



Anything Natural, by Eckhart Tolle

Whenever you bring your attention to anything natural, anything that has come into existence without human intervention, you step out of the prison of conceptualized thinking and, to some extent, participate in the state of connectedness with Being in which everything natural still exists.

To bring your attention to a stone, a tree, or an animal does not mean to think about it, but simply to perceive it, to hold it in your awareness.

Something of its essence then transmits itself to you. You can sense how still it is, and in doing so the same stillness arises within you. You sense how deeply it rests in Being - completely at one with what it is and where it is. In realizing this, you too come to a place of rest deep within yourself.

When you perceive nature only through the mind, through thinking, you cannot sense its aliveness, its beingness. You see the form only and are unaware of the life within the form - the sacred mystery. Thought reduces nature to a commodity to be used in the pursuit of profit or knowledge or some other utilitarian purpose. The ancient forest becomes timber, the bird a research project, the mountain something to be mined or conquered.

When you perceive nature, let there be spaces of no thought, no mind. When you approach nature in this way, it will respond to you and participate in the evolution of human and planetary consciousness. You need nature as your teacher to help you re-connect with Being.

But not only do you need nature, it also needs you. When you recognize the sacredness, the beauty, the incredible stillness and dignity in which a flower or a tree exists, you add something to the flower or the tree. Through your recognition, your awareness, nature too comes to know itself. Nature can bring you to stillness. That is its gift to you. When you perceive and join with nature in the field of stillness, that field becomes permeated with your awareness. That is your gift to nature.

A great silent space holds all of nature in its embrace. It also holds you.

--Eckhart Tolle

