

# Up here

Up here, I can breathe deeply.  
Standing still, stopping for just one minute in this busy day,  
My lungs expand,  
Taking in the evening fragrance of Spring's new life,  
And I feel You.

Up here, I can see clearly,  
My eyes reaching to the sunset horizon,  
Over rolling hills bathed in a pink-orange-yellow-purple glow.  
I absorb the vastness, I wonder at the intricate detail,  
And I feel You.

Up here, I can listen closely,  
To the sounds of a sky-lark rising, a grouse chattering, a curlew calling.  
In this moment, I hear the clamour of my own thoughts  
Gently slowing, calming, stilling,  
And I feel You.

Up here, I can love fully,  
My heart stretching out,  
Wanting to share the gift of this place, this beauty,  
Longing for others to know the touch of heaven,  
And I feel You.

For here, I am free,  
Completely whole, understood, treasured,  
Loved with a depth, width, breadth and height I can barely grasp.  
Loved by You – the majestic Creator,  
Whose gentle hand crafted this beauty all around me.  
Loved by You – the perfect Father,  
Who knows my every thought.  
Loved by You – the adventurous Author,  
Who calls me to truly and abundantly live.