

# Abundant Harvest: Food Security Meditation

Original “slow art” by Kristen Palana

This artwork is designed to celebrate the abundance of the earth and cultivate a sense of **gratitude, nourishment, and global connection** in the space where it lives.

At the center of this piece is the **Seed of Life**, one of the oldest symbols in sacred geometry, representing the interconnection of all life on Earth and the creative force behind existence. The crops surrounding it, including maize, sorghum, soybeans, potatoes, plantains, cassava, wheat, and rice are among the world's most vital staple foods, chosen to honor the farmers, communities, and ecosystems that sustain us all.

**Suggested Placement:** Kitchen, dining room, or any shared space where food, community, and gratitude come together. Also well-suited to offices focused on sustainability, agriculture, or food systems, and to any space where abundance is an intention.

This piece is a tool for reflection and appreciation. Whether used as a daily reminder of the earth's generosity or as a meditation on global interdependence, it encourages **abundance, gratitude, and a deep respect** for our planet's ability to provide.

✨ May this artwork remind you that enough exists, that the earth is generous, and that we are all nourished by the same source.



A handwritten signature in black ink that reads "K Palana".

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## A Gift of Intention

This artwork was chosen as a heartfelt gift, meant to bring warmth, abundance, and a deep appreciation for the nourishment the earth provides into your life.

# A GIFT

*from me to you*

To:

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From:

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Message:

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*K Palana*

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