

+ TABITA REZAIRE +

# LANDING

I'd like to share an invitation with you: one of honouring the land.

First honouring the land of our birth. Wherever we were born, even if we don't know where, or have never been back to that place, let us cultivate gratitude for the land which welcomed our first breath. This may be challenging for some, as our relationship with places can hurt as much as our relationship with people. If so, spend some time in that discomfort. Listen to it. Then take yourself on a journey to all the lands that have supported, nourished and fed you as you've grown. All these places are a part of you. All these places made you.

Then spend some time to honour the lands of your ancestors. Which lands did your parents, grandparents, great grandparents, and all your forefathers and foremothers walk upon? See how these places create a myriad of paths around the earth, that has allowed all these people to meet and birth your lineages, generations after generations. These lands are also a part of you. Express your gratitude for the soils that have received your ancestors so you can now walk upon the earth.

Now you may want to extend this gratitude to the ancestors of the land on which you now live. What is the history of that place? Neighbourhood? House? Who or what thrived there before you? Who has had to leave for you to live there now?

In your own ways, you'll know how to honor or at least remember all the lands that have offered you and those who came before air to breathe, water to drink, food to eat. As well as the places we have lost, or in which we got lost, the ones we forgot, or fear... as they too have made us who we are. Then let us celebrate the lands that have welcomed us, embraced us, and cherished us as a mother. As we are all children of the earth.

We have all come from the land, let us never forget that we'll come back to feed her. We are land.