

## **Adult category - Spoken word Poetry ( Writing)**

### **Nature and You (I exist within nature)**

Since the cradle of creation  
nature has always existed before man  
even the Adamic story bears testament to this  
that from the marriage of dust & supreme breath  
the existence of humanity was birthed  
little wonder my body consist of 70% of water.

I've become one with mother earth  
within the pocket of nature lies the cycle of life  
yet I break myself just to break her  
cutting down the forests that forms her crown  
obstructing her air flow with pollution  
and turning water bodies into waste collectors.

Daily she cries and calls to me  
but I've grown skins over my ears  
and bones over my eyes  
I do not hear her scream through the earth quakes  
nor see her move through the many wild fires  
I no longer feel the soothing touch of her breeze on my skin  
neither do I admire her decaying landscapes.

But enough is enough!  
It's a dawn of knowledge and the death of ignorance  
Now I know I am because we are  
that we must protect mother nature to protect us  
and our environment is only but an extension of who we are.

I pledge to protect her wildlife from the edge of extinction  
rebuild her crown by planting more trees  
and embrace eco-friendly practices to help nature breath  
"She sef don try".