

























Mud

I am mud.

I smell fruity fresh after my daily shower,

I feel gritty, flke scree sliding down a mountain.

I am made of bombed out buildings,

roses, lemons and vegetables planted in Pakistan, that need me to grow.

I am made of vegetables by the mud path in Lithuania.

I am sweaty from the toil of workers after wars, rebuilding, replanting. I am deciding which trees are dead and which are going to bloom.

I am digging with my hands and giving a child to the ground.

I will watch it grow with a parent's support, until they can live by themselves.

But one day I will sit under the shade of this tree and ear the fruit

that it births.

I am boredom in the backyard.
I have ruined a dress, mother scalding look at the mess, sent to bed, to a dark place and denied the light and wait till your father sees this!

I am the mud of my homeland.

I give gifts to the workers

and the animals that eat the grass.

I taste of badly mashed up rice.

I become New York streets.

Cops and robbers forge me into

meatball bullets, bullies carry me in school shirts

to be thrown like weapons

into the mouths of their teenage targets.

I am mud.
I am the magnetic pull of the earth, attracting everyone who needs a piece of land giving life to the tree, it is my duty.

I have seen everything.

I am the only one who knows how the dinosaurs looked,

I've seen the people running in the trenches,

I was the trenches.

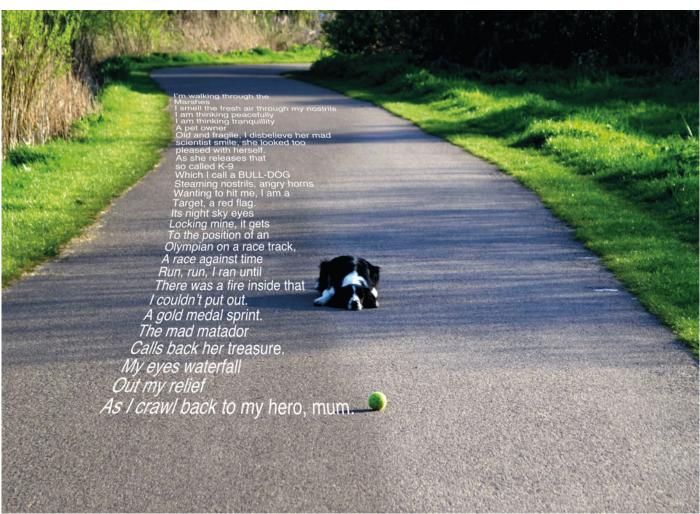
I saw the river running free, doing whatever it wanted, become a canal, always flowing the same way.

Everyone thinks that I'm just dirt under

your fingernails,

but I will wash off easy, what is all the fuss? I am mud and all the legends are buried in me.











I'm feeling slightly fruk out by these cows coming towards me and then one starts running, and they're gathering a bit of a pace and they start running. And I'm in the middle of the boardwalk



and I don't know whether to go ahead or behind. And the field on either side is flooded and I'm just going to have to stay on this boardwalk. And then the cows come towards me and just as they



approach, you know, I'm wondering what they're going to do, whether they're going to squash me. And then, they all stood on the boardwalk in a



long line, and I'm walking along the board walk, and these cows are behind me. And it was a little bit like playing, you know, grand mother's footsteps. And when I walked, they' go 'Moo', and

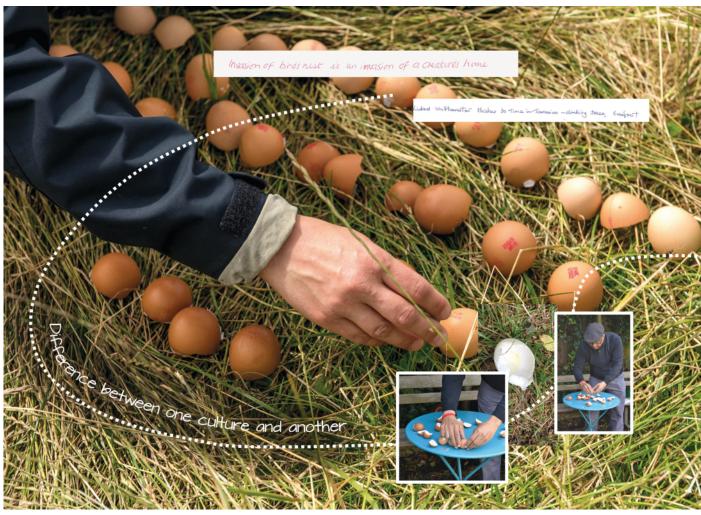


when I turned round the cows would stop. And I carried on walking and then, eventually, these cows walked all long with me, along the board walk. And then they got off, and walked as if



they were trying to avoid the flooding $% \left(1\right) =\left(1\right) \left(1\right)$ as well. So that was the time the cows and I walked along the boardwalk.















Here's a story, this is Chris She was running, jogging along the tow path a number of swans sitting on the just be' e you get to that beautiful b'

winter and she saw this swan, on the edge of the river, trees overhang the river, the park.

before you

And she saw this sway struggling on the bank. was another guy there, salso walking or running, called Alimin, Anr who became a friend.

they had a look at this swan and it turned out it was frozen to the earth, ouldn't move, it was actually frozen, been sleeping and it got stuck there. So, they tried to

move it, which was quite bold to do, as swans can be pretty dangerous. And in the end, she came back to the flat to get a kettle of boiling water he took the hot water up to the swan and started to put the water arou on the ice until it melted and they freed the swan.

It's amazing. The freeing of the swan.





When I'm out in the Marshes doing my walks you see movement but you don't know what it is. So you've got to look for it.





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