

# Abundance Is Thanking Mother Earth – Touch & Hug The Beautiful, Scarred Trees

BY CAMILLA DOWNS

*Do You Feel Nature's Abundance?*

I feel the frosty cold  
embrace as You brush  
across this body.  
I feel and Know  
your Abundance.

I touch and hug  
the beautiful,  
scarred and knotted  
trees that sprout  
and grow from Your soil.  
I feel and Know  
your Abundance.

I delight in the sparkling  
and unique snowflakes  
as they drift from  
the brooding clouds  
above and lightly fall  
upon this body.  
I feel and Know  
your Abundance.

Lo, even as I dodge  
and walk through  
the nuggets of  
geese waste left  
behind by these

majestic and  
interesting creatures,  
I feel and Know  
your Abundance.

Yes, I feel Your abundance  
I Know it now.

It's been a long road  
getting to this  
glorious and bountiful place.  
Yet, I have arrived.

I have arrived  
to the freedom  
of Knowing this...

I am made of bits  
and pieces of You.  
You are made of  
bits and pieces of me.  
This body and ether  
mix with Your essence  
as we collide.

I see it now.  
All that is made  
of You is Good.  
ALL, I say, ALL!

Even as your form is  
changed and no longer  
resembles Your essence.  
It is of You.  
And, it is Good.

Humans take and borrow  
from you to create,  
grow, and make

the things we must  
have to survive,  
yet also the things  
we think we need,  
and the things we  
simply want so  
as to fill a void.  
Grateful for your  
abundance and gifts  
I am.

We take your trees  
and metals and we  
make this mysterious  
and sometimes elusive  
thing called money.

We make it into  
something it is not.  
It is only of  
You and we use it  
for good, for bad,  
for our benefit,  
and for the benefit  
of others.

One slight shift  
in awareness of  
what money truly is...

That is True Freedom.  
Freedom to respect  
and love that money  
stuff of which  
contains Your essence.

Knowing, absorbing  
and feeling

Your abundance  
has brought on  
this shift from  
lack to abundance.

Thank You  
Mother Earth.  
Thank You  
Nature.

I feel and Know  
your Abundance.  
You are Abundance.  
I Am Abundance.  
And so it is.  
I Am.

*For more self-study, [The Urban Howl](#) recommends [52 Ways to Live a Kick-Ass Life: BS-Free Wisdom to Ignite Your Inner Badass and Live the Life You Deserve](#) .*

*Sip a little more:*

*Return To Nature, Return To Our Allies Of Gaia  
Mama Earth, I Feel You Pulsating Beneath*

Forget not that the earth  
delights to feel your bare  
feet and the winds long to  
play with your hair.

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