

## ***Shinrin-yoku* (Forest Bathing)**

linger in this micro wilderness  
where dark-eyed juncos forage,  
listen to their music harmonize  
with calls of kids at play,  
inhale sweet incense of fir and cherry laurel  
wafting through the chill,  
sip unsullied forest air  
flavored by today,  
caress moss-swaddled stones  
whose stories are as old as earth,  
be,  
the park grows with you,  
nurturing mother nature  
shows you her way.

--Kristin Alexander

<https://www.kristinalexander.com>