



BREATHE

in, slowly, deeply.

Notice the golden and russet hues, the brown veins and the intricate edges of this battered leaf on the white snow.

Breathe deep through the nose again.

The leaf on snow is a reminder of the fall gone by, of the winter that is the present, and of the spring foliage soon to come. It speaks of nature in motion, always flowing with new color, shape, sound, smell and texture.

Breathe in and out again.

Allow yourself to appreciate the gifts to the senses that nature offers in every season.

Breathe in your gratitude slowly, and then release it.