

I WALKED....

I walked

*Amongst the majestic splendour of the trees as they
Reached towards the heavens
And was calm*

I walked

*And the sound of the mighty rivers
Forging their way through the forest reached my ears
And was calm*

I walked

*With the scent of thousands of years of decaying and
rotting
Matter greeting me from beneath my feet
And was calm*

I walked

*And felt the rain upon my face and
The fragility of the lichen on my fingertips
And was calm*

I walked

*Sharing my thoughts and raw emotions
With those around me
And was calm*

I walked

*I am in the moment
I am calm*