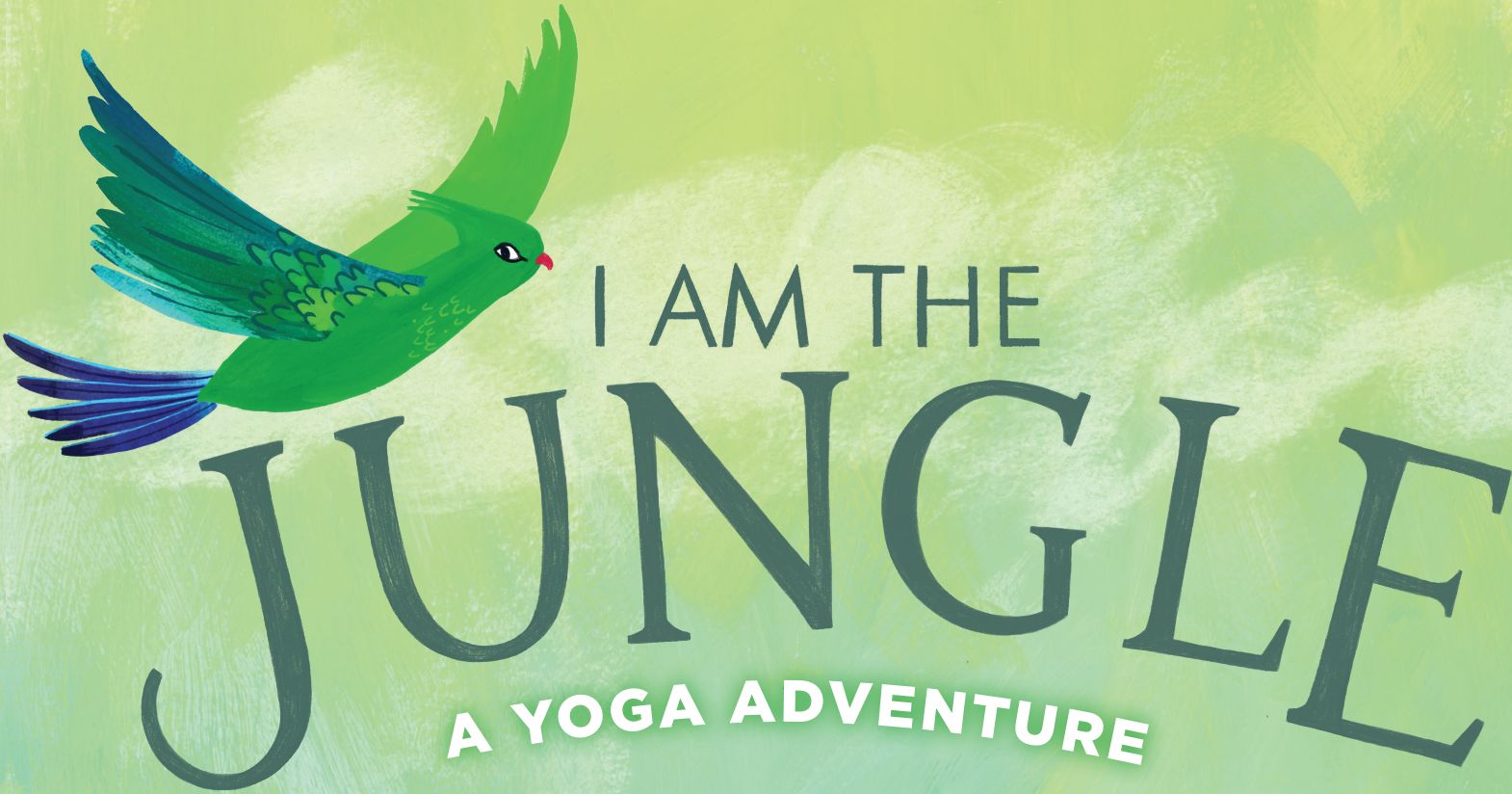


For my daughter, Penny.  
May she always be happy and free.  
—MH

For my siblings, with whom I explored my first jungles  
on an imagined island in our New Jersey backyard.  
—KT



Sounds True  
Boulder, CO 80306

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Melissa Hurt  
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Sometimes I feel like a “wild child” because I never stop running around. I just like going places! Today I’m going to the jungle.








I inhale as I sweep my arms out to the side and overhead.  
I gently arch my back and gaze toward the sky . . .







I feel my feet on the ground. My breath  
moves my belly out and in like a gentle  
wave. Inhale, release, inhale, release,  
inhale, release.

I am a steady Mountain . . .





I balance on one foot and make a triangle with my legs. I feel grounded and free. My arms are touching the sky. I'm the tallest Tree in the jungle.

I feel the branches swishing back and forth, back and forth, back and forth . . .