

Eva Kroth

THE VEGETABLES SPEAK

We love to be nourishment for you. We can give you the seven rays of the Earth's and the sun's center of light in a physically digestible form. You have developed us, together with our collective soul, for yourself.

We love being good food for you.

We transform the powers of light for you, together with the elements. We sense the seven streams of light as they rise from the Earth, and we absorb them. That way, we can pass them on to you.

Our spirit creates our physical building blocks, which are the same as the ones in you. We are spirit, feeling, and matter, like you.

We transform the seven rays of light for you, not just as nourishment, but also for your soul and spirit.

When you eat us, your soul knows and feels that the Earth, on which you live, nourishes you with pulses of light. When you excrete waste from your body, you can feel that you, too, transform something within the eternal cycle.

Through us, your spirit can gain the awareness that all the flowing powers of light in you originate from the Earth, your home. You are born on this Earth, with the help of the elements, as an individual.

When you take in the seven rays of light and the elements through us, you strengthen the flow from the Earth that gives you strength for yourself, nourished from the Earth.

Your center and the center of your homeland is the Earth. From the Earth, you gain strength. Its infinite power is the power in your very core.

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