

## 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