



December 22, 2020
Contributed by Trish Reynolds

AHH....PEACEFUL PINES

“Rest your gaze on the pine trees that are all around you, and let your eyes explore the green color, the light and the shadow.....



Notice the shape and pattern of the pine needles.....

Allow your breathing to be natural and relaxed as you imagine yourself standing in the middle of a large pine forest.....



Look up and see the sunlight streaming through the tall trees.....

Listen closely. Hear all the sounds in this calm place.....

Breathe in deeply, and take in the beautiful smell of pine.....

Reach down and touch the carpet of pine needles on the forest floor.....

Feel the cool air on your skin.....

Notice if any emotions arise, like warmth or joy.....

Immerse yourself in the peaceful sensations of the forest, feeling completely at ease.....”¹



**This is our wish for you for Christmas 2020—a year of worry, fear, distance from family and friends. Now is the time to put all this away for a bit if you can....
We wish you all the Joy and Beauty of the Season as found in Nature!**

Trish, Bobbie, Janet, Kim, Lin, Louise, Pam, Samantha, Rebecca and Nancy

¹Jamie Price, MyLife, a personalized mindfulness app.