

I'm thankful for the Ocean  
Her gentle flow + faithful tide  
I'm thankful she is constant  
a trusted friend always there but  
ever-changing.

I'm thankful for her salted air  
Each deep breath renewing Me  
Each exhalation releasing landlocked problems  
Wisped into her changing winds.

I'm thankful for her golden sands  
A warmth that spreads deeper than my skin

Softening + re-moulding  
Untangling long-held hurts + heartache

I'm thankful for the Ocean  
For her stormy days, and her calm  
When I am bowed by the worries of land  
I will go, again, to my sweet Sea.

x tlp.