

Nazneen Gulzar

## Nurture of nature

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It's food for the soul, The body and the mind. This peaceful walk with me and my thoughts, Is there any other kind.	I hear the sounds around me, like for the very first time. Yet I know they've always been there, like a memory buried deep within. The smell of freshly cut grass, the flowers gently trimmed. A gentle reminder of the time where days were endless, and time stood still.	There's peace in the quiet, there's time to reflect. Pay heed to the good and let go what you want to forget. Let yourself breath, let yourself believe. Let yourself take selfishly all that nature has to give. For the world is full of natural wonders.
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