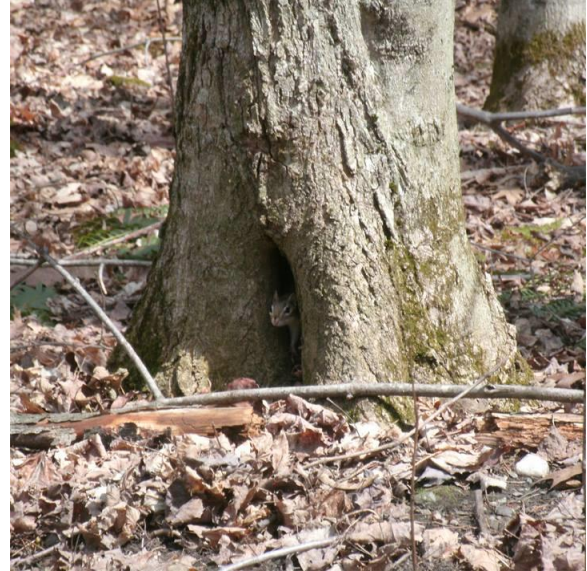


Find peace in nature:
You can reach it any time.
And you can reap its benefits
Without spending a dime.

Just get yourself a special space
Where you can sit and stay,
And push your worries, thoughts, and cares
Aside ... and then, away.

Allow yourself to open
To the wonders that abound
And take a big old wide-eyed view
From sky down to the ground.

You'll have to put some minutes in.
But *Wait until you See!*
The coolest things simply appear
With sudden clarity.



Make this a frequent practice,
And you'll see more every time.
Grow deliberately mindful,
And you won't be nature-blind.

The plants and rocks and animals
That you meet far and near
Have stories that they'd like to share --
If you would only hear.

Yes, find peace in nature.
It's not a background set.
Tell others what you've seen and learned,
If they've not found it yet.

We can all connect with nature.
It takes little to no fuss.
No "others" live on this good earth:
Everything is "us."

~ Corinne H. Smith, December 2017