



...july 31, 2020...

**snow to fog and sun to rain  
redwood guardians preside  
balancing each passing frame  
that shifts the lost of lost lagoon –**

**wildflowers – creatures – birds –  
we are not separate – we are one –  
as walkers – every step we take  
echoes to the heart within –**

**there is no nature but that we  
become the nature that we breathe –  
oceans – clouds and dandelions  
we are the winds that sing the sun.**

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