Come Walk In the Forest

Embrace my hand

Awaken your slumbering spirit

Approach slowly her welcoming arms

engage gently your exhausted spirit

climb into the soul filled forest

tread gently her deep darkened soils

enriched diverse biomes

protected beneath her nurturing understory

immerse yourself in her synchronizing heart rhythms

Converse softly through her connective web

light glistens between her branching limbs

Listen closely

Her quiet whispers purifying breezes

Breathe deep through her refreshing air

Drink in her cleansing waters

They Feed our living Earth

Traverse into dreams of justice.

She co-creates

life

for us

all.