



Mother Nature's NO Fool

Here we are in the midst of winter in the northern hemisphere. Bridging fall and spring, Mother Nature is quietly regenerating herself behind the scenes. As humans, we are part of nature and we are also on a reset.

Towards the end of last year we were all rushing about, trying to finish all the "need to do's" before the ringing in of the New Year. Like the squirrels, each and every one of us were scurrying here and there, on our feet and in our minds, stocking our pantries, working hard to finish up the year's plans for ourselves, our work and maybe even our businesses. With a feeling of completion hovering over us all, we may have exhausted ourselves physically and mentally, our leaves disappearing from our branches. If we had the benefit of forethought and paced ourselves maybe we survived the year looking like a fir tree, holding on to our greenery.

Mother Nature may look barren and still, but don't be fooled. Like any mother, her job is never done. The true snowbirds have flown to their warmer residences, her furry animals have grown in their heavier coats, and the hibernators are all tucked in their dens. The species that brave the winter weather share their time between foraging for food and staying in their comfy abodes. Snow and rain are giving the ground a good soaking in order to stay damp enough to supply precious water to animals, plants and trees throughout the season. She continues to move the Earth, above and below ground, wielding her intentions, striving for balance, responding to the ever changing shifts that everything (and everyone) goes through.

Each season brings its work and wonder and winter is no different. It appears quieter and peaceful but lovingly look around with not only the eyes you use to see, but also the eye of your heart and your third eye. Appreciate not only the quiet but the wonder

of the work. Acknowledge the miracles surrounding you in Mother Nature's barren garden. Notice the different falling patterns of the snow with each snowfall; can you discern the patterns of some of the snowflakes? Smell the difference in the air. Make a mental note of how winter rain actually sounds differently than a spring rain (or summer, or fall; for that matter). Watch the smallest of birds taking a snow bath and clearly see the beautiful shapes of different animals' tracks upon the earth. Place your hands on a tree and sense its changed winter "attitude", akin to you staying under the bed covers and not wanting to get up just yet! Maybe it's even asking you why you aren't under the covers. Stay in one place for awhile and feel the Earth move under your feet. Yes, it does move. Are you able to hear/vibrate to its balance searching frequency? Can you attune yourself to it?

Mother Nature is not only luxuriating in the present but is planning for the future. She is laying the groundwork for the coming of spring. Root systems of plants, bushes and trees that are the paths of communication between each other and the birds, insects, animals, rocks, waters, different types of soils, and through the different layers of the Earth itself stay open during wintertime as well. Take time out to luxuriate in this season as well, simultaneously laying your groundwork for your future plans, maybe even share them with a tree.

With Gratitude,

Kai