

sunlit moss and giant trees – cedars – redwoods – douglas firs stretching skyward to forever assembling a world within –

we breathe into the magic green of lichens – rocks and fallen logs of insects twisting between paths until our cells sing resonance –

we grow into the swallowtails as they dance a hidden grove spiralling from sunlit moss into the bluest sky above –

they spin – almost like hummingbirds swirling and spiralling a magic dance of fairy wings spinning the world into love.

