"The task of healing is to respect oneself as a creature, no more and no less.
A creature is not a creator, and cannot be. There is only one Creation, and we are its members.
To be creative is only to have health: to keep oneself fully alive in the Creation, to keep the Creation fully alive in oneself, to see the Creation anew, to welcome one's part in it anew.
The most creative works are all strategies of this health." - Excerpt from "Healing" by Wendell Berry

After endless (and much-needed) rain this winter, the sun has returned and spring has arrived in Northern California with an abundance of creative **benevolence**. Tending to my garden each day this past month - cutting away the old growth, feeding the soil with compost, and witnessing the emergence of buds, sprouts, and bugs - I feel engaged in a timeless, universal, creative activity. And when I think of the creative expression of this planet, I am struck by "the act of kindness" and "the generous gift" (two of the dictionary definitions of benevolence) that is inherent in its – and our - design. We are blessed to be alive in this generous gift of our fleeting incarnation on this swiftly tilting planet; and it is in the knowing of that simple truth that my hope and faith in the future is restored as I continue my commitment to tending the land, to creating sanctuaries of beauty, and to sharing practices of embodied creativity/healing with others.

As the mystic Meister Eckhart so beautifully stated: "If the only prayer you ever said was "Thank You", that would be enough".

Thank you!

Europe Schedule

May 22: **Berlin**
Bringing Spirit into Form Workshop

May 24: **Bern**
Inner and Outer Landscapes Evening

May 25-26: **Bern**
Bringing Spirit into Form Workshop

May 31-June 9: **St Pierre D'Entremont, France**
Embodying Nature, Becoming Ourselves Training

All information about these offerings can be found **HERE**

When you are online and need to let your mind wander with a dose of beauty, the "Breathing Room" series playlist of 7 unique videos is freely available on YouTube **HERE**

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