

Listen!

Close your eyes—
slow the synapses
flashing across your awareness.

Breathe deeply,
and hover
close above the soil.

Deny your ears
the barking dog,
the slam of the car door,
the rage of
the mower,
weed whacker,
leaf blower,

and listen.

Listen to the heartbeat—
rootlets reaching,
fungal fibres firing,
mycelia moving,
bacteria buzzing,
protozoans pulsing,
The streaming of springtails
And worm tracks opening the veins.

Catch hold of
the soil's music inviting you to
cast your roots
deep
into the circular traces
and ancient trackways
of the mother's love—

and love her in return.

