

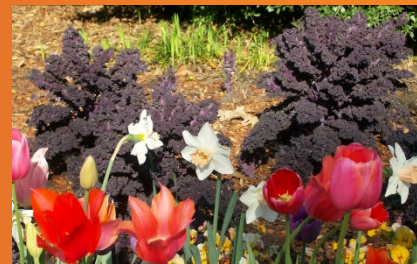
The Stillness Newsletter

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Dallas, TX

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



A CHILD AWAKENS

Have you ever tried to awaken a sleepy three or four year old child at an early morning hour? They want so badly to go back to sleep. That pull towards sleep is strong, no chance of waking them up. This is how consciousness is. It takes energy to awaken, but once awake, we no longer are left in a dream. If we recognize that we are always still a bit asleep and still resist awakening, then we have taken a step away from spiritual slumber.

THE FIRST FLOWER

Upon a green Earth
Luscious life, bursting anew
The first flower
Opened, for a moment
Something new
A new scent
The first pink or was it
Yellow
The first flower
Awoke in a Fresh Earth
Knowing something
That no other plant could yet
Know
The first flower
Called to the rest...
Awaken with me
See what I see
Be here, now, with me
Rise my flowers, rise

A MOVE TO NATURE

One of my joys this month has been in moving to Carrollton, right off what is called the Green Belt. When I was searching for a new place to live, I specifically searched for areas where I could walk in nature.

The last year I lived with my partner in an area that really took a toll on my health and I think my partner's as well. It had too much crime, too much traffic and too much pollution. It was convenient near my office and the home was nice, but the area left me without a deeper sense of stillness.

I have lived on the Greenbelt for only a month and feel a great deal more joyful to live amidst a lake, marshes, ponds, wildlife, creeks, walking trails, trees, grasses and all that for a much more economical price.

It is nature walks that continues to remind me that nature is indeed my home. My home is not indoors watching television or sitting behind a desk at work. Home is outdoors. It is our roots. We come from nature and it truly is our Mother and we need her to thrive.

There is no greater source of peace, than being in nature. And until we experience that deeper sense of peace, we are asleep as the resistant child.



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