

daily GOOD

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We need to move beyond the idea of 'environment' and fall back in love with Mother Earth. — Thich Nhat Hanh

Thich Nhat Hanh: Ten Love Letters to the Earth

"Dear Mother Earth, I bow my head before you as I look deeply and recognize that you are present in me and that I'm a part of you. I was born from you and you are always present, offering me everything I need for my nourishment and growth. My mother, my father, and all my ancestors are also your children. We breathe your fresh air. We drink your clear water. We eat your nourishing food. Your herbs heal us when we're sick." In honor of the passing of beloved Buddhist teacher, Thich Nhat Hanh, Emergence Magazine shares his Ten Love Letters to the Earth. The following meditations invite us into a dynamic relationship with this planet we call home.

Be The Change:

For an array of other reflections from Thich Nhat Hanh, check out this collection.