

ELEMENTS

Trees

*Trees stand still
Move me in mysterious ways
They teach me strength
The futility of complaint*

Moss

*Grows on trees, on land
Changes colours – green, white, purple
Fights for space
Till it finds its own ground*

Pinecones

*Embrace free fall
Appear closed from above
Open like a flower from below
Always return to tree or moss*

Birds

*Find solace in sparse shelters
Float like song on the wind
Make music, make love
to every landscape they grace*

Rocks

*Eternal watchmen
Base material of the universe
Holding all life together
Wedded to the Earth
They survive all its seasons
Yet secretly crave salvation*

Ice

*Hides life under its cold stare
Changes shape
Melts away into flowing water
Stays frozen in water's memory*

*I wish to be
tree, moss, pinecone,
bird, rock, ice
I also wish to be me
Thoughtless flow outside
Balance within*