

Four Poems

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Elizabeth Anne Lescheid is a freelance writer, nature and outdoors enthusiast and environmentalist. She was introduced to Deep Ecology while doing her major research paper for her MSc degree at the University of Guelph. The paper is titled "Nature and a Deep Ecology Perspective: From Theory to Real Life".

Poem for Lake Superior

This landscape
has gone
under my skin.

Its many waters
have become the blood
coursing through
my veins.

Its rocky outcrops,
that determined part
holding fast
through storms.

Its winds and calmness
an expression of
patterns of
my mind.

And I know
that
I will always
be
a part of
it.

And I know
that
it will always
be
a part of
me!

Learning from a Pond

Part One: Specifics

A lone lily pad,
searching for the light,
reaches the surface
from the depths below.

Struggling its way
through murky water,
its message is clear:
persevere.

Part Two: Generalities

We are frail
and fleeting as
morning mists:
swirling and churning
over dark water,
writhing about as
hot sun burns
away.

We are strong
and constant as
glittering depths:
tranquility
below the moving,
rippling surface of
cool green pools
that stay.

Existing;
this same
paradox
for eternity.

Liquid Messenger ***(For the Bow River in Calgary)***

The river is calling,
giggling its message
in happy reverie.

Beneath an icy sheet,
chortling and singing,
contentedly it moves.

Weighted with melted snow,
Continuing on
Celebrating springtime.

Pelted by summer storms,
bubbling without fail
in spite of harsh weather.

Covered with fallen leaves,
carrying their weight
merrily on its way.

Never stopping in anger,
Never questioning why,
continuing flowing on
through the decades
bringing life
and joy
to all
who care
to listen.

River of Life

I am a river
flowing towards
the great Sea.

Now, I dance
madly,
with much turbulence
around and over
rocky pathways.

Now, I glide
smoothly,
calmly meandering
here and there across
wide, flat plains.

Now, I join
others
and become
one
of the great
powerful rivers
of the world
and nothing
hinders me
and nothing
stands in
my way.

Now
I am
Now
I am a part
Now
I am a part of
This greatest river of life.