

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 ttp.