
Essence



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Now, more than ever, is the time to reflect, to direct your focus inward. To seek love for our self and to find peace of mind. The times are, more than ever, devisive and polarising. Human kind have lost their way and instead of coming together, we are drifting apart. Its time to remember that we are all connectedone with each other and this Earth.

We live in a society were, as we grow up, we lose our childhood wonder of the spiderweb, the beauty of the leaves in

spring and the joyous sound of birds singing.

As we grow up, we instead value belongings, pride, fame , diplomas and

degrees more than what life gives us for free every day.

We have lost the ability to be observers of the beauty that surrounds us every day.

We wake up and go about our business, often too busy to notice the stories that nature plays out for us right under our noses.

As our world weathers right before us we advert our eyes so as not to see the pain we inflict not only on ourselves but the world we live in.

We are bombarded with information to such a degree that we let our thoughts and feelings be controlled by it, willingly letting go of our very essence.

We see ourselves as being separate.

Separate from nature, separate from each other when we in fact should view ourselves, nature and other as being one, connected, through the wonder that is life.

We strive not to be better as one but to be better than the person next to us, our loved ones, the people we work with and strangers we meet on the street.

We work, struggle and fight every day so that we can have more, not realizing that we all already have all we need.

But we are blind to this and our perfect world spins more and more out of control.

We forget who we are and why we are here. We value things that have no value only because we have been told that it has value.

We keep on searching for answers all around not realizing that all the answers we seek are in ourselves.

As we grow we lose the ability to imagine, to feel and to see the perfection that is already here.

We become more divided as we go, and by seeking everything outside of ourselves we become even more divided.

We judge and forget that every person we meet has something of ourselves in them. We become blind to the fact that we all have equal value and that we all contribute to a whole. We are all perfect in the essence of life and nature.

We loose our way and the more we loose our way the less we see that we are.

We live in the past, dream of the future, so much so that we forget that the only thing we have is now.....this very minute. It causes us to be blind to the perfection and beauty that is all around us.

In the end all we have is life, and the beauty and the wisdom that is given to us every day.

In the end we miss out on what is truly important and we are left with things that have no worth.

We have forgotten that our education, degrees, our monetary wealth and our material possessions are really not what defines us.

What defines us is what we do, how we help those that we have no relation to or who can do nothing in return. We have forgotten that no one ever gets poor from giving. we have forgotten that our character is not defined by what we make or what we possess, but defined by how we love, how we treat our fellow man, how we treat nature and the world we live in.

It is not our world to take nor is it our world to give. But it is a gift given to us by life for all to share.

By seeing the value of all who live around us, by valuing the abundance and beauty that nature and life freely gives us every day and enjoying this very precious moment that is now, we will find our true essence and we will find true peace to live the lives that we all were meant to live, to live our purpose as was intended from the very beginning.

Embrace the first deep breath after a good nights sleep, observe the wonders of nature and life, just be and enjoy the rebirth that every day gives you to do better, to live life as it was always intended ,

Here,

Now,

In this very moment.

Because it is all we have.

“ The trouble is, you think you have time.....” - Buddha