

Refuge

What is Refuge?

Home could be your Refuge,
Away from life, people, and confusion
A place to relax and think and rest.

You can find Refuge in family
The people who understand you and
Love you and care about you.

Refuge can be in nature
A comforting feeling of spread out
Happiness that you can get anywhere.

Reading is a type of Refuge
A way of seeing other people's thoughts
Of engaging into another different life.

Refuge comes in listening to music
From writing and chilling and listening
From love, quiet, sometimes singing.

To knowledge there is Refuge
Knowing you can do something
Knowing where, what, when, why.

Friends can be a type of Refuge
People outside who can share for a laugh
To listen, to love, to structure care to listen.

Animals are a fun kind of Refuge
They run and play and fly
Delighting and cuddling and loving.

Refuge is a kind of order
Be out of your it, get no more
If complicated or impossible or simple.

Refuge is reading all around Tolly Castle
Or walking at Castle Galloway in the rain
And then getting an ice cream.
Sleeping in bed is a good type of Refuge
To close your eyes, breathe.