

HEALED BY NATURE

What to do for a migraine... reach for a pill? Nope, I'd rather head for my bed, cocoon down in the covers, and sleep it off. Today I have a different feeling of how to deal with this migraine, and head outside to face the light of day. This body is beckoning me to greet the natural world, headache or not, and I concede to doing so.

Rounding the corner of my home, a gorgeous doe greets me 12' away. There she stands poised with magnificent beauty and grace. Awestruck, I watch her ears signaling my presence. In this moment, I imagine myself as a native woman wearing moccasins, standing aware, silent, still, and in tune. Subduing my excitement to be standing in her presence, I direct my thought to the oversoul deva of the deer clan. "Deer One, trust me, please don't flee. I am not a harmful human. Please give us this moment together in close proximity."

Deer one's body language shows hesitancy to remain close. She nearly flees twice, and then settles into be lured by the abundant edible foliage. With both our bodies locked in long gazing, our stare down becomes a game of who will make the first move. With frequent regularity she raises her head from grazing to check on me. Meanwhile, the gap between us grows more distant as her foraging leads her into the forest. Doing my best to maintain visibility, I move in slight, soft, increments each time her head is focused on nibbling the plants. Then just like that she disappears like camouflage into the thicket of trees. I love spontaneous greetings, and this surely was a sweet one.

Strolling down the walkway in the direction of home, I clutch a chair from the deck and position myself toward the flower gardens. Comfortable and focused on breathing in the beauty before me, my inner voice rises up and speaks - "The flora and fauna are here to offer you the natural healing of the headache that ails you."

The following words arise in my quiet being of open surrender...

Headache be gone
Busy mind be gone
Expectations be gone.
Behold the spirit of being in nature's presence.
Slow down to the pace of deer,
Slow down to the pace of tree and flower
Be quiet, be still.

Like magic, I have returned to balance. Headache no more! It is thoroughly gone! Once again, the beauty and power of earth and sky have lifted my energy to the strong place of the natural world. There's no better medicine than being outdoors!

Renya
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