

Earthing

Blessed are the feet
that feel
the solace,
healing
and underlying
meaning pulsing through
the forest floor.

Blessed are the feet
bare
and kissing
the moistened soil,
re*discovering
their
lover,
the ground cover,
home
once again.

Blessed are the feet,
fully alive,
fully awake,
fully aware,
Rewilding
their
soles.

Blessed are the feet
rooting deep,
breathing with Mother Earth,
beckoning her acceptance,
her connection
once again.

Blessed are the feet
celebrating being felt,
rejoicing in
union,
re*birthing their spirit.

Blessed are the feet
returning home,
walking their truth,
dancing their purpose,
their sacred path
once again.

By Melissa Amber

<https://wearewildness.com/earthing/>

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