



Where are you when you take a walk outside? Focused on the outcome of how many steps taken, or another wellness goal? Unconsciously speeding along unobservant and non-communing with nature? And my favorite – multi-tasking - walking and talking, or walking and listening to music, TV, or a podcast? No judgment here, neither good nor bad, just a question to ask ourselves. What is my intent. Could be all the above.

But you are on the path of awareness and consciousness, and you are asking yourself to become fully engaged in being present with all your sensory self, then experience life with deeper sensing. Profound beauty is all around us to be seen, heard, smelled, felt, and tasted. Drink it all in without the distraction of earbuds, phones, music, and talk. Connect with the beauty in a blade of grass, a leafing tree, a sky-reflecting pool of water on the sidewalk left over from recent showers – that beauty thrives when its brilliance is acknowledged.

And what is the reciprocation or mirror from us to nature? Pure joy to connect with our authentic, natural, spirit or energetic self. Gone for the moment are the facades, personality, life stories created to fit in or feel we belong, make folks proud, tout our accomplishments etc. All normal human focus and desires yet, we yearn for that something deeper - our essence connecting with the essence of everything. When we can be fully present with all our senses engaged in the moment, we really connect not only with nature but everything we are doing. Enjoy the walk, enjoy the journey of life by letting go of the outcome and rather, enjoy the journey. Just because. Just for you! Taking that walk for the sheer delight of it. Just practice presence and bloom!

Appreciatively,

Barbara, Judy, Laura, Sharon

contact@fortheloveofhealing.com

972-400-0807

