

Nature on the whole is a beautiful
access point into inner stillness
if you can be there fully present

A flower-messenger from another realm -
↳ much more fragile than a plant
more fleeting, ephemeral

so it has less density than most
other things - &

because of their lack
of density, it's almost as if Spirit
could flow through it more freely.

when you actually contemplate a flower -

"look @ the lilies of the field" - Jesus

↳ they embody something that you also have -
but because of all your anxiety about
tomorrow...

these flowers are not anxious, they are
not concerned about tomorrow, and see how
beautiful they are, how God clothes them
in such beauty -

and you can live that also!

- Eckhart Tolle

