



# First Aid For The Soul: A Collection of Poems

*Margaret R Snowdon*

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## **First Aid For The Soul: A Collection of Poems** Margaret R Snowdon

A collection of poetry for all ages, about the beauty of nature, wildlife, people and the world around us. What we seek lies here before us, if only we pay it heed: pause to watch the golden sun fall asleep in the dusk, listen to the whisper of the breeze in tall grasses, to the rustle of the leaves in the majestic trees, the rhythm of a falling shower of summer rain, and a sudden gladness will wash over you. Beauty awaits us in the waves on the shore, patiently hushing the golden sand to sleep, in a strain of music that moves us to the verge of tears: in a waterfall tumbling from the rim of heaven, or the gentle glow of a candle on the face of the one you love. Why wait? Beauty is here, now, in this fleeting fragment of time. Look, listen, touch and wonder. The more closely you look and the more heedfully you listen, the more ready you will feel to face life. Our days are not just for passing through but for living in. Gather golden moments while you may. Greet each day as if you had never before awakened to the world. Draw its preciousness into yourself so that you might radiate a portion to others in return. I ask you ... could you find a better way of returning thanks for the blessings of beauty?

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