

# ***Planting Seeds***

*by Alden Solovy*

*Every act is a seed:  
Every laugh, every smile.  
Every song, every dance.  
Every outstretched arm  
And every open heart.  
A seed of holiness.  
A seed of redemption.  
A seed of grace.*

*Every act is a seed:  
Every frown, every angry word.  
Every dislike, every distain.  
Every closed fist,  
And every hardened heart.  
A seed of loneliness.  
A seed of isolation.  
A seed of despair.*

*How many seeds have I planted,  
God of Old,  
Seeds that hurt,  
Seeds that heal?  
How many seeds have I yet to plant,  
Seeds that hurt,  
Seeds that heal?*

*Ancient One,  
Grant me the discernment  
And the skill  
To plant seeds of wonder and awe  
In my life and the world.  
Let me be a source of wholeness,  
Let me be a source of thanksgiving,  
So that my life yields  
A garden of blessings  
In service to Your Holy Name.*

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