

There is the most special cafe in Elwood, the village where I live. The food is vibrantly healthy, all organic and so delicious. Even though I adore the food and luscious coffee, I was moved to write the following poem because of the staff. They are so caring, loving and compassionate. Just like in the movie, 'Like Water for Chocolate', where Tita (actress Lumi Cavazos) cries tears into the food and everyone who eats her food begins to weep, it is the same for Combi ... but never to weep ... only ever to feel uplifted and nourished as a person, not just nutritionally.

The beautiful essence of these human beings is infused into the food, coffee and smoothies they graciously serve to me. I have walked in feeling flat and rather ordinary. I walk out with a spring in my step and a huge smile on my face ... and it is as though someone has turned up the volume on my senses. From their unconditional giving I too then feel this way and have more to give to others ... hitching a ride on the nourishing Combi helps me to access the infinite wellspring of love and kindness that I can share ... it is a wonderful ripple effect.



Combi – The Caravan of Nourishing Love

I came for coffee.
You gave me more.
I came for liquid greens.
You gave me more.
I came for food.
You gave me more.
So much more ...
My thirst beckoned for water.
You gave me purity.
Love, kindness and compassion
are infused into your wares.
... and your music makes my heart sing.

The crowds spilling out
onto the street,
waiting for sustenance,
carry away their nectars
as though each were
a golden chalice,

holding them aloft
with the inner reverence
of self-care and self-respect.
These people know in their hearts,
but maybe not consciously,
that the Light of Sacred Unity,
the spirit that connects all,
is infused in every molecule
of these wares.

The Feminine Spirit is the
enduring and eternal flame
that nourishes and sustains us all.
And this is what carries us
through our day
when we are fortunate enough
to hitch a ride on
the Caravan of Love,
that which is driven
by the gorgeous souls

of Combi.