

Digging Deep

Pace Be With You This Season

By Cynthia Brian

“Adopt the pace of nature. Her secret is patience.” — Ralph Waldo Emerson



Fiddle leaf fig is decorated for the holidays.

Photos Cynthia Brian

No, the title “Pace Be With You” is not a typo. Halloween was a few weeks away when retail stores began showcasing Christmas goods. The day after Thanksgiving, Christmas carols were ubiquitous with garlands, wreaths, Santa statues and twinkling lights adorned every space. As much as I love the Holidays, I detest the commercialization. My sanctuary during this chaotic period is to spend quality time in a garden where the flora and fauna abide by the terms of Mother Nature. Here, there is a natural rhythm to life. When we adopt an attitude of patience and pace ourselves, peace is the result. Being in nature will help you achieve these secrets of living mindfully.

I recently rested and rejuvenated on the verdant Caribbean island of St. Lucia, where life operates at slower pace. The lush rainforests surrounded by sparkling aqua seas envelope this tiny oasis, providing a prescription for mindful meditation focused on nature. The wonders of marine life with reefs vibrant and alive with coral and fish compliment the rich tropical jungles filled with the sounds and sights of birds, reptiles, and exotic creatures. Walking through the botanical gardens is a sensory experience, definitely a sublime forest-bathing experience in the Japanese practice of shinrin-yoku. Everywhere I looked I witnessed what we refer to as “houseplants” growing naturally in the rainforest and on the Pitons. Peace lilies, anthuriums, poinsettias, pothos, ferns, tillandsia air plants, gingers, philodendrons and palms—all happily communed in this natural setting. To see the symbiotic relationship between vines, trees, shrubs and other plants assured me that planet Earth has a will to survive. Whether the weather was monsoon raining or brilliant sunshine, being in such a pristine environment far removed from the maddening crowd gave me reason to pause, pace and peace out!

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