

Newport Lakes Park - An Ode to the Healing of the Soul

Refrain:

*The scar on the land is in the shape of my heart
Every rise every ridge every tender dark mark
Though the shape of my pain forms the lay of the land
Life has burst forth by the touch of her hand.*

Call of the wattlebirds stark and forlorn
Beckoning, welcoming, calm from the storm.
Come further, come deeper, walk on through your fear.
The source of renewal is now very near because.. *Refrain*

Green dappled light trickles down through the leaves
The sound of the city fades away in the trees.
A Purple Swamp Hen blinks and stares.
Why are you wrapped so tight in your cares? For.. *Refrain*

The Eastern Great Egret lifts gently and soars.
Such freedom and grace as she glides to the shore.
You are here, grace is now, the path to be free.
Creator, creation allows me - to just be, For.. *Refrain*

Green, gold and blue, nature's riot of art
Reflection and colours illumine the heart
The canvas is rough and the shapes are not straight
But the brushwork is love, the texture innate when.. *Refrain*

Healing and hope start from deep within
Sometimes it takes fire to germinate again
Like native grasses black and destroyed
Green shoots find light and my heart is renewed. for... *Refrain*

Just when it seems the track leads back to the plain
the Spirit of Life comes to surprise me again
Don't forget your connection to everywhere, everywhen
Says the voice of Creation as a tiny blue wren. because... *Refrain*