

Indigenous
**Terra
madre**
Asia and Pan-Pacific
in Ainu Mosir

Prayer from Indigenous Terra Madre Asia & Pan-Pacific

To the earth and heaven that connects us all to the universe,
we give thanks to Gods and Goddesses of water, wind, oceans, soil, land and fire.

With reverence towards the eternal essences of nature,
we ask to be provided with daily strength and directions
to connect us with our good spirits, ancestors, mind and emotions,
for our family, our communities, and our future.

Guide us to move as water flows through acorns
removing the bitter to bring out the sweet;
grow us to be caretakers of our Mother Earth and Father Sky
just as we take care of our children.

We will awaken together and bring peace through traditional practices and ceremonies,
while sharing our ancestral wisdom and learning from our elders.
Let chants, songs, and thoughts empower and nourish the food, seeds and mothers' milk
we provide for our babies and give blessing to the birthing practices of future mothers.

Guide us through our passion and responsibility for food
to create healthy bodies and minds,
and allow our food to be our medicine that heals and restores our hearts and heritage,
to bring balance to all life on Earth.

We will act together in unity on our ancestors' vision to bring more biodiversity and kinship,
as it was in the dreamtime-creationtime.

Let us be brave, gracious, courageous, and joyful
in our humility to be continuous learners and kind human beings.
Let our inspiration resonate throughout a world without walls.

This is our prayer for our food and lifeways, planet, homes,
and all living beings on this Earth,
especially for future generations who may walk in beauty.

Now our minds are one.

*A prayer written collectively by the 200 indigenous delegates of the Slow Food movement,
representing 27 countries of the Asia & Pan-Pacific region, gathered in Ainu Mosir,
Sapporo, Hokkaido, Japan, in October 2019.*

