



**THE SACRED AERIE**

# *FREE SPIRIT*

## **MESSAGES**



*An Uplifting Wind  
Beneath Your Wings  
To Carry You Through  
These Challenging Times!*

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**(MAY)**

**“NAUTILUS”**

*(Please Scroll Down)*



**This world is hard on poets, *and we are all poets...***

**The following piece captures a time when I was still gathering the courage to simply *BE* who I am. Perhaps you can relate?**



## **NAUTILUS**

From far across  
the wave-washed sand  
a whisper reaches, turns my head.  
Pale satin-throated Nautilus  
sighs at tide's escaping edge,  
*"You are like me ..."*  
dies in my hand.

How like Nautilus?  
Because I speak, retreat,  
keep full opinion to myself?  
Ah, yes... I see what she means.

Wedged in the tiny chambers  
of my reason, my thin life  
confined by the narrow spiral  
curling ever in on itself,  
echoing only as much ocean  
as I can hear.

But round and round  
my Essence swirls past polished walls,  
surges over vast flat beaches,  
washing back, rebuilding yet another  
urgent, glistening wave.

I poke at the rubble left behind,  
turn familiar stones over in my hand,  
revisit weight and density,  
hope for signs of life among  
tangled ribbons of kelp,  
any movement... *change*.

Always the wind  
constant from the south,  
remodeling the pliant sand,  
humbling the grasses,  
lifting the prayerful cry of gulls,  
nudging me onward.

*Someday*, when I have walked  
around the world enough times,  
when my feet begin to remember  
the same weary indentations...  
*Someday*, when at last I am wise  
and do not need to wear the grooves  
of my life quite so deeply...

Perhaps then the wind will shift,  
fill my soul like a sail  
and push me far off course  
toward lands of silk and spice!

— Teryl "T" Johansson  
October, 1996

**It is worth every risk to test the wings we've been given, make our leap of faith,  
fly toward the life we were born to live. What's the worst that could happen?  
Even if we fall back to Earth, we'll only begin again, *wearing a new shell!***

May this humble offering inspire  
The Extraordinary Being  
You *already* are...

Many Blessings,  
Teryl "T" Johansson



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