

GRATEFUL

—*Jasper Hermans*

Running,
Tumbling,
Falling.

I sit down, and take a sip.

Wind,
Blazing,
Howling.

I sit down, and take a sip.

Waves,
Crashing,
Rumbling.

I sit down, and take a sip.

Grateful,
For the teachings of Great Nature.
I embrace
Everything that is.

IN EVERY CELL

—*Jasper Hermans*

Seated
Ancient sounds
Humming kettle

Emptiness
Within the vessels
Within our hearts

These leaves guide us
To the forest
Behind these leaves

Mother Earth
Is present
In every cell

IN EVERY STEP

—*Jasper Hermans*

To drink tea, or to sweep the floor.
That is not the question.
As in sweeping the floor, there is drinking tea.
And in drinking tea, there is sweeping the floor.
In flowing along with the river of this universe,
without a longing and desire to change its course,
I'm walking on this path together with many.
Together with every other being that acts in harmony
with the Divine.
We are radiating light;
we are peaceful warriors.
Let's hold hands,
dear sisters and brothers,
and walk on together,
enjoying every step.