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The Moon and the Stars

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The beauty of our lives can be found in the small details of our daily activities and observations. We journey through time anticipating the milestones that mark our existence. Events that we deem important enough and significant enough to warrant our attention seem to provide us with enough proof that we have lived. As infrequent as these occurrences are, they draw our attention outward validating to the world that we matter. But what of the undercurrent that occupies the space in between the most noticeable of life's intervals? There exists a splendorous world. One that quietly and subtly exists. That cares not for validation or acknowledgement but continues to shine forth whether we notice it or not. Brilliant in its own expression, it thrives because it cannot help but do so. It follows and pays homage to the way that life is. And in return the way nurtures and nourishes everything.

Life is happening all around us, all the time. But how much of our life do we actually notice? Try taking five minutes between sunrise and sunset to stop and look around. Observe the small, seemingly inconsequential actions that make up your day. The kaleidoscopic beauty of a butterfly's wings, the operatic aria of a morning bird's song, the moon and the stars in a crystal-clear sky are all a part of our lives. They take place all the time, understated yet profoundly important. Go out and experience the free gifts that surround us. There is a world of life within our sensory grasp that is exponentially more rewarding than a twitter or a tweet.

Walk in the sun, smile at a neighbor, teach a child the value of compassion. These are the things that define who we are and what we think is important. These are the things that make life worth living.

Here's to the Health of your Life.

