an cuardach seo naofa.
Nuair a throid na cosa.
Dr Beatrice Jarvis
To question only lightly.
To return to the sensation of the hand on the heart,
the sun on the chest,
the wind the hair,
the seal swimming beside,
and the boots which fell in the sea
after falling over.
Let the image of bird come.
let the image of an animal come.
Let the image of float,
softly softly,
The duet of body and earth.
A constant,
How little do we tune?
Each foot step a new duet.
The body is a microcosm of the earth
The processes of nature are guidelines to aesthetics
To live the experience of nature,
  We are dancing the circle,
  With no beginning and no end,
  Yet we will begin and we will end,
But in our ability to perceive as such may be faulted and
  limit us.
For more information about my practice please see http://beatricejarvis.net and any questions email b.jarvis@kingston.ac.uk