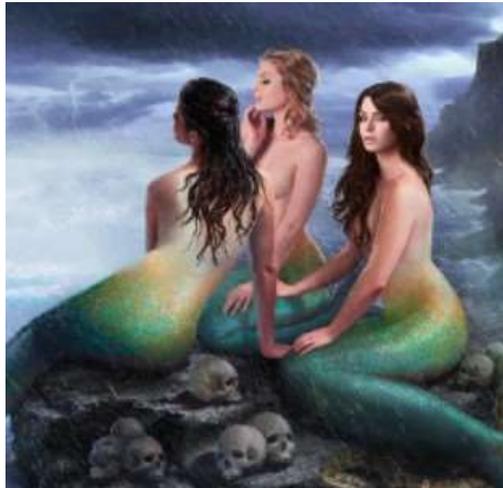


Laura's song – A siren in my heart awakes

I walk my freedom walk
Up in Cairngorms National Park
Only to be captured by a heart
Strong and sweet and beautiful
Confident clever and dutiful
But with a devilish side
Testing where my heart resides
& what I'd give up for such a prize
Whether I would fight for you
Well nature's love I show to you,
& I would take on dragons too,



I'd save you from the gates of hell
I'd still the storm and break the swell
I'd rescue kingdoms create shining stars
Just to have you in my arms
& I'd become as weak as water
Love you like my unborn daughter
Make old stars shine like they were new
Just to see what we could do
A princess, goddess and a friend
She has the power to break and bend
To tempt me to give up everything

To run away escape this trap
The snare the devils like to hatch
To prove she is my very match
So devil take me it's your thrill
Crush me break me to your will
Then idly toss me away
& find another boy to play

This poem was written as I met a lovely girl in my Perthshire walking group and this poem came to me all of a sudden after we had been walking together for a few months. This all happened while I was also in England nursing my dad at end of life and so I guess I was quite vulnerable having also lost a lot more over recent years including my pet dog who I still would like to see again.

It's funny how people behave and how you can attract so many dark forces when you are trying to be enlightened I had already discovered that when I wrote a declaration idea between Britain and the US following Hurricane Katrina about Inter-dependence.

Laura and I first connected when I asked her the name of one peak in the Cairngorms and she called it "Not a Scoobie" which was a new one for me and one I will look out for again (of course it's our little joke but I loved the way she said those words).

Perthshire walkers are a solace for me and as they are a mix of young and old a great tonic. However the club are dominated by some negative bullying types and somehow what I wrote as a nice poem was actually used as something called "Gaslighting" where people tell you things verbally and as soon as you write down a text they claim you have overstepped some mark.

Laura had invited me to go walking with her as we both knew the walks around Dunkeld and I told her I went swimming in Loch Ordie as a way of escaping and relaxing and I suggested going with some other new friends so it would be more comfortable for me starting to meet people once again.

She suggested we do some wild swimming together in Loch Ordie and maybe getting something to eat afterward and I was very taken with her confidence and her friendliness. I came to know better about her talent and her duties as a primary school teacher and I realise what a challenge teachers have having trained young people and been a teacher as a countryside ranger in the past.

So I wrote the poem as a reflection on how people behave and play with others. Of course that's what happened to me straight after I shared it with her as a text for the next step was to have me barred from the club on the basis I was inappropriate. I know I am never that and am very slow at trusting people given the way Scottish people can be to the English and then hide it as "banter". Of course the Scots can be equally robust with each other and that is hard on vulnerable people and now I realise just how abused people are in this country since I started planning the earth day event.

Young people are very sensitive and we are trying to create a better future for everyone but this may only bring out jealousy and bullying. This banning was very cruel given it was my only social activity with us coming out of Lockdown and I still haven't been back to Loch Ordie even on my own because I really cannot understand this type of cruelty. I don't believe Laura is anything but nice but I am also aware that others can spread lies and gossip to destroy others and this is so harmful. I don't know what the future holds for me on this. I am hoping the Walking club will become more enlightened and people will be honest and defend me otherwise I will just see what happens as the summer unfolds. I will however start walking to Loch Ordie again and try wild swimming and who know I might even meet a real mermaid.

Writing my story about Rapunzel and this issue with spiking drinks and people in Scotland has disturbed me greatly and I can see how evil these times are because people do not believe honest people and people do not stand up together and for themselves. This is how evil takes over and it happened in Rwanda after I left the region and will happen here too unless we stand up for our kids, our own selves and our future.

If you want to take issue with me and this account please do so but I trust the nice people I went walking with and not those who like bullying and lying and using people to hurt others. If people do that no wonder children are so misled, abused and so terribly affected with mental health issues etc.

I would like to meet Laura again because I think she is a nice person even if misled by others but of course she needs to recognise what she did to me as she will never be a good teacher if she lets things like this happen to someone like me even though these days I am very robust.

In a way as Laura is a good siren, I am fairly sure, then no doubt this story compliments the one about Rapunzel (there are sirens in that story too) so its time I shared it and looked forward to a better summer. I also think that unless people realise they should stop trying to dominate, bully and ignore me that its best letting me be your friend and then we can get on with the job of saving the earth, caring for nature and healing ourselves too.

Jonathan Proctor April 2022