

Feb 4

by Kait Mauro

I had forgotten, since it had been so long, how the woods can fill me back up, with myself, somehow. I had forgotten how much I need to be in nature, how it can heal me just to walk within it, along a dirt path — away from cars, buildings, other people — sometimes. I had forgotten how the trees and messy ground can bring calm back into the mind, how the woods can make you feel smaller again — and your problems, too. Walking with one giant dog and one tiny one, I didn't feel at home, but I felt something better.

