

## A Trail meditation

Overdue contemplation.

ascending dew drenched air.

memories of times less complicated.

flooding Consciousness.

lost sense of purpose.

inner energy returning.

pace builds, increases, quickens

flow overwhelming,

becoming carnal.

Meandering

Refreshing

Replaying

Rejuvenating

Resurfacing

Enlivened

Crunching crescendos.

weathered uneven paths.

Tor dominating vision.

labours, pace declines.

staccato rhythm.

glacial feet grinding.

surfaces wilded by nature.

toe first, push, lift

Individual motion,

driven by pride.

Descending

Imposing

Breathing

Slowing

Scraping

Eroded

Driving

Comparative wilderness.

diurnal human centipede.

spooked by rhythmic tapping.

taps now lolloping strides.

dodging tumbling shards.

no longer at slumber.

gates click, clack, thump

Made made obstacles,

maintaining control.

Invading

Sidestepping

Overtaking

Weaving

Catapulted

Pausing

Accumulations overhead.

blanket obscuring vision.

rain tickles the canopy.

pace returning.

inevitable downpour.

clouds dissipated.

feet bounding, cantering, skimming

emerging civilisation,

please not yet.

Menacing

Echoing

Building,

Escaping

Avoided

Accelerating