

# **FREE, CREATIVE SPIRITUALITY / HOW EXPRESSED THROUGH OUR DAILY LIVES / I'D REALLY LOVE TO HEAR / HOW IT MANIFESTS FOR YOU . . .”A SUNDAY THOUGHT FOR THE DAY BY JOY MAGEZI**

*Posted on March 18, 2024 by Andrew Brown*

## Free, creative spirituality

How expressed through our daily lives  
I'd really love to hear  
How it manifests for you

What feeds your spirit  
Brings meaning to your life  
Builds, resonates with awareness  
Of our precious time on this planet

For me, it comes out in poems  
Distillation of process  
Touching, tasting Mother Nature  
As a child upon her earth

Earth who feeds me again, this spring  
Red vained sorrel, feast for eyes  
Tangy and fresh upon this tongue  
Excitement that I planted you

You, vegetables that become me  
Interconnection becoming real  
That I cant live without you

How we interpenetrate

You take in my CO2  
Turn it into oxygen  
Making this breath possible  
To feed my precious cells

Cells of this wondrous body  
Cells, renewing, dying, reborn  
Teaching me wondrous process  
Of life's continuation

This delicious in-breath  
Way down into my belly  
Where this morning I'm so grateful  
To still be alive

Alive in my safe house  
Where Bob and I lived so long  
Heat goes on yet again  
And I hear the bird song

Song of new life's promise  
New generations to nest  
Just starting to be built  
As the season changes

What wonder and miracle  
In awareness of daily life  
The universe for breakfast  
Grains, fruit, soya milk

This is how I want to savour  
This short time alive as Joy

Product of ancestors  
Family, friends, communities

This Community meditating  
I feel energy of our awareness  
Collectively so much stronger  
Than just single Mindfulness

Mindfulness, I'd love to hear about  
How it enriches your life  
Perhaps in music, songs you share  
In a Thought for the Day

A Thought for the Day  
Of how you love to cook  
The spirituality of sharing food  
That basic instinct of love

Love that we so need  
In these difficult times  
Transforming our suffering  
And that of the world

This too, is a process  
A practice we are building  
Starting with ourselves  
That energy resonating outward

The way of mothering  
Whatever our gender  
That basic instinct of compassion  
To feed and love, create

To express in art

Beads strung to remind of vast time  
How Mother Earth's been manifesting  
With humans, just an instant

This instant together  
To share our spirituality  
Please share how it lives  
[Free, creatively for you](#)

By Joy Magezis