

## Concentrate

When you next stand in a field

In the sun or rain

Just wait for nature to yield

Its treasures for you to gain

-

A bee will dance from flower to flower

A butterfly will gently pass on by

A dandelion will patiently wait to show you the hour

Look up you will see a red kite in the sky

-

Lie on the ground and see the little one's crawl

Insects of every size and hue

See how they are not creepy at all

They can't be friends as they don't know you

-

Stand up and stretch your arms out wide

Let your mind be still with nature sounds

Merge your soul to be by nature's side

And be at one with your surrounds