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# Sing to All You Plant

*Sing to all you plant,  
sing to all you plant,  
to honor the garden  
where all life began,  
sing to all you plant.*

*Sing to all you plant,  
sing to all you plant,  
to honor the people,  
to honor the land,  
sing to all you plant.*

Imagine God singing  
all life into being,  
soundwaves into light,  
music and meaning,  
orchestral orchards,  
heartbeats and heartstrings,  
each chorus transforming  
our thoughts into things

Imagine us singing  
in harmony,  
parts of you ringing  
with parts of me,  
a spark in you  
matches a spark in me  
and we're sparkling  
'til the dark starts to sing  
a light in my heart  
when it's hard to see,  
a breath of fresh air  
when it's hard to breathe  
an a cappella artistry

like gardeners singing  
while gardening

If singing to your plants  
can help new leaves grow,  
imagine what singing  
can do for people

Can we sing ourselves  
back from the distance?  
Can we sing ourselves  
back to remembrance?

Sing being human  
back to human beings?  
Sing unity back to communities?

If there is life or death within our tongues  
which do we choose to plant within our songs?

Whether we serenade or chant,  
whisper or hum,  
may our songs be as beautiful  
as we wish to become.

*Sing to all you plant,  
sing to all you plant,  
to honor the garden  
where all life began,  
sing to all you plant.*

*Sing to all you plant,  
sing to all you plant,  
to honor the people,  
to honor the land,  
sing to all you plant.*

## An Unearthing Practice

After a day spent repairing a busted tire from driving through the mountains of Jamaica, I was exhausted and ready to collapse on the floor. But the live reggae music spilling into the streets from a nearby jam band lifted my spirit.

Whenever I'm struggling with thoughts and feelings of insecurity and self-doubt, singing and dancing to my favorite songs help me remember the truth of who I am and what's possible.

There are many cultures that sing as an act of healing, and we can be counted among them. I've heard stories of communities gathering around an individual who's committed a wrongdoing only to sing songs that remind them of the truth of who they are and what's possible together.

What are songs that help you remember the truth of who you are? What songs remind you of new possibilities?

Find your signature soundtrack by creating a playlist of those songs to sing for yourself or alongside others.

Sing as often as you can, as loudly as you can, with as many people as you can.

If singing can help plants grow, imagine what it can do for people!

# Poet Tree

It grows in me,  
like a poet tree,  
with branches and leaves,  
stanzas and seeds,  
a seed is planted in me,  
planted in faith and growing in grace,  
i can feel it dancing in me,  
waving its hands and its feet,  
waiting for its chance to be free

kicking against the mama's belly as it's swelling,  
the shell screams  
in pain as it's fluctuating,  
like a burst of inspiration,  
the shell cracking,  
like an egg hatching,  
the husk is dispersed  
and thus a miraculous birth occurs

the seedling emerges from the earth headfirst,  
searching the firmament for purpose and self-worth,  
with sunlight, water, and dirt,  
the seedling needs this trinity  
to fully flourish,  
one day a full forest,  
but for now  
a poet tree.

## An Unearthing Practice

My favorite trees are the tropical evergreens that grow ackee fruit, the national fruit of Jamaica that is medicinally, culturally, and culinarily significant throughout the Caribbean and beyond. Ackee begin as small black seeds but over time grow into trees with delicious bright-red fruit—a reminder that much of life takes patience to open and unfold its fullest potential.

If you were a plant, what plant would you be?

Describe the color, size, shape.

Where would you be planted?

How would you grow?

Why would you grow?

Reflect on areas of your life that are calling for the grace and patience required for growth.