



Earth Song Mother Nature's Rhythms Restore the Soul

by Susan Andra Lion

Mother Earth's gentle hand is the secure cushion that warms us on long nights and sings comforting messages through endless days, protecting us even when things seem amiss. Take in her lovely presence. Embrace her consistent wisdom. Know that her dreams are ours and ours hers, connected by timely, comforting songs.

It's time to step away from the manicured lawns, concrete walks and well-planned gardens. An open door beckons us to the sparkling air out there to listen to the grasses breathe and murmur. Prairie grasses roll on and on through curvaceous hills and flat-edged fields, undeterred by human attempts to control their rippling arpeggios. We are asked to just listen. Be alone with the music of the grasses and be in harmony with the hum of the universe.

Mother Earth's apron is laden with flowers; simple, ever-present reminders that we are loved. She tempts us to take some time off, shed our shoes and settle into the lyrical realms of her strong body.

The trees reach to the depths of the earth, deep into the mystery of lavender waters, and simultaneously throw their arms to the heavens, connecting all things living. The wind hears the prevailing songs that weave in and out of these lovely courtiers of the forest. In listening to their unerring stories, we let their siren songs sigh into our soul.

It's time to play in Earth's garden and see her for who she is—today. Don't hesitate. Go, play, linger, breathe and be one with the present moment.

Adapted from Just Imagine Trees, a coloring book for all ages, by Susan Andra Lion.