Your place: *I will arise now a*nd *go to* my blue hammock in the back yard

Hear: Maggie barking next door, neighbors playing cornhole (thwack), tree leaves rustling in breeze, cardinals and wrens chirping, cats mewling and screaming,

Touch: hammock cords pressing into my back, head on the soft pillow, sun on my skin hot and itchy sometimes

Smell: Sunscreen on my skin, burgers on the grill, flowers in the garden

See: bright sun, green trees on bright sky blue backdrop, airplanes and clouds drifting lazily by, my bare feet happy to be free of shoes

Place you’re escaping: School work/lesson planning/grading

**I will arise now and walk my bare feet**

**To my blue hammock in the back yard**

**The grass is soft and welcoming as I make my way to my sanctuary,**

**My place of peace**

**I settle in the cocoon of my hammock, and the cords press into my back. I feel safe and happy, like I am in the arms of my mother.**

**The sun beats on my pale skin,**

**it is hot and itchy like a dress I only had to wear on Sundays.**

**The gentle thwack thwack of beanbags slamming on wood lets me know I am not alone in my sanctuary**

**But my blue hammock is like an oasis in a desert, it calls to me**

**No longer am I thinking about lesson plans, tests or school**

**The stress evaporates like rain from the pavement when the sun comes out**