



## PRESENT IN THE NATURAL WORLD

While outside, we have the opportunity to connect to our senses, breathe and become present. If we focus on being attentive to our body and what we are doing, we can find balance to move through the day from a more aware, connected space. By staying present with the task, we refill our urn of life to give us peace, patience, and compassion. We have many demands on our lives and by stilling our thoughts and our mental chatter, we can reach a place of natural flow and ease.

Time in nature is always rewarding. You step outside, take a deep breath, and connect. It happens naturally, or you can take it a step further to gain more support within the world's natural flow.

You can learn that violets contain vitamin C, and give one a tasty treat. To find licorice to tantalize your tongue is always fun and a remedy for stomach upset. To chew on a willow branch gives us natural aspirin and alleviates joint pain. Each plant has its role on this earth whether as medicine, food for us, for the caterpillar, the bee, the ant. It is great fun to delve further with knowledge to connect to the landscape and its natural cycles.

Jackson Hole is centered in the Greater Yellowstone Ecosystem, which is 18 million acres. It is about the size of West Virginia. This is the wildest country in the lower 48 states. The web of life is complete in this corner of the West, which includes parts of Wyoming, Montana, and Idaho. There are few places where you can find wolves, grizzly bears and wolverines.

Regardless of the time of the year, we can take a moment to slow down, take a few deep breaths, and connect to the earth. Feel our feet, the air on our skin, listen to the water, touch the bark, see the beauty. This process calms our spirit and rejuvenates us. Nature is everywhere and forever supportive. Try it while you are here and take the practice home with you.

Jackson Hole promotes an outdoor lifestyle. There are endless options to play in the great outdoors- hiking, climbing, fishing, rafting, birding, biking, skiing, skating, and snowmobiling. We always have choice and I choose to relish in nature's support to become a better person.

In 1989, Cathy Shill created The Hole Hiking Experience to offer nature tours in Jackson, WY. She guides locally and in Bhutan. Join her to discover the natural world! [WWW.HOLEHIKE.COM](http://WWW.HOLEHIKE.COM)

