

Looking Back We Smile

By Paul Lyons

Fresh air cools my eyes.
Gentle breezes smell so fresh.
Hear the orchestra of birds singing.
A deep breath. Relax...Relax.

Slowing down helps to see more.
Much has changed for the better.
Our hearts feel alive.
Grateful. Yes. Very grateful.

Art has more color.
The stars alive shine upon us.
Children smile and parents relax.
Our sustainable future has arrived.

Trees breathe fresher air.
Flowers smile at each other.
All is simpler. Much easier.
The right decisions were made.

Sit quietly and breathe.
Smell slowly and smile.
Be grateful for a full life.
Now carry their vintage forward.

Nothing was easy, so we were told.
But everyone listened and learned.
Their respectful knowledge stood tall.
Now we stand with the past in joy.

Paul Lyons is a retired marketing consultant and 40 year resident of Lake Oswego. He is a committed reducer-reuser-recycler. William Stafford is his inspiration to write poetry and take photos of nature.