



daily GOOD

Sitting quietly, doing nothing, Spring comes, and the grass grows, by itself. --Basho

Wendell Berry: The Peace of Wild Things

The Peace of Wild Things is a beautifully animated film of a poem written and read by Wendell Berry as part of the Poetry Films series of the On Being Project, which features animated interpretations of beloved poems. This poem is a warm invitation to return to our early memories of peace and joy, perhaps lying in the grass on a sunny hill, listening to bird and insect sounds, when suddenly, for a moment, "we are free!"

Be The Change:

Writing a poem yourself is a wonderful way to explore the heart's desires, and a poem about any aspect of nature, or even the Wild Things, can bring you to that same inner freedom Berry speaks about. Try it today.