

Woodland walk

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An uphill struggle?

Or a walk in the park?

Either way, a space 2 breathe.

Breathe deep.

A place 2 share, at a distance,

Kept separate, apart, a part.

Connect with nature (but no-one else)

Connect with trees, flowers, sky & earth.

Grounded.

Grounded!

Sensory overload.

Starburst white spikes,

Flower atop swathe of dark green.

Waft of wild garlic in pungent wild wood.

A dapple of primrose, diffused sunlit gleam,

A breeze through the trees & a babbling stream.

Birdsong unites.

Jane Forrester

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