



Lost in Nature

When burdens fall upon my soul,
And I'm feeling lost – feeling old,
I go to nature to heal my head,
And see green and blue instead of red.

Nature surrounds us,
Nature abounds us,
Nature is real,
Nature I feel.

I open myself to the green canopy,
And marvel at the impressive panoply,
I lay my head upon the grass,
And fly above the smothering morass.

Nature nurtures me,
Nature revives me,
Nature is my source,
Nature is my course.

I open my hand and touch the flower,
I feel it transmit its healing power,
The spirit of nature comes through my beak,
This is me, and I am no freak.

Nature soothes me,
Nature cools me,
Nature is my anchor,
Nature removes rancor.

Immersion in nature serves to heal,

And ideas it helps me to congeal,
My way in the world becomes more clear,
Together me and nature have no peer.

Nature is the center,
Nature bid me enter,
Nature fills my soul,
Nature makes me whole.

So welcome to Earth Church,
Pull yourself up a pew,
Here we celebrate nature
To find the best in you.