

Who Knows

Rain knows,
dogs and babies know.
Oceans, rocks and clouds know.
Water and tears,
dirt and sweat know.
Birds know.

Wise people long ago knew
preserving food,
earth cleansing, and
warding off evil spirits.

Like a child I touch this shell
just washed in,
to my tongue
the salty taste brightens my senses.
I know.

How do we forget?
Such essential things.
We are salt.

N.L. Reynolds