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# How Does Earth Hold You

Earth holds me. It holds my breath in its trees with fresh air. The Earth holds me with its rain, even through thunder and lightning. The rain still dances in the air. The Earth holds me with the gravel beneath my feet and the field in the distance. It still keeps me afloat. The Earth holds me with the sounds of its buzzing bugs, crawling critters. The Earth holds me with its art, from the puddles to the sunset, the sunset to the ocean. It's truly a sight. The Earth holds me in all these different ways keeping me sane even in the tornado days. Earth holds me. You are never alone with the Earth in every corner.



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