



The Wild Verses



Nature poems on love,
hope and healing



Helen Mork &
Sarah Maycock

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About This Book

Minds are incredible landscapes. The brilliant and original poet, Gerard Manley Hopkins, once wrote that the 'mind has mountains'. He was trying to express his own struggle with depression and saw these peaks and cliffs as 'frightful, sheer, no-man-fathomed'. But mountains can also be a vantage point, a high plateau and summit from which we can see things more clearly and gain a new perspective.

In the pages of this book, you'll find a different mind-landscape for every mood, brought to life with words and artwork of animals in the wild. Some of them reflect happiness, love and solidarity, some of them explore difficult emotions and life's challenges. But each poem and each artwork is an invitation to stand back for a moment, to look around, to notice and reflect. Take your time. The poems might seem different each time you return to them. I hope they will offer still moments in your day and that you'll carry them with you.

Helen Mort

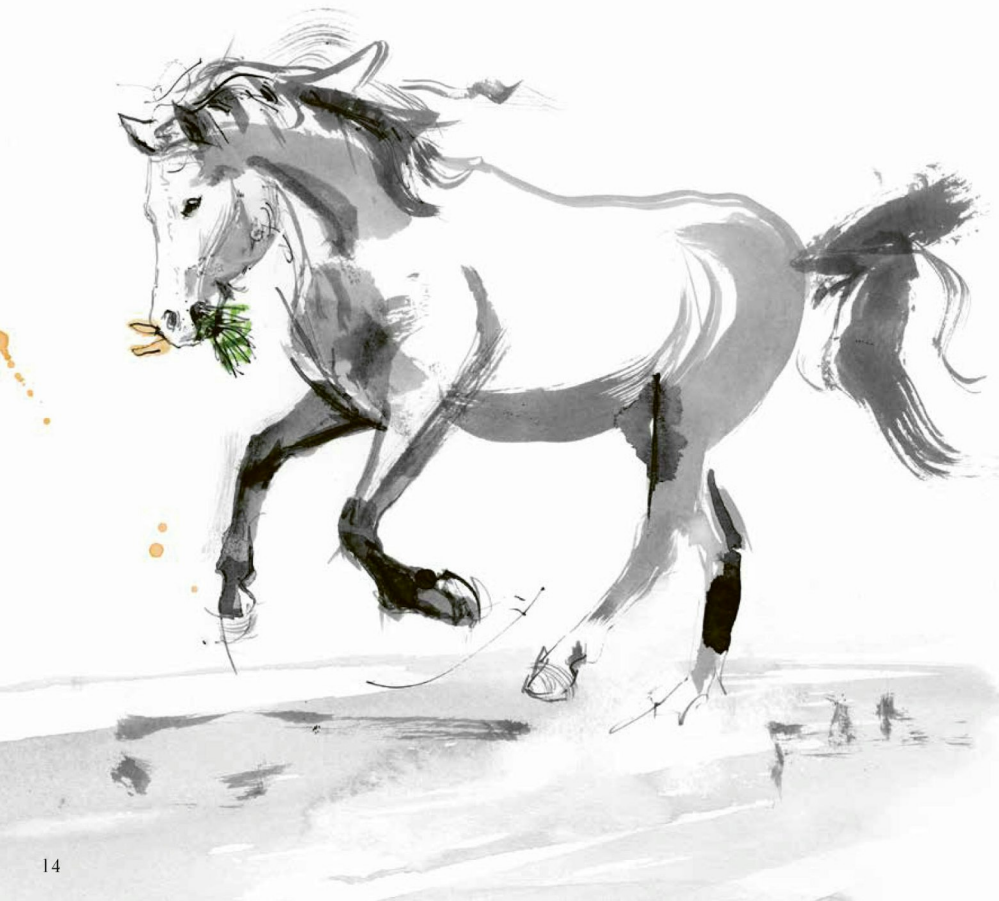




Jay

"Hope" is the thing with feathers –
that perches in the soul –

Emily Dickinson



Extraordinary

Find an ordinary day
and bridle it, ride

until grit
gives way to grass

then let the morning
surge, cantering

into blue distance
where thought becomes

urge, shaking its mane
and looking back at you

Every day can be extraordinary,
if you let it.