



## The Apple and the Seed

Both wondered who came first  
And both argued that they were right  
And the Seed said to the Apple  
You came through me and the Apple said  
Without me, you are just a tiny little seed  
But look at me, I am a beauty to behold  
With all my spectacular Colours and rich taste  
People far and wide love and adore me

The Seed sighed and bemoaned a little, and then it said to the Apple  
Although I am small and insignificant,  
I hold the blueprint for your growth and wellbeing  
And without it, you would have withered away and decayed

And the Apple fell into a deep silence of what it heard  
And the seed's words reverberated throughout its being  
And it said - we are both important and we need each other  
To fulfill our Dharma and in this partnership, We, thrive and grow  
And my heart and mind agreed and, in this joining,  
**Within myself/ourselves, I/we found a New US.**