



It doesn't seem to matter much,
perhaps,
If the lights are always so bright
That we cannot see the stars....
Not until we're someplace
quiet
and we gasp in remembrance
at their celebration
across the dark rich sky.

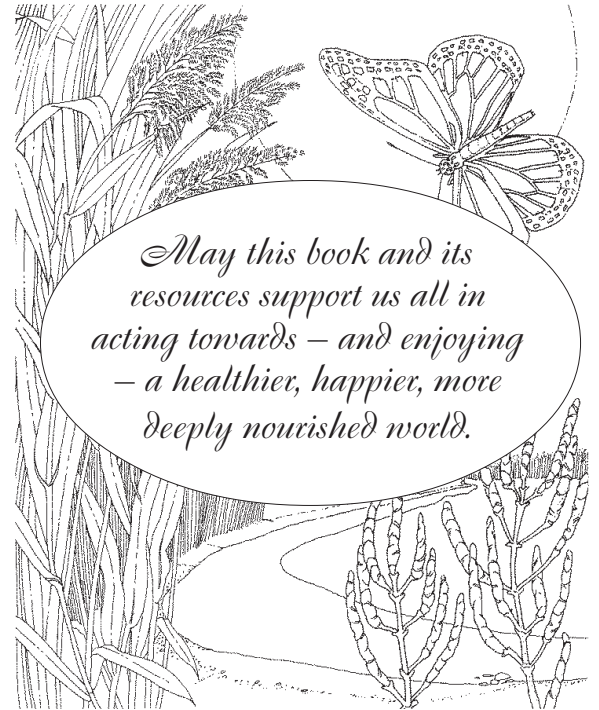
It doesn't seem to matter much,
perhaps,
If our air is a little smoggy,
Our water a little funny,
Our food tasteless and toxic....
Not until we're someplace
clean and nourishing
and we breathe deep
and drink deep
and feel sparkling nourishment
rejuvenate
all our cells
and we feel again the vitality of life.

It doesn't seem to matter much,
perhaps,
If we daily bump and disrespect
and disconnect
from each other
Bruising and isolating our hearts
and our souls....
Not until we're with gentle, alive, kind people
taking the risk to care
co-creating the skills of
healthy community
acting consistently for
a better future
And we feel something deep inside us
relax and
hummm in contentment

And we remember
what matters
most of all.

Patricia Dines

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*May this book and its
resources support us all in
acting towards – and enjoying
– a healthier, happier, more
deeply nourished world.*

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