

Tassie senses alive...

As I feel,
the knots in my body
start to untangle.

As I hear
'cracking' and 'space'
as movement frees up again.

As I see
my body respond to light and still,
a gentleness and softness reappears.

As I listen
to my body it reawakens,
little bit by little bit.

As I smell
the freshness of each new day,
and notice little changes.

As I taste
the salty spray off the water
I feel open and fresh.

As I touch
the moss squelches through my fingers,
the cool moist earth.

As I open up my senses
I notice what I've been missing,
simple pleasures of life.

Jen 6/1/15



A Waratah Anemone – Maria Island Tasmania