scope
Contemporary Research Topics

health & wellbeing 10

November 2026

Poem

https://doi.org/10.34074/scop.3010008

SYNERGY

Josie Crawley

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SYNERGY

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Cellular wizardry
life unfurling, pungent from decay
as magicians of light conjure oxygen and glucose
spin waste to atmosphere.

Ancient alchemy a rhythm, worked
by needled fingers, veined palms, arms reaching above
below, divining water, dendrite roots
listen for change, whisper warning.

Breathe in, breathe out
engaging in symbiotic exchange
with solar powered miracles
greens our insides:
un-swaddle anxiety with dappled joy,
re-calibrate cortisol, de-hectic pace and push,
reframe focus to notice
the delicate structures
repeated yet unique in every leaf
nature's gifts freely offered,
attentive, creative, productive—
we thrive in the presence of plants.



Figure 1. Greening up. Photograph: Josie Crawley.

Josie Crawley (https://orcid.org/0000-0003-1011-3335), Associate Professor, Otago Polytechnic School of Nursing, is passionate about the transformative power of narratives and nature. In addition to facilitating student nurses' storied learning, she writes reflective poetry. She has published in a variety of academic journals, and her poetry has been included in a collection of poems by Aotearoa New Zealand Nurses, health and nursing publications, and the *Otago Daily Times*.

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Scope (Health & Wellbeing) 11 theme: Open.

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