**Meet Your True Nature**

In Buddhism, we refer to our True Nature, that vast pure awareness that resides in each of us. A source of peace, equanimity, joy, love and compassion.

Like a jewel it can get dusty or smudged as we race about our daily lives feeling various levels of stress and balancing so many responsibilities. We may not see it or forget that is there at times. The everyday mind chatter, worries, and stresses can cloud over awareness of this essential aspect of who we all are.

But it is always there and the simple act of remembering, stop, pausing, observing and then proceeding throughout our daily lives, what I call a ‘Mind Check-In’, is very helpful to come back to our natural baseline, re-attune and then proceed with more calm, clarity and with whatever other positive qualities you might invite in or experience (such as gratitude or joy).

From this place, we can make clear, conscious, caring choices for ourselves that are beneficial. We can also ask ourselves ‘What is the beneficial choice for all?’.

Giving our full attention to eating a meal mindfully can invite feelings of joy and appreciation. Spending time in nature helps us to naturally drop into a place of equanimity, peace and joy where we can recharge and reconnect with our true nature. In nature we don’t find all the human made concepts and distractions of the modern world so it is much easier to drop into this place as mind chatter stills.

Ever notice how food tastes so much better during or after a day spent in nature? Our senses are enlivened, our minds and bodies quieter and refreshed. ***Enjoy eating a meal mindfully in nature*** or after your time spent in nature, whether you’ve been hiking, meditating or simply contemplating beauty.

**This spring be sure to spend plenty of time in nature where you can recharge and reconnect with your True Nature.**