

Nature Therapy

When I feel trapped,
 forgotten,
 weary,
I need only to meet with You again
under the vastness of space - a sky so endless,
 so majestic,
 so welcoming,
 to witness me under a blanket of clouds,
 or a sea of blue,
 or a veil of stars;
with arms upraised and face upturned, I feel warm and remembered and restored.

When I feel wayward,
 melancholic,
 overwhelmed,
I need only to meet with You again
enveloped by expanse of beauty - so rich of color,
 of aroma,
 of joy,
 to hold me within a canopy of trees,
 a bassinet of flowers,
 a kaleidoscope of leaves;
with senses attuned and mind affixed, I feel awakened and filled and renewed.

For it is the awareness of all the life breathing in nature that brings breath back into me.