

Turning with the change of season
I find a simple symmetry
Turning inward
Beyond busy communal living
To spaces of my own mind and garden.
There is a sloughing off
A shedding.
Removal of expectation
Making space
Replacing
Peeling back
Slack
Reeling in
Changing gears
Naming fears
Yet not defined by them.
Tied instead
To a subtle harmony with nature:
Fallen leaves bustling across the yard
Welcoming the embrace of the afternoon sun
Slanting shadows sundial Autumn
Birds chatter and fidget while I am still
Here
It is enough

Karan Hudson 25/3/2020