

Imagery on screen: Views of a wood with a pond, and an oak statue of two frogs huddling together which represents the 'Keeper of the Pond'.

Female narrator: "I am this Pond, its story I have kept,
For I am the Keeper but long have I slept.

Look around you now as I wake.

Here, in the shadow of factories and fences a hidden world likes waiting . . .

Here, there is magic...here everything is connected;

From the water which rises through the roots of the willows

To the call of a kingfisher perched on a branch,

Here, all is one...

I am this Pond, secluded and stilled,

The land's cupped hand with water filled,

And I am the life, cradled within

As it flows and grows and sinks and swims.

I am silver skin pierced by Spears of green -

Irises thrust from depths unseen.

I am a leap in the legs of a frog,

A newt's winter sleep in the shade of a log.

I am hope and life when creatures thirst.

I am unborn clouds and a rainstorm's burst.

I am a jewel in woodland's protection.

Heavens are held within my reflection...

Here the song of the Land is sung,

Where dragons fly and foxes run...

And I am this place; pond, frog, sky and tree,

Staring straight back within all that you see."

Text on screen:

Visit Frog Pond Wood, Village Farm Road, Pyle. CF33 6BL.

Look out for: common frog, broad-bodied chaser dragon fly, wood mouse, moorhen.

Meet the Keeper of the Pond.