



**St Oswald's
Hospice**

Nature's way

by Heidi Campbell

Upon a nice mid-spring day,
Let's take a look at Nature's way.
Breathe the scent of nice fresh air,
Feel the breeze within your hair.

The grass will poke between your toes,
Smell the flowers with your nose.
Clouds form shapes within the skies,
And light will glisten from your eyes.

Hear the buzzing of the bees,
Climb the tallest willow trees.
Look across the meadow way,
And you shall see a young deer play.

Pick the daisies as they grow,
Watch a gentle cold stream flow.
Know the sounds of water splash,
Catch its glimmer in a flash.

When altogether all seems sound,
Lay yourself upon the ground.
Take a moment to inhale,
And listen to Nature tell her tale...

