

...february 23, 2021...

**let's go back to willow bark  
and cinnamon and ginger root  
and let our bodies breathe again  
outside of pharma-care –**

**let's go back to sunshine summers  
ocean air and forest walks  
instead of sunscreen poisons  
and raw fluorescent lights –**

**let's go back to inwardness  
with meditative healings  
instead liquor bound escapes  
and t.v. walls of separateness**

**let's go back to flower scents  
with bird songs capturing the ear  
instead of petrol parking lots  
and warehouse malls of emptiness –**

**let's build a world of humanness  
to crumble monied governments  
with earth the womb that heals and  
returns us to our soul.**

