

## DREAM ?

Close your eyes and gaze at the stars that line  
The darkness of your inner vision.  
Look out at the most distant flicker,  
Imagine what worlds exist out there  
Where we can only touch with the blink of our eyes.

Lie on a soft warm bed, or an old sofa or chair;  
Throw a bright red Indian blanket down on the sand, or  
The grass, or the field, or pavement.  
Look up to the worlds beyond your sight.  
Ask yourself how we came to be; why  
You are who you are.

Breath deeply, feel the tips of your toes tingle  
With each long gasp of warm sweet air.  
Imagine how all the cells in your body are  
Being rejuvenated, and how your bones, and  
Your muscles and your skin feel alive again.

Listen, oh listen so intensely for the sounds of  
Your surroundings; be aware of the highs and the lows.  
Listen for the moving limbs of the tree over there; or  
The thunderous clashing of the wondrous waves; or  
The rumbling, knocking, and crashing sounds of man  
Behind you in their own particular world.

Taste the sweet tastes of Spring in the air.  
The wild purples of lavender, the mild yellows of  
Daffodils in a distant field where children play.  
Try to focus on the sweet tastes of the natural world, not  
The bitterness of the manmade world of engines and barbecues.

Dream, always take time to dream of what you would like  
The world to be; the colours, the smells, the tastes, the sounds.  
Do not be fooled by the bleakness of our foolish ignorance of  
The precious gift of nature; there are more and more dreamers  
Like you who have a vision of the bright colours, sweet tastes, and  
Wonderful smells that our world has to offer if we give it a chance.

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