

# ***The Stillness Newsletter***

## ***April 2008***

Vol. 1—No. 1

Dallas, TX

Written by just me, Renee Baker. Thanks for reading!



### **Getting Back To Nature Our Source of Stillness**

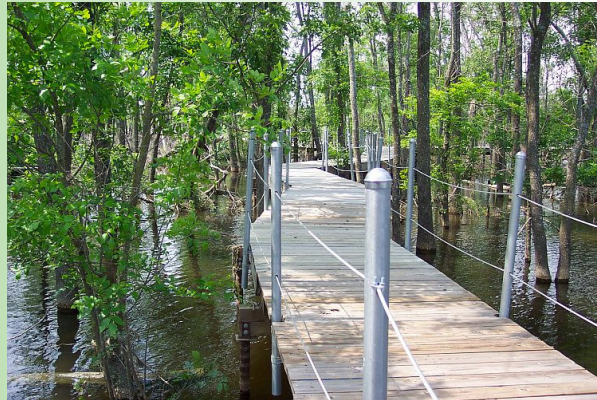
People often ask us, “What church do you go to?” They wonder about our spirituality. But spirituality doesn’t have to be tied only to a church. I like to say that my church is Mother Nature, by the creek near where I live. If anything brings me to my peace, it is getting away from what I am doing and back into my being, my spirit. What better way to find peace than to spend time with the cooing of doves, the swoosh of Birch leaves in the wind, the warming strength of sunshine, the sweet smell of honeysuckle, the rippling waters of a creek bed, or even tasting grasses picked fresh as you walk, like you did when you were a kid.

Mother nature is truly our gift of stillness. “Be still and know God” we are told in the Holy books. If we want peace, then it is there at arms reach...just walk out the door, quiet your mind and become fully enmeshed in the outdoors. It takes practice to be still, but when you find out what it really means, it will always be your home.

### My Church

My church  
you are welcome  
to join with me there  
The life  
is so peaceful  
you'll be welcomed with care  
The sounds  
are like music  
they free deep your soul  
The books  
are so Holy  
the words speak to your role  
The seats  
sometimes crunchy  
or soft to the touch  
The sermon  
comes to you  
unique to your Dutch  
It's a healing  
white forest  
by the creek bed for me  
I could stay there  
my Heaven  
with my sacred tree  
For you  
it's a lakeside  
or maybe a hill  
Go find it  
when you need it  
and then you'll be still  
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### A Hidden Treasure The Heard of McKinney



A footbridge crossing a marsh at The Heard

My favorite nature spot to go to in the Metroplex is the [Heard Natural Science Museum and Wildlife Sanctuary](#). Their nature trails lead you through the prairie grasses, the forest and marshes. There is plenty of bird watching to do as you hike the many miles of trails.

Take a camera. Take a pad to journal in. But put them down too and just be a part of it all. Give yourself permission to solve your problems later. Enjoy just *being* for a change. It is what we are, but have to be reminded. Human beings, that is.



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