

## Inspiring Quotes about the Sacredness of Seeds by Dr. Vandana Shiva

"Whatever happens to seed affects the web of life."  
—Vandana Shiva

Photo by: Ana Castilho

"In every seed lie the components of all life the world has known from all time to now."  
—Sister Joan Chittister  
from "Seeds of a New Humanity"

Photo by: Deana Holbova

"The fact that we have to fight for something so essential to life as the integrity of seeds, speaks to the real drama of this present time: that we have to fight to preserve what is most fundamental and sacred to life."  
—Llewellyn Vaughan-Lee  
from "Seeds and the Story of the Soul"

Photo by: Ana Castilho

"A seed is small but rich with possibility, like love, which is as humble as it is powerful."  
—Pir Zia Inayat-Khan  
from "The Seed of Love"

Photo by: Ana Castilho

"Ordinary seeds need the right combination of soil, water, and climate to grow. Once those conditions are in alignment, the seed will naturally begin to develop. The seed of Buddha Nature is the same. It will lie dormant until the right conditions come together. But once we discover this potential within us, we can water our seed with loving kindness and prepare its bed with mindfulness. When we do so, the growth of the seed of awakening will be effortless and natural."  
—Acharya Judy Lief  
from "A Little Seed of Awakening"

Photo by: Ana Castilho

"Because of the nature of our constitution, we have been gifted with a diversity of seeds and nutrients to ensure our survival. These gifts are not about reinforcing our human propensity to dominate; rather they are about how we can learn to be a steward, within the sacred contract. It is only when we can humble ourselves enough to bow to this

sacred contract that our survival is assured."

—Sobonfu Somé

from "The Sacred Bond"

"From a yogic point of view, therefore, nature is not dead matter to shape to our will, but the expression of sacred Self in the physical world. If we forget this ecological basis of spirituality, we will lose our foundation in the Earth that provides the support for our journey back to the light."

—Swami Omkarananda

from "The DNA of Our SOUL Cannot Be Genetically Modified!"

Photo by: Anat Vaughan-Lee

"The seed holds a very great secret—it never gets old. It is the eternal YES to life."

—Anat Vaughan-Lee

from "The Language of the Seed"

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