

KISS THE EARTH TeresaVerney

Written during the Covid lockdown, and inspired by the words of Thich Nhat Hanh
“Walk as if you are kissing the earth with your feet”

Go gently on this land.
Walk softly on this earth.
Feel the beat of the soil beneath your feet, and sing!.

Feel the wind in your hair, and the sun on your face,
and know that all is well.

When you walk in freedom with your feet kissing the earth. x 2
When you walk in freedom, kissing the earth.
When you walk, kiss the earth.

(Walk in freedom feet kiss the earth x 3
Walk in freedom, simply kiss the earth)

Step freely as you go,
Your heart open and wide.
Hear the sound of the trees above your head, and sing!

Feel the wind.....