

## Poetry & Journals:

I began journaling when I was nine when I started boarding school. At that age, I also launched my love of poetry when I submitted a poem to the school newsletter. I remember the refrain...*and I thought in my mind of the cruelty of man, that one day nature would repay.*

In hindsight, a little deep for a school rag. The winning entry...*sweeping leaves is such a bore, they make your hands so red and sore*, I didn't like much. I enjoyed sweeping leaves, and my hands liked to work!

With retrospection, that was also the time I flung myself into poetry. It was my escape and cultivated my passion for words. Of course it was never reflected in school work, yet I practised in scribbles and on random pieces of paper; I also journaled.

Over fifty years later, I now see that one refrain forged a groove to my life; *journaling, poetry, and writing* with an emphasis on the natural environment, and our relationship with it.

I didn't recognize these connections until two years after a near fatal accident in 2007, when I began to write to untangle complications I faced. I was informed I may never write again, or be mobile again.

*I restarted to journal* about two years after the initial accident to unravel the challenges I faced and to simply un-muddle my brain. I never conceived I was being led towards something larger.

*Poetry was a re-emergence* for me to reclaim a life and ultimately re-engage. Initially all I did was scribble and jot down random disconnected words—which in a sense I had done my entire life—albeit with a different purpose.

Subsequent years have led me to confirm what I intuitively knew at nine, that *personal and planetary health and wellness* is intricately linked. This attitude formed the genesis for **write4health**.



Sample journal covers.

I began to collage and because my dexterity was changed—I ripped and glued which later I discovered was a simple and great technique to create visuals!

*Intuition (from the inside out) is a great teacher...*

