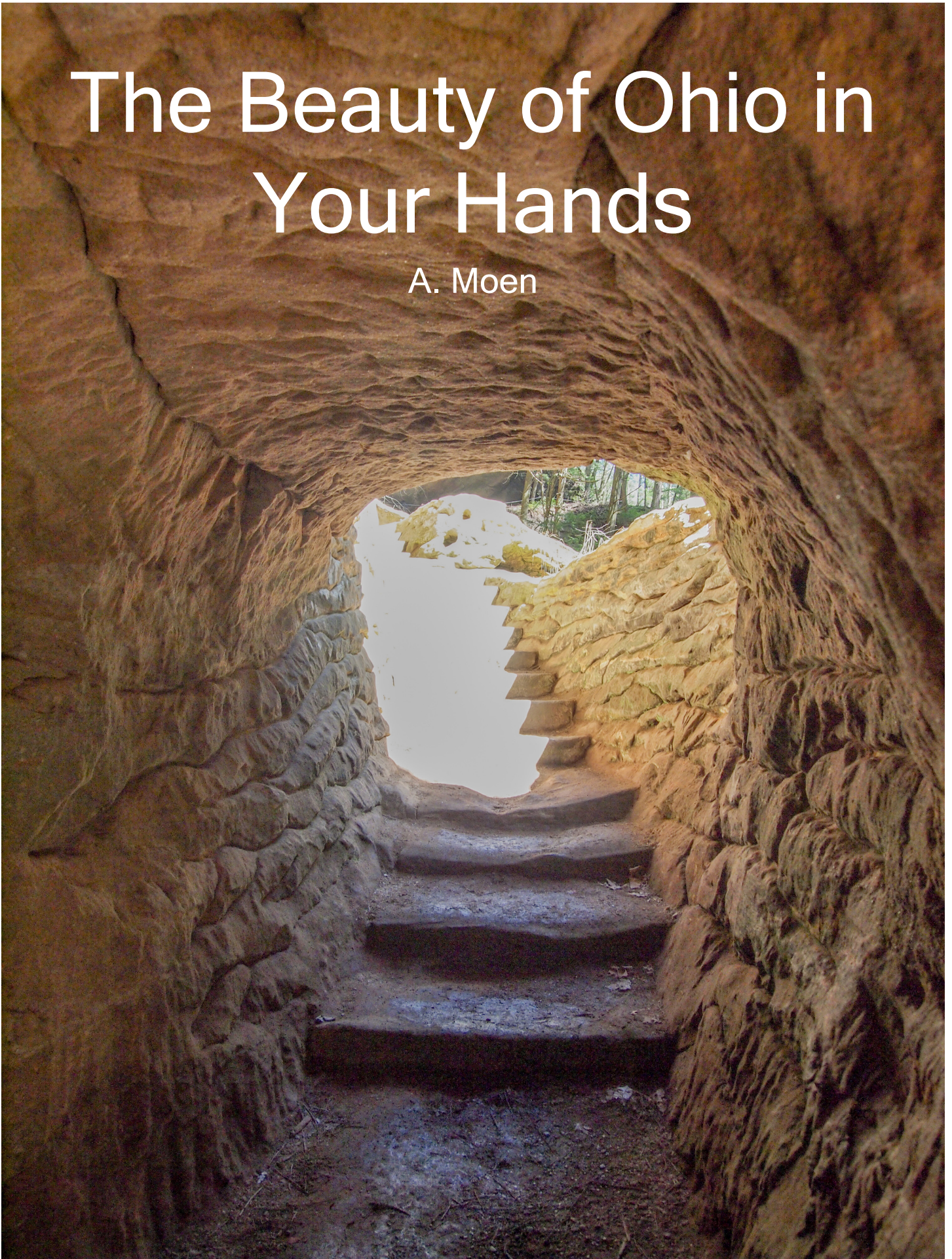


The Beauty of Ohio in Your Hands

A. Moen





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Please spread and share this book and pass around the beauty of Ohio.

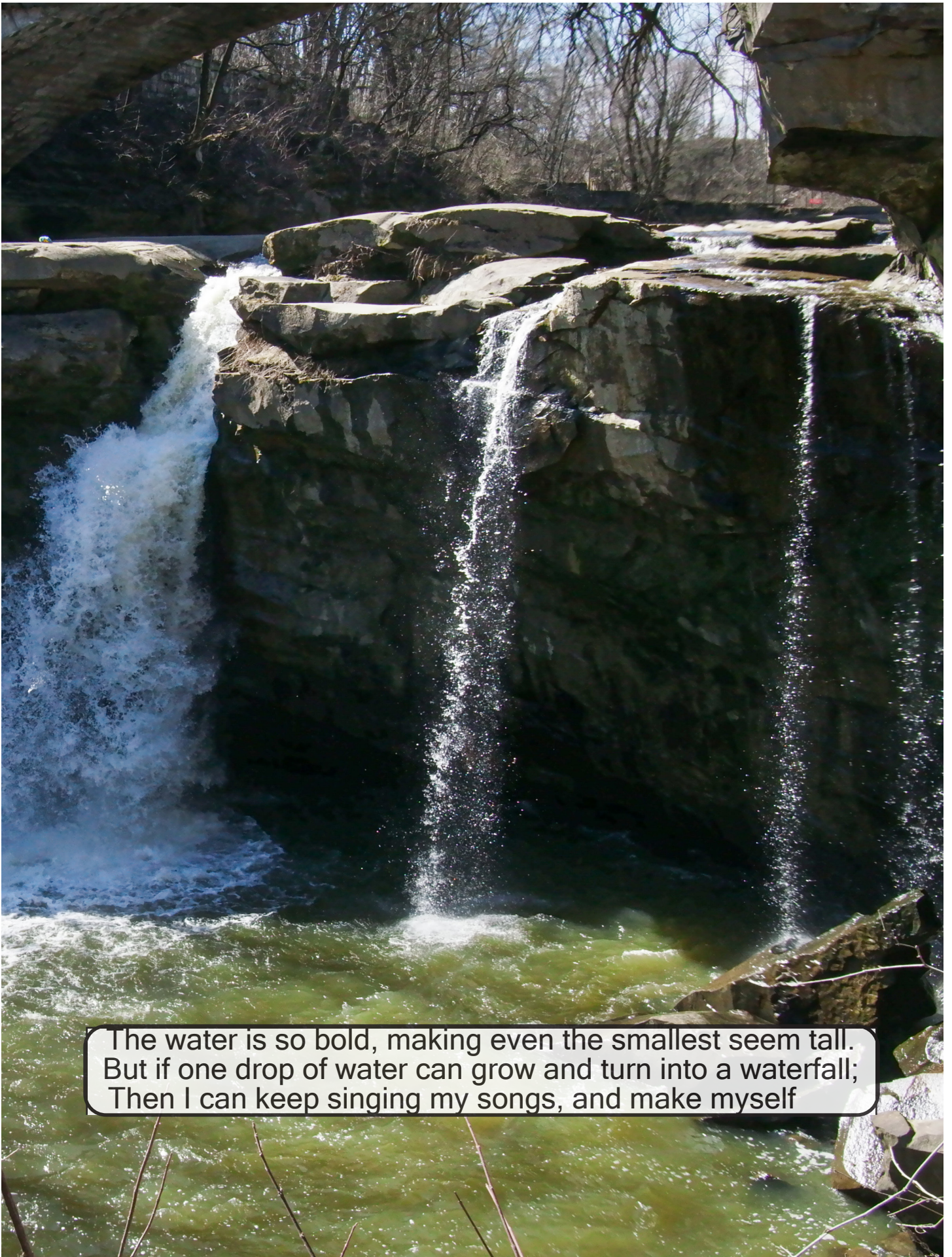
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This book takes photos from Lake Erie to Hocking Hills to showcase the natural beauty of Ohio. Each photo is paired with an original poem designed to create positivity.

This book was made in the hopes of not only help brighten people's moods, but also help others appreciate nature and increase the desire to care for the environment.

Done as a independent study in Environmental Science by Ohio Wesleyan Student A. Moen '21 this book hopes to share the nature that is all around us and foster a better understanding of the sights that are apart of our home here in Ohio.





The water is so bold, making even the smallest seem tall.
But if one drop of water can grow and turn into a waterfall;
Then I can keep singing my songs, and make myself

Symbiotic

We've always lived within nature, we've always been inside it's embrace. Both tomorrow and yesterday.

It grows around the things we make, it continues on Each and every day. Nature is quite strong.

We should grow along side it, embracing it too Together we all can make tomorrow feel new





In it Together

Balancing on a beam
we all like to seem
We have it all together
in all type of weather
But we all have our
limitations of our power
So don't be afraid to
reach on out to a few
In order to help you
make life feel new



Wearing Emotions on your Sleeve

Digging roots deep brings advantage.
The safety is obvious, and easier to manage.

But those that lay their roots bare
Are open books with love to share.

A brave few that after weathering the pain
don't hide or deny their feelings.
No matter how they feel the strain,
They continue their healing.

You're doing great

Moving uphill always makes everything sore
And if you fall, you come crashing to the floor
Makes you wonder what it is you're here for.

The destination versus the journey they state.
But everyday you may not realize you've made
it to a new destination and a new place.

So take a break and take a breath
You're here now and that's great.



A Little Worth a Lot

I smell the flower the biggest of them all
I smell the tiniest one so short and small
though the smell isn't different the size is so strange
I feel the bees will go to the larger one it must be in-
grained
but the smaller one hasn't lost its worth
it will get its chance and spread its seeds
and grow its beauty for all to see





Perfect as it is

You don't need to see the whole sky
To have a clear idea of what's ahead
You don't need a perfect view to try
And enjoy the beauty that's been spread

Threading Light

Light will piece and seep through every crack
Like a threaded needle pulling life together.
And despite the shadow that the light casts
It will make its way through in any weather.

So next time that the shadow is so overcast
And you can't find your path, living in the past.

Remember the light will find its way to you too
And you'll have its warmth surrounding you.



Actions

Floating, drifting, staring at the mirror that waves in the wind.

The reflection distorts every part of me.

The parts that prosper and the parts that hide.

The parts that smile and the parts that lie.

Yet here I am despite the ripples, still choosing to be kind.





Even at the end, we'll be ok

Light pierces through trees
Shadows continue to increase
Yet we're still alright



Comfort & Color

You know that things go up and down
But here I am here with you now
And all around the world can frown
But it's ok. Let's zone out the sound

Know these things they never last
They keep us stuck in the past
You feel gray each and everyday
You think you'll never be ok.

These things I know they hold you so
But together we can let it go
Reach on out and grab my hand
Let's go away to a different land

You'll find that smile at your own pace
And soon whenever we embrace
The colors will come and replace
All the worry written on your face

Not now, but soon

Standing by the calm waters, watching the trees sway
I could listen to the tinkling and creaking all day.
I take a deep breath and think maybe just maybe
That soon everything will be ok



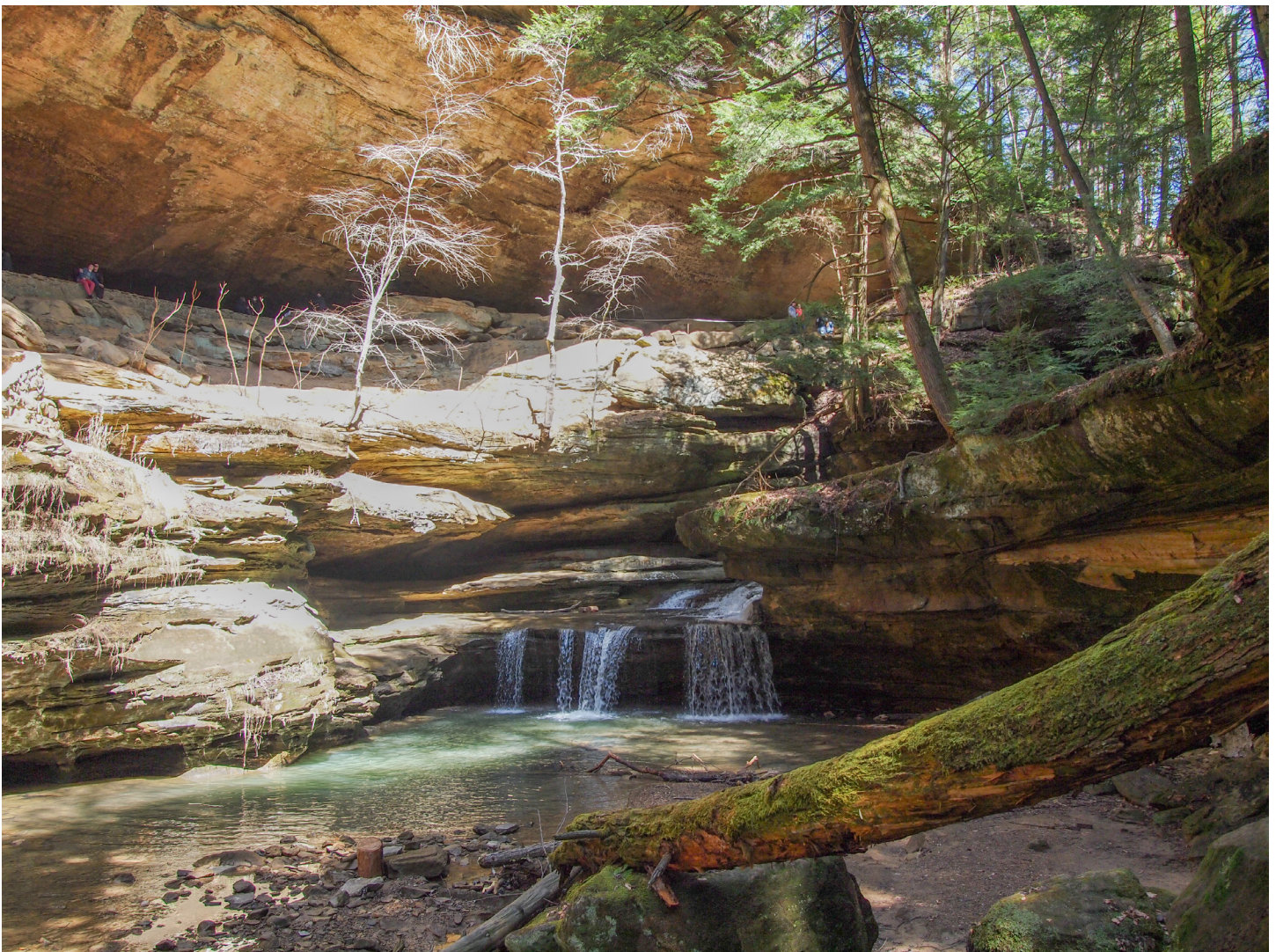
It's ok to not be ok

Some can smile all year round
They seem so happy and never frown

Others need time before they can come around
Time to be sad. Time to cry. Time to sigh

Till eventually they can be green
And both of them can shine

There's nothing wrong with taking time to sigh
You'll be green again, it just takes time





Shapes of All Sizes

No matter how large the rock or strong
the stone

Little by little it can be chipped away
Then shaped and formed into anything
So why not lend a helping hand
And make paths to a better land

Changing someone's world

Every step we take leaves behind a footprint

Each life we touch leaves behind an imprint

We may feel small in a world so big

We may seem lost when things seem wrong

But just one good imprint left behind for someone

Can mean the world of difference to when you're

done



Sail into tomorrow

Let's sail out to where the water meets the sky

Let's rock peacefully as we watch the sun rise

Let's stand side by side as we soar and learn to fly





Moving forward

The path forward must be carefully stepped.
A slip would be easy and away you're swept.
But the sun still rises on fallen down trees
And the wind still blows its cool breeze.
Take a break and breath when you fall
So you have the strength to stand tall.

Erosion won't stop the sunny days

Erosion is slow and steady. You don't notice the crack slowly growing.

Until you are cracked in completely in two and unable to recover.

So open now that you can't stop emotions from gushing and flowing.

But still the sun shines as new parts of yourself are discovered.



Hideaway

The breeze drifting, trees singing, world softly disappearing.
Let's hold each other in this small corner of the world we found.
Our thoughts lifting, hands clinging, soothing breath endearing.
Until all our worries wash away and we finally feel unwound.





The Little Things

Little crevices and corners are found all over
Small little sights and sounds that seem so stunning
You don't need to look hard for a four leaf clover
There is plenty of beauty all around that's so loving.

Relying on Each Other

Growing slowly the tree is weak. Each leaf falling one by one until it's bare.

It's branches thin and breaking by the wind. It's trunk is sturdy but can't survive

without the rest. The leaves and roots and trunk and branches must all share.

It's roots buried deep within the ground never to see the light in order to thrive.

The branches that break grow back and the leaves return new and bright

absorbing the sunlight within its reach. The tree keeps growing taller and stronger.

But it never loses the weak parts of itself. It stands morning noon or night.

Some branches are still thin, the leaves still fall. But it lives longer and longer.

And as the tree grows stronger it grows more weak branches and more weak leaves.



One another after the rain

Stone stacked on stone, grain next to grain
Waves crashing slowly and gently one after the other

They'll still be there even after a long rain
So together we'll stay in all weather next to one another.





Walking Together

The path might be muddy and hard to see through.
It might be impossible to know how deep to reach.
But going one step at a time we will all make do,
And then to each other we can share and teach.





Sun's rays

Unwavering

Nourishing

Lively

Illustriously

Gleeful

Helpful

Today



Not Soon, But Now

As I kick my feet back and forth on this rock where I sit
The leaves are all fallen and the snow has ceased

Spring has come and the trees are regaining their spirit
I know here in this moment everything is at peace.

With the Covid 19 Pandemic getting outside and enjoying nature is harder than ever. This pandemic has caused significant stress to everyone.

In an effort to bring some positivity into people lives and allow them to experience nature this booklet has paired positive poems and pictures from parks around Ohio into a lovely book.

Please enjoy some uplifting poems and beautiful pictures of Ohio's natural beauty.

