

Lorna Reid

The things I need to flourish are...

To listen and pay attention to the needs of my body

Silence to settle so I can hear

Poems to plough up hard ground

Meaningful connections to spirit, to loved ones, to others who challenge (but in a good way)

To listen to people, to the world, to myself

To inhabit and co-create healing and restorative spaces and to laugh...

And then I feel bold!