

Poetry written as shinrin yoku studies.

Dedicated to the woods where I am learning shinrin yoku
and those who reside within.

Badgers

Forest Bathing Poems

by Julian Langer

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My love of badgers

I love badgers

Days and nights

Visiting setts

As activist, friend and tribe

The image of one

On my arm for life

I could not bleed ink

And write words

Adequate to express

The depth of this love

With a blood filled pen

Zones

My shinrin yoku practice

Is situated within

Cull zones

And that is somewhat

Horrifying and

Intensely revolting

Nocturnal

night seer

dark breather

star gazer

moon walker

Family

Otters of the water

Stoats who love to hunt

Weasels who are very small

Chocolate coated pine martins

Polecats the dark bandits

Mink prized for their fur

Body

I am beautiful
in black and grey and white
visually stunning
to see a delight

Pre-ancientist

I have lived upon this archipelago for 750,000 years. I am
beyond your ancients.

Cubs

born usually in February

true Imbolc child

each birth today

a revolt against the machines

of annihilation

Culls

Scapegoat

Totalitarian agriculture

Must annihilate

Criminal for existing

Gunshots and cages

Come down and deny life