

## **SPRING MEDITATION**

By Rhonda Marrone

Disconnecting,  
I place my electronic devices aside.  
Slowly, I recharge my soul.

I look to the sky,  
Gaze toward the heavens.  
Wispy clouds float in a spring blue sky:  
Crisp and clean with the new season.

New leaves are budding high on tree limbs,  
Limbs of trees swaying in a gentle breeze.  
Sycamore, maple, and elm,  
Sprouting new red and green shoots,  
Adding to the dance of the evergreens.

Rays of sun warm the wind, tree leaves,  
my face.  
Calmness flows through my body,  
Over my soul,  
As softly as the breeze through new leaves,  
As warmly as the sun's rays.  
Breathing in, I relax.  
Breathing out, I let go.

A yellow swallowtail floats across my vision.  
I let all my stress go with the butterfly.  
The serenity of the day is complete.  
Breathing in the warm spring day,  
I relax.  
Breathing out,  
I let go.