

Mindful Morning Musings

By Maura Meaney

Morning sun shatters shadows
Of the night, the world wrapped
In warm embrace.
A gentle breeze whispering through hair
Turning strands to tousled dance.
Feeling each moment in the heartbeat of life,
Basking in the rhythm of a new day.

Birds chirping in trees slowly shedding
Summer's leaves.
Scattered golds, yellows, auburn hues
Caressing grassy verges, mini
Meadows of unkempt wilderness.
Nettle and dock-leaf side by side
Reminders of childhood rhyme

Lamppost gardens pour pretty
Pinks, purples, and snow-white flowers
Flaunting beauty from on high, magically
Mingling with the bright blue sky.
Smiling down as I pass by
A feast for the soul,
Balm to a restless heart.

Cars purring engine's song while
whizzing by in the busyness of life.
Dogs straining leash
Yearning to be free,
To run untethered curiosity in

Green grass beneath tall trees
Discovering nature's mysteries

In this moment it is the
Universe and I, watching, waiting
Holding hope in this new dawn of possibilities.
While the world weeps tasteless tears
For wars that never cease, in this here and now
I find poetic peace in
Life's loveliness.