

Angela Paletta

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The Elements

As the water runs, I felt whole
the air flows, I felt free
With the earth beneath me, I felt grounded
Nothing else was there but these elements
Nothing can be seen
its felt through my whole body

The water has lifted me,
has cleansed me
The air has guided me
has healed me
The earth has saved me
has held me

Somehow they stay with me
As if the earth knows me, as if the
Earth feels my sorrow and pain
it can surround me
with support and strength

the air has found me,
through my hard times
and has raised me free,
has shown me
healing and guidance

water has cleansed my soul,
cleansed my wounds
has cleaned my sorrow and
comforted me in my times of need
as it washed over me

never before I had realized how
the world around me
stood so close to me, how the
air the earth the water
became my guides and
my healers through life