



HOME

poetry
inspired by
place

CHELSEA
FRISBEE

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A Small Thank You

surround yourself with "More Beauty" cards, printable nature photography and quotes created for you by the author as a small thank you.

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Wisdom From a Hazel Tree

Be patient. Strength doesn't come overnight,
but over generations.
Stay still long enough for moss to grow on you.
Prosper and share with others.
Look out for those around you.
Gather rain and sun equally, for they each have much to give.
Be rooted, ground down and reach up to the sky, too.
Keep your third eye open and listen to your dreams.
You, like me, are right where you need to be.



Along the Sound of Iona

I laid my head on the ground
this ancient ground
this sand made of as-close-to-infinity-as-you-can-get
little shell particles of limpets
who find their home on a rock and grow with it
circles upon circles of growth like a tree.
They leave their rock at high tide to feed and glide
but leave a return trail for themselves
to find their way home again before low tide
and the gulls come.
With their rock, their home, their protection, their anchor
with the rhythms of the sea
they expand
and ground
simultaneously.
I laid my head on the ground
like the humble sheep taught me
accepting what is given-
steady support of this great Mother, Earth.
And then sun warmed my curled, tired body
still at last after so much movement
free as the waves that moved softly
in and out
hushed
lulling me to sweet sleep.
I raised my head up off the ground
content
and moved my body
once more.



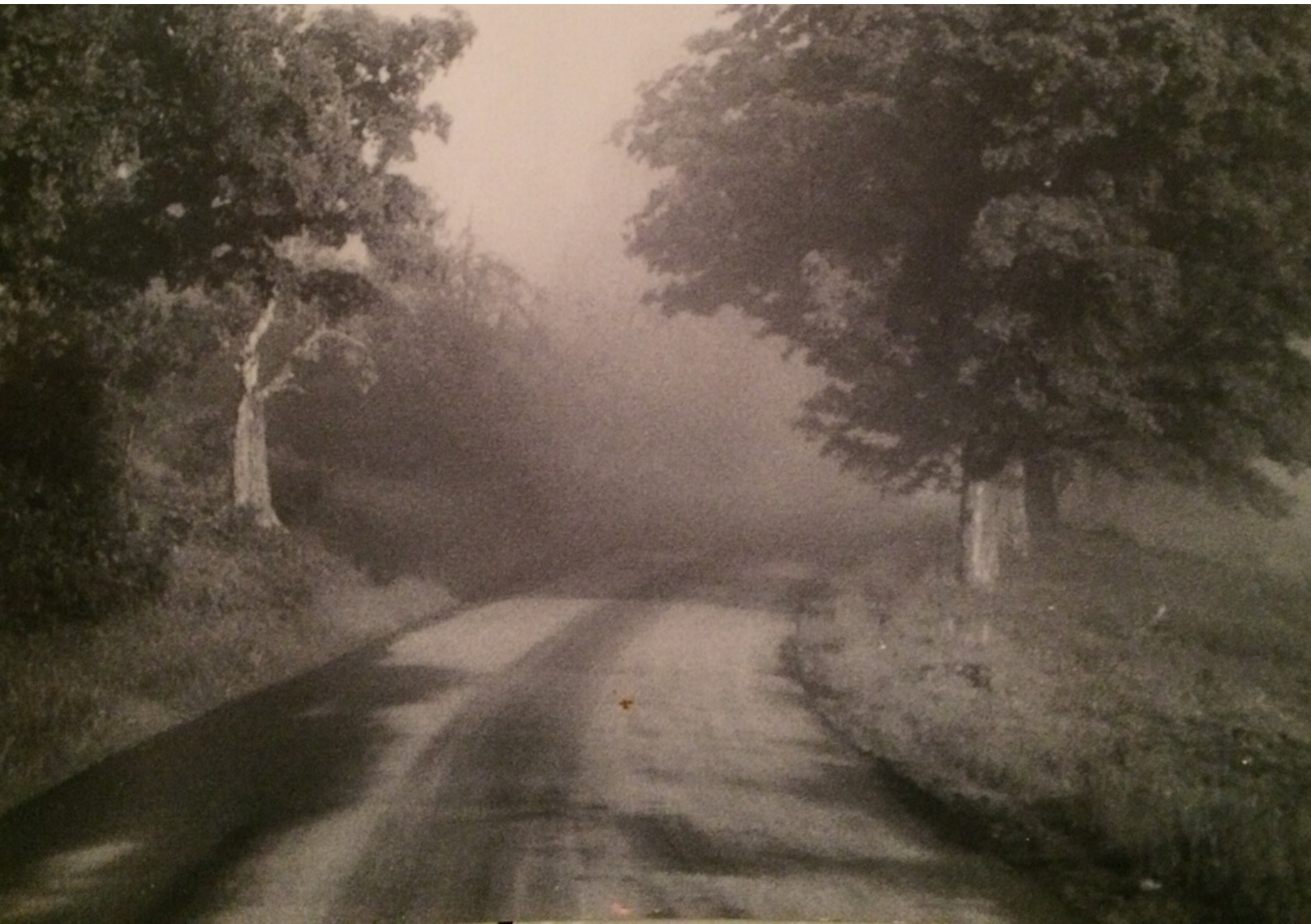
Breaking Open

Breaking open
again and again
I find the new edge
the pocket of grief
the unexpected roaring creek I must cross
to get to the other side
refreshed and washed clean once more
until I wander into the next pool
of sweet healing waters.



Home

I had a love affair
with another place for a while
its tendrils of beauty
giving me just enough to keep me there
until
you called
and I woke up
and started my journey back
home.



Lineage

Nestled in between the fabric
of my maternal lineage
I sleep
layered with warmth from those who came before me
Mary
Earla
Susan
and those yet to come, still deep within me.

2 am, I awake anxiously and try to ready myself
for what's coming
the next task at hand
the next threshold
phase
journey that is somehow beyond or better than
now.

You are already there
they whisper softly
You have everything you need
and I fall back into sleep.

The Dance

flowing winter waters
hover in the thin space
between
movement and stillness
ice crystals constantly forming
connecting with others of their kind
resting awhile, exquisite
then melting, their rigidity releasing
as they rejoin the rushing dance
to the sea



Winding Road

the winding road
soft red of my heart
leads over hills to more hills
and valleys
peaks glittered with cold
hollows touched by sunshine
leading into the infinite dark
unknown



Wings

I used to think time
and life
were linear
one path, leading forward
with decisions about left or right
all that were available to me.

Then I realized I had wings
and learned how to fly.



Deep Peace

As soft as a fresh, clean blanket of snow
laid upon the floor of the silent woods
I walk among the trees
friends, all of them
Cherry
Maple
Oak
Pine
the wind gently blows
the perfect white lines of snow
on the branches
off
bit by bit
floating down
into deep peace.



More from Chelsea

Chelsea Frisbee is a writer, baker and farmer based in upstate New York. Her debut book, *A Journey of Light*, is a collaboration with her late mother, Susan Woodworth, and will be available in 2020. You can find more of her writing at www.chelseafrisbee.com or follow her on [Instagram @chelseafrisbee](https://www.instagram.com/chelseafrisbee).



Psst...pass it on!

Please share this e-book with someone you think might enjoy it. It is a gift from the author to you, and one that is meant to be shared again!

Thank you so much!

