the great wisdom and beauty  
Echoing from every thing  
Feel it in your marrow  
Tendons and joints  
Deep into your bones  
And deeper still  
Into your longing  
Let the desire to hold the earth gently fill you  
With a special kind of care  
That sparkles and ripples  
To each living being you meet

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