

Welcome to Harmony Hub Radio a place to

listen, share, reminisce and get inspired.

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### **Episode 14 - Nature**

We'd love to hear your thoughts about the show and have you be part of the Harmony Hub Magic. We are really keen to hear about a memorable, favourite song and what it means to you or to hear a recording of you reading a favourite poem. If you have anything you'd like to share or need help to share something, please get in touch with me, Kaye, on 07591157841 or by email at [kaye@awakeningarts.co.uk](mailto:kaye@awakeningarts.co.uk)

This week on Harmony Hub Radio, we'll be reading homes and hearing songs and stories of paying attention to the little things and appreciating that which we usually take for granted. These are the poems I'll be reading on the show and I'd love it if you'd read along with me.

Here's a quote by Argentinean poet, Jorge Louis Borges on the art and power of reading poetry out loud:

*"Truly fine poetry must be read aloud. A good poem does not allow itself to be read in a low voice or silently. If we can read it silently, it is not a valid poem: a poem demands pronunciation. Poetry always remembers that it was an oral art before it was a written art. It remembers that it was first song."*

## **Childe Harold's Pilgrimage by George Gordon Byron**

There is a pleasure in the pathless woods,  
There is a rapture on the lonely shore,  
There is society where none intrudes,  
By the deep Sea, and music in its roar:  
I love not Man the less, but Nature more,  
From these our interviews, in which I steal  
From all I may be, or have been before,  
To mingle with the Universe, and feel  
What I can ne'er express, yet cannot all conceal.

## **Peace of Wild Things by Wendal Berry**

When despair for the world grows in me  
and I wake in the night at the least sound  
in fear of what my life and my children's lives may be,  
I go and lie down where the wood drake  
rests in his beauty on the water, and the great heron feeds.  
I come into the peace of wild things  
who do not tax their lives with forethought  
of grief. I come into the presence of still water.  
And I feel above me the day-blind stars  
waiting with their light. For a time  
I rest in the grace of the world, and am free.

## **Nothing Gold Can Stay BY ROBERT FROST**

Nature's first green is gold,  
Her hardest hue to hold.  
Her early leaf's a flower;  
But only so an hour.  
Then leaf subsides to leaf.  
So Eden sank to grief,  
So dawn goes down to day.  
Nothing gold can stay.

## **Wild Geese by Mary Oliver**

You do not have to be good.  
You do not have to walk on your knees  
for a hundred miles through the desert repenting.  
You only have to let the soft animal of your body  
love what it loves.  
Tell me about despair, yours, and I will tell you mine.  
Meanwhile the world goes on.  
Meanwhile the sun and the clear pebbles of the rain  
are moving across the landscapes,  
over the prairies and the deep trees,  
the mountains and the rivers.  
Meanwhile the wild geese, high in the clean blue air,  
are heading home again.  
Whoever you are, no matter how lonely,  
the world offers itself to your imagination,  
calls to you like the wild geese, harsh and exciting  
over and over announcing your place  
in the family of things.

## Art Activity

This week our theme is nature. Here are some ideas for how you could create an image on this theme. As ever, please feel free to interpret the theme in anyway that feels right for you, these are just some ideas or starting points.

What is your favourite place to be in nature? Do you like the sea or the forest; the fields or the mountains? A great starting point might be to think of your favourite place in nature and paint or draw it.

This painting is a nice example of 'not trying to get it right' but rather trying to

give a sense and a feeling of a place. For me this image feels happy, how do you feel about it? You could try to do something playful like this, with colours that don't make sense in the usual ways.



I love this simple, pared down landscape. It's amazing what you can create with just two colours. You could try a real or imagined landscape, from a photo or from your imagination.



I love this Japanese water colour inspired painting. It's simple but delicate and capture the atmosphere of the scene really well.



You could try a pencil drawing too. The texture of trees lend themselves well to pencil, as does the dramatic contrasts of light and dark that you find in the forest.