



## **Acts of Kindness**

### Nature's Blessings

I have written about the sun blessing I receive on my walk as I pass a reserve. The sun slants through the trees and bathes me in light across my left shoulder, my face and body. I interpret this light shaft and the confluence of my path as a 'go well on your day' blessing and 'you are on your path' encouragement. With the warring concerns that tug at me, this sometimes dim, and sometimes strong shaft, reminds me of nature's kindness which is literally and metaphorically, life sustaining.

The moon and its waxing and waning has also featured in my writings many times. I have referred to myself when I was seeking answers to 'the great unknown' as a child, as 'crying for the moon,' which was shiny, unattainable, and always out of reach. In recent times, having made my manifesto journey and revealing to myself my best life, I have referred to myself now being on a direct course to the moon, hitching a ride on a star!

Two beautiful trees I spot on my walks have resonance for me too. A She-oak, which I call Mother She-Oak, speaks to me as I pass: her susurrous murmurings stop me, soothe, and comfort me. It is an ancient sound and one that stirs my heart. A grand gum, I call Grandmother gum, which has surprisingly been left standing as the only tree in a densely housed suburban area, spreads its branches in defiant majesty testifying to over one hundred years of survival from human's encroachment. I too can stand strong is the message I take as a woman, an elder and a meaning-maker.

What are the blessings you take from Nature?