

## **Shingle Beach**

Kira has chased the seagulls away.  
Now she is back trotting at my heels.  
One day she'll realise dogs cannot fly.

The rock pools are teeming with life  
under their still surface,  
but no-one disturbs their peace.

The sea is calm, the air cool,  
a slight south westerly breeze  
brings a tang of seaweed in its wake

On this day of tranquil weather  
gentle colours merge,  
blending with the horizon.

I take thoughts out,  
like pebbles from my pocket  
and toss them in the quiet air.

This is a dreaming space,  
a silence so deep the day itself  
is holding its breath.

I could stay here forever.

*Caroline Hansen*