

Wisdom of the Woods

Gnarled

by the onslaught of life;
our weary souls
seek out solace,
in leaf-lined pathways.

Wizened

by ageless experience;
fluttering thoughts slowly
absorb the rhythm
of the woods.

Reaching

beyond what is;
we catch ethereal
glimpses of knowing,
glistening in the sunlight.

Unfurling

into grateful stillness;
fears soften in a
woodland embrace.
And peace enfolds us.

All is well here.

Helen J. Aitken