

## *HEALING WITH NATURE*

Many people are feeling more and more the desire to spend more time outside. Nature, sunlight and the Earth are being recognized for the health they provide. If you are like many people, you spend much of your time rushing around from place to place, barely noticing the people who pass by let alone the beautiful plants, insects and other natural messengers.

Messengers?

Yes.

All of nature has a story. All of nature has a vibration of energy. If you could see this vibration surrounding every thing and everyone you would become aware that this planet is teeming with life in a way you never realized before. This life, you might want to call it life energy, is available for your healing. People will often buy flowers because they are beautiful. This is part of their healing. They are visually appealing so you will notice them, like that "stop and smell the roses" adage. Even beings that do not look beautiful to most, like certain insects, also have healing energy and a beauty if you let yourself see.

Have you ever sat down in front of your garden or your tree or on your grass and listened. Or picked up a rock at the park and listened? Really sat quietly and listened. If you are able to tune in to more of your surroundings you will learn that everything has a message and healing energy. We are all one. Your tuning in to the message also heals the environment around you because in this active listening there is an exchange, an understanding. Open to this understanding and the world will look like a different place, a more beautiful, loving and healing place.

You do not have to "get away" to enjoy nature. The little clover between the cracks in the sidewalk has a message for you. The moth that is trapped in your home is beautiful and precious. The sand at the beach vibrates with the healing energy of the ocean and the Earth. The sunlight offers life itself. The moon and the stars stir yearnings in our hearts.

We have some suggestions of whimsical fun things to do to enjoy a mini

break and refresher from life's day to day grind. Write a poem to the moon, or to a flower. Find a beautiful stone at the beach and sing to it. Put it on your heart and let it impart healing and love. Meditate in the sunlight. Find a blade of grass and listen, opening to its message. Give gratitude to the bumblebee. You do not have to pick a flower to add beauty to your life. All that is nature is yours to learn from and to love.