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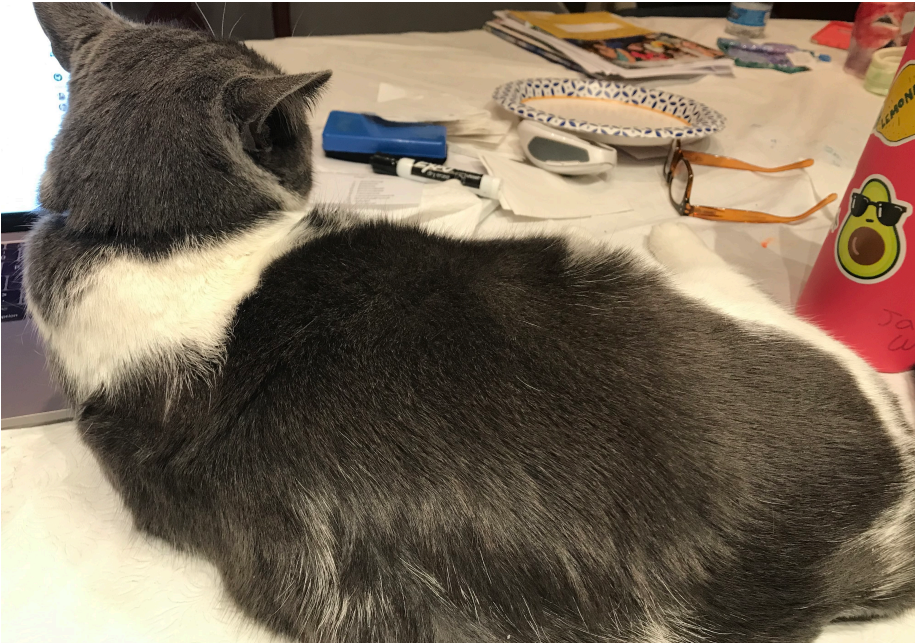
Dedication

For you,
who have suffered
in the longest of years,
may these words tenderize your heart
and mind.

January 23, 2021

Twenty-twenty was a year like no other. As COVID-19 made its way into our world, it demanded change of a magnitude most of us have never experienced. At the onset of the pandemic, I (like many of you) was in a panic when suddenly confronted with needing to adjust the way I worked, engaged with family, parented, shopped and oriented to public spaces. Gradually my nervous system settled as I adapted to remote working, more relaxed parenting expectations, and the simple routines of quarantine life. From hours saved by not commuting every weekday, I was fortunate to spend more time walking in nearby natural areas, many of those walks inspired the poetry about our natural world included in this collection.

3/27/20



Yoda, March 6, 2020. May his soul be free.

Chaos
reveals order
in its own precious time.
Like Spring buds and blooms that nourish
our wounds.

3/29/20

Our Earth
Centering down
A needed Hail Mary
Suffering is a doorway to
Healing
.

3/31/20

Again,
Sheltering in.
Finding ways to de-angst
Jumping rope, today's de-angster.
It works.

4/15/20



Lorimer Park at dusk, Huntingdon Valley, PA. December 2020

Between
What was and what's next
Is a turbulent space
In which not much is happening?
Or is.

4/25/20

Sheltering.

Home-schooling, remotely-working.

Walking, bicycling, restoring, cooking and eating.

Schedule-making, schedule-scrapping.

Arguing and repairing.

Movie-watching, popcorn-popping, game-playing,
reading,

Zooming and YouTubing.

Mask-making. Store-running.

Obstacle-course creating, idea-generating.

Innovating.

Meditating. Mind and body watching.

Deep-breathing and stretching.

News-updating. Theorizing. Criticizing.

Raging and despairing.

Fearing and hoping.

Adapting and Adjusting.

Surviving.

Living.

5/2/20



Ocean City Bay, Ocean City, NJ. August 2020

What a
confusing time.
Polarized opinions
and actions. How will humans
Unite?

5/16/20

Again,
A Saturday
with weekendy things, it
seems almost ordinary, but
not quite.

7/14/20

Summer
Zips by, amid
Covid and lantern flies
And kitties with sharp claws that pry -
Tell me something good about your July:

8/5/20



Pennypack Ecological Trust, Huntingdon Valley, PA. August 2020

land trust
air, earth and sky
fluttering butterflies
sanctuary of elements
refuge

8/22/20

Beach time

No agenda

Body surfing

under wide open skies

Salt air, sand and wave medicine

Respite

10/21/20

Our world.
Is it broken?
Can we survive this mess?
How do we return back to love?

11/12/20

Within
emanates a
luminous, vibrant light
radiating without bounds, with
no end



Ocean City Bay, Ocean City, NJ. August 2020

11/28/20



Lorimer Park, Huntingdon Valley, PA. November 2020

Fall woods
Cycling down,
Building capacity
For fruit-bearing, for life-giving
Again.

12/6/20

Nature
is energy
moving at its own pace
Adhering to the expression.
it knows.

12/29/20

Our dreams never die.
They lie in waiting, like a
Spring bud unfurling in just right
timing.

12/24/20

Magic
Is in the air
At all times and all ways
We simply need to stop, feel and
Notice.



*Hawk Mountain Sanctuary, Albany Township, PA.
October 2020*



The pond at Pennypack Ecological Trust, Huntington Valley, PA. August 2020

