



Ahimsa

by Kelsey Beine

Mother Earth
Our home
Where we've grown
All we've ever known

Holding us tight
With such honest delight
Some call it gravity
I call it love, you see

Keeping us down
As we look around
And wonder about many new worlds beyond
Seeking to explore if we feel so fond
But we always come back to our Mother, you see
Seeking the place we were meant to be
She provides for us our every need
From air to food to the wide open seas

If we leave and return
We might feel gratitude
If we're here all our life
Perhaps a different attitude

We take all of her love and care
The fruits of our Mom she so lovingly shares
And use them to our heart's content
Without wondering if she's given consent

Maybe another creature could use that tree
As a home or food for their family
Or just let it grow and drop its seeds
Instead of printing a ream I don't really need

To care for our Mom is to honor her gifts
And to realize she's the one here to give us a lift
She'd be quite fine without us, you see
But we're the ones who are in dire need

If we live in a way that honors our Mom
Maybe we inspire others to join along
We can place our feet gently down as we walk
Bring our own bags when we go out to shop
Let some of our laundry dry in the air
Turn off some lights if we don't get too scared

Make some new friends with cute little plants
Maybe inside or outdoors so they dance
In the glow of the sun and the wind as it blows
Growing so big right under our nose

Giving back to the Earth and helping her grow
Letting animals find a comfy new home

Our Mom cares for us so deeply, you see
Providing us all we ever need
If we only replied with the same love and care
Imagine the light we could spread everywhere