

## The grace of humanity



March 13 we were sent home. Masks on. Keep Distance. Wash your hands. Repeat. Pandemic, panic panic,

Darling, No need to freak out, I was meant to survive. Moving towards stillness on Algonquin Territory lockdown after lockdown

Moving towards the whole- survival of the collective,

Ask what serves the whole- take me and let me serve, let me lead

My heart comes from years and decades that came before me.

May I always remember the power of my light,

I have noor, I have light , my heart is ready.

Time to relax into the oneness time to be generous with our water

Time to Protect, Provide and Love and BIPOC voices

Moving towards new collective values

We were sent home March 13

I pray for all my brothers and sisters near and far

I pray for my brothers and sisters healing from the colonial scars

I chose to march the path of light

I chose to march on the path of light

I ask that grace hover over me and over you and over we

I ask that peace fills our hearts

By: M.M

# - We are One- Human Unity



I am not your token  
I am not broken  
I....  
Fine, I'll tell you if it makes a difference  
I am Moroccan  
I am Somali  
I am Indian  
I am an artist  
I am fickle, moody and threatening  
I am the human condition  
I am light  
I am love  
I am bored with your labels  
I am frustrated with your policies  
I am not your muse  
I am not your token  
And I am not broken  
I am not your exposure to culture  
I am a human being  
I am a woman  
I am Sarah's daughter

I am Fatuma's granddaughter  
I am strength  
I am grounded  
I am light  
I am love  
I am tired of your lies  
I am tired of your discrimination  
I am tired of your time waste

I am

(pause -take three deep breaths)

I am the life force wrapped around your beating heart  
I am closer to you than you will ever know  
You put racist policies to create a distance  
Putting up walls is your favorite hobby  
Wearing a biased-racist face and mumbling words of hate

Let us not forget we are one human race  
Let us all try again and assert human unity  
Let's commit to re-choosing love now

You are the life force

You are light  
You are love

We are one  
We are one  
We are one