

Digging Deep with Cynthia Brian

A cornucopia of gratitude

By Cynthia Brian

"A person of power embraces challenges in complete gratitude. No matter the situation life may bring, discontent is never justified, rather all is experienced as an opportunity and a privilege to adventure and grow."

– James Ray



An arrangement of succulents, Brandy roses and ribbons.

Photo Cynthia Brian

It's raining! Hurray, hurray for the nourishing drops from heaven. I have always been a sunshine goddess; however, after a summer and autumn of extreme heat, I am so grateful for the sweet smell of the musky earth after a shower and the pile of fallen saffron hued leaves that transport me to my childhood days.

To feel gratitude after an angry Mother Earth has unleashed her fury on our planet for the past several months is heroic. My heart has been heavy with the multiple hurricanes, floods, earthquakes, fires, windstorms, as well as the horrific terrorist attacks and lone wolf concert massacre. Despite efforts to shake off the terror, a sense of loss and personal sadness permeates every pore. As I respond to readers and speak to strangers, a deficit of hope clouds the air. With catastrophe after catastrophe ... politically generated, humanly engineered, or natural disaster ... is there any wonder that confusion and division reigns?

Yet, what the world needs now is love, sweet love. As Jackie Deshannon so eloquently sang, "it's the only thing that there's too little of." We can begin sharing the love by beginning to grow gratitude for what we have instead of wallowing in what we lack or what we've lost.

Enter the garden.

The garden is and always has been a safe place – a secret refuge from the concrete jungle. In the garden we can take a deep breath, delight in the perfume of the flowers, and relish the tactile experiences when touching smooth blades of grass, the fuzzy leaves of lambs ear, or digging our fingers into the dirt. We forget about time in the garden as we witness butterflies, bees and bugs going about their pollination business while listening to the rustling of the leaves and the eloquent music of the songbirds. A garden creates community and hugs us with affection. We have the unique opportunity to cultivate and connect to our native roots ... earth.

... continued on page D10

**Patti
Camras**

I believe in the art of living well.

Whether helping first-time home buyers & move-up buyers or downsizing empty nesters & seniors, I want my clients to live well at every stage of their lives. I'll do whatever it takes to help them enjoy a seamless transition from one of life's passages to the next. This is my promise.

THE
ART
of
REAL ESTATE



PATTI CAMRAS
REALTOR®

CaBRE# 01156248

925-899-9282

patti.camras@camoves.com
5 Moraga Way, Orinda

www.patticamras.com

