

Compact with Corn

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Developing a conscious relationship with corn was inspired in me in the early 1980's when I spent time with Caroline Tawangyuma in her home, and homeland at Hotevilla, on Hopi land. She gifted me blue corn that she had grown, sung awake, harvested, and hand ground on her metate. It was very fine, almost like talcum powder. The finest ground corn I have ever been privileged to touch. She also gifted me dried ears of the corn which have been gifted to women over the years.

Other than charging to me to receive a large quantity of this ground corn, she instructed me to "go and bless the women". And so I have, over the decades, along with sharing this marvelous corn with many ceremony sisters as "seed corn" for larger batches of ground corn.

Of the many things that I received from Caroline, the main one had to do with staying conscious of the corn, treat it as though they were my little children. Sing to the plants when I can, love them always, and give thanks.

Once women began growing this corn, along with other food I had grown over the years, and the decades began to pass doing ceremony, I became aware of numerous things in regard to conscious communication with plants. Some of it I gleaned from my time in the jungles of Belize with the Mayan Aunties who also taught me how to harvest in a good way. The things that began to come to me from the plants themselves had to do with agreements and exchange. Here are some of those insights to share.

In planting corn, then harvesting and eating, these things are to be aware of:

1. There is mutual benefit
2. Before planting the kernels, get quiet inside, become present to the land, the space where the corn will grow, and listen deeply for any insights. Internally or verbally make a compact with the corn. **The compact**, in essence is this: *I promise to water, weed, tend, sing, love and encourage you to grow to your fullest expression and most refined essence of self. In return, when you are at your fullest*

expression possible, having served you well, I will receive from you the same nourishment for myself, my family, and community. We will eat of your ears of corn in order to receive this nourishment for ourselves, to support growing into our own fullest expression of self. We do this in sacred relationship of love, nourishment, and exchange. Thank you.

3. When planting each kernel, remain aware of what you will grow to feed self, family and community. The possibility of staying in conscious relationship with corn is the same as when tending a baby and the care of presence required. This trains attention to intention.
4. Sing the corn awake and call it forth. The spoken word whether in song or prayer is powerful. Express gratitude for its life, beauty, and abundance.
5. Honor the stalks in the responsibility to support all the ears that will grow. They are the foundation upon which the “fruit of corn” will grow and blossom.
6. When the Ears appear, honor them in their role to support the new kernels. All the ears together on each stalk are a community.
7. Each ear grows a family of kernels. Honor the ears in support of the kernels growing in a harmonious and beautiful pattern. This demonstrates cooperation amongst all the elements of the corn expression. “Ears” of corn hear and receive aspects of life we may not be aware of. We eat this life, this beauty, this family, this offering.
8. Consider and communicate with all aspects of the corn expression process, including pollen and pollination, all the life and forces involved. That is the dance of dynamic and magnetic, and important to honor. Right relationship!
9. Consider and communicate with all outside influences, such as bees, air, water, soil, etc. and express gratitude for the presence and contribution of those beings.

Before harvesting remember to inform the plants that you will be harvesting them before you actually do. Allow them time to adjust to that process. Communicate with them as though they were beloved beings, as they are!

There is more mystery, beauty, to uncover. Life knows how to live life,
and we are allowing that deep current of expression to live through us!