



Serenity is the Best Cure

By Ileana Gonzalez, ayurvedic practitioner

I am surrounded by the beauty of the Blue Ridge Mountains again this week! I have seen this place in all its seasonal glory now: Summer, Fall, Winter; and each season is just as beautiful and serene. I love observing how each tree, each bush, each animal, goes through a glorious transformation as the days and weeks pass. All of Nature's creations go through these changes in such a seamless, rhythmic way.

It reminds me that we, too, are part of this Natural creation, and so we must also go through our transformation and change. I have been thinking about how we often resist this opportunity to change, to shed our skin and be exposed to the elements. But even Nature's most beautiful creations bare themselves, only to reward us a few months later with their new "skin".

I am working on easing up on this resistance, to embrace the transformation more easily, and to trust that the renewal will bring its own beauty and opportunities. In the meantime, I am so grateful for this beautiful view I have from my room at the ashram! I certainly can never get tired of staring out at the endless mountains, no matter the season.