

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 warmth
A comforting feeling of spread-out
Happiness that you can get anywhere.

Reading is a type of Refuge
A way of seeing other peoples' thoughts
Of escaping into another different life.

Refuge comes in listening to music
Just sitting and chilling and listening
Sometimes quiet, sometimes singing.

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

Friends can be a type of Refuge
People outside who are there for a laugh
To listen, to love, but sometimes not to know.

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

Refuge in a blizzard of colour
In art of pencil, pen to paint
If complicated or longterm or simple.

Refuge in walking all around Tully Castle
Or walking at Castle Caldwell in the rain
And then getting an ice-cream.
Sleeping in bed is a good type of Refuge
To close your eyes, dissolve

And rest until the next day.

In my mind theres Refuge
Not really paying attention,
I still myself, and think and fantasize.

Lastly Refuge found in poetry
Writing or reading in silence
It is an endless type of bliss.

Teddy Besson.