



Today as I closed my eyes and surrendered in child's pose to life and all that I don't know, I saw the image of a person walking down a path in a beautiful forest. It just so happens that the person is climbing up a small hill and looking down at their feet to make sure they don't trip. They don't see what is a few steps ahead of them over the hill, they just see the immediate few steps they are about to take.

So often as we move through life, our gaze is at our immediate hurdles that we are trying to navigate and we don't look up to see what lies ahead and even if we do, the steps further down the road may be blocked for us to see.

What I got from this is keep going even when the path doesn't give you immediate results. Keep taking one step after the other and keep breathing and believing that you are going in the right direction. The few steps ahead of you are all you ever need to take action on. In the meantime, don't forget to look up to take in and breathe with the scenery and the beauty that already surrounds you.

With love,

Damla