



## Earth Teach Me

Earth teach me stillness  
As the grasses are stilled with light.

Earth teach me suffering  
As old stones suffer with memory.

Earth teach me humility  
As blossoms are humble with beginnings.

Earth teach me caring  
As the mother who secures her young.

Earth teach me courage  
As the tree which stands all alone.

Earth teach me limitation  
As the ant which crawls on the ground.

Earth teach me freedom  
As the eagle which soars in the sky.

Earth teach me acceptance and readiness  
As the leaves which die in the fall.

Earth teach me regeneration  
As the seed which rises in the spring.

Earth teach me to forget myself  
As melted snow forgets its life.

Earth teach me to remember kindness.  
As dry fields weep with rain.

*The Ute of North America*