

HELEN MOORE

I Thank My Ancestors

After Joanna Macy

Thank you, infinitesimally Great
Grandmother Worm, for gifting
us the swirl of blood pulsing
through our bodies to feed each tiny cell;

& praise be upon you!

Thank you, Ancestor Fish
for evolving vertebrae that lend our spines
the flexibility to move, to bend,
to walk upon our feet;

& praise be upon you!

Dear Fish, thanks once more
for bequeathing your jawbones
to become the stirrup/anvil/hammer/eardrum
that allow us to hear other beings;

& praise be upon you!

Gratitude, old Cousin Reptile
for a brain that alerts us to danger;
and to you, Paleomammal, for a limbic
system opening us to pleasure;

& praise be upon you both!

Thanks, dear Monkey Sibling,
for developing eyes in the front
of your head. It freed you to climb and leap,
while binocular vision gives us all focal depth;

& praise be upon you too!

To you, Sister Ape, my thanks for sharing
your DNA and your intelligence;
also for hands to learn the use of tools –
may every being pick up appropriate technology!

Then praise be upon us all!