Earth! (contemplation before eating)

*Once upon a time*

*a short while ago*

*this food was earth.*

*Earth!*

*Just like the kind we walked upon a few minutes ago:*

*dust, plants, microorganisms and water*

*that soon will become the cells of our body*

*the molecules of our smiling lips*

*the fibers of our muscles*

*our nerves that produce sensations*

*and our brain that generates thoughts.*

*Tell me, Earth:*

*Where is the exact point*

*when you cease to be you*

*and begin to be me?*

*These teeth that chew*

*are themselves Earth.*

*Who then is eating whom?*

*May we eat in a way that nurtures gratitude, peace and compassion*

*for the benefit of the Earth and all its faces.*

*May we see beyond the illusion of separateness*

*and recognize our true nature.*