



The Beauty of Nature

A simple walk, or a vast trekking journey,
at your local park, or the wildness of country
Breathing in deeply, you begin to let go,
of the stresses and strains that tie and hold

Fuelling your body with warmth from the sun
It charges your batteries and lifts up everyone
It brightens the mood and makes you feel better
Helping you cope in darker weather

The different smells that fill the senses
of fresh mown grass or the sharp salty sea air
The gentle breeze that blows through your hair
the true magic of nature that surrounds us

To dig your toes into the sand
to stretch out on a towel or simply stand
to watch the waves, break over the shore.
The rhythmic sound we cannot ignore.

To truly connect with the Earth, to feel it alive,
From the buzzing of bees, to the rainbows in skies
To the leaves on the trees, and the nesting birds that sing.
We must cherish Nature and the peace that it brings.

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