Within my mind, i can see Waving trees, like grass in the wind; Falling limbs, numerous as raindrops; Forest giants ripped from the earth; Ravenous floods sweeping all before.

Through my skin, i can hear A haunting drone of endless rain; Explosive screams of wounded trees; Wolfish howls of the savage wind; Thunderous roar of bloated streams.

Within my bones, i can feel
The fright of stunned, bewildered creatures;
The shock of grieving, homeless families;
Physical fatigue of first responders;
Driven courage of strong survivors.

Though i, myself, scarcely suffered,
The sights and sounds haunt me still.
My body aches in silent empathy,
And my view of life is forever changed –
Brave new world that breeds such storms.