

# Closing thought

## Let's take a walk in the woods

Let our eyes, dazzled by screens and bright lights,  
Relax to the gentle green of leaves  
And the soaring magnificence of pillared trees.

Let our ears, deafened by traffic and blaring music,  
Relax to the peaceful hum of insects  
And the scurrying of small creatures in the undergrowth.

Let our noses, stifled by smoke and acrid fumes,  
Relax to the fragile fragrance of flowers  
And the scents of plant-life growing all around.

Let our mouths, numbed by sugars and fake flavours,  
Relax to the fresh taste of blackberries  
And tiny tongue-bursts of wild strawberries.

Let our hands, hardened by plastic and metal,  
Relax to the rough beauty of bark  
And the softness of grass where we sit and rest.

Let our minds, busy with hopes and fears,  
Relax to the ancient peace of the forest  
And the cycle of nature, which holds us too.

*Reverend Robert Beard*