

FOREST AWAKENING

By Lourdes Laifer

Picture yourself walking along a verdant path deep in a forest, surrounded on your journey by lush, vibrant greenery, and the dense foliage of ancient trees. The sunlight filters through the leaves, casting dappled shadows on the ground. Each step takes you deeper into the heart of nature, where the air is rich with the scent of moss, damp earth, and wildflowers.

As you walk, the ground beneath your feet is soft—covered in a thick carpet of fallen leaves and moss. The forest envelops you, muffling sounds from the outside world. Birds sing their melodious tunes, and occasionally, you catch a glimpse of elusive creatures—a rustle in the underbrush, a flash of fur or feathers. The verdant path invites contemplation and you lose yourself in this place, away from the commotion of daily life. A babbling brook appears, its crystal-clear water meandering alongside the trail.

Time slows to stillness in this serene setting. You're attuned to the rhythm of the forest—the whisper of leaves, the sway of branches, the gentle movement of your own breath. This is not just a physical journey; it's a spiritual one that invites introspection, gratitude and a sense of wonder for the beauty of the natural world. Immersed fully, you breathe in the earthy scents and listen to the symphony of life around you, as the forest offers its gentle embrace and works its magic on your soul.

Stone Steps appear before you, their ancient surfaces worn smooth by countless beings who've embarked on this path before you. Each step resonates with the whispers of ages past, inviting you to ascend.

As you glide upward, bluebirds and butterflies become your companions. Shafts of golden light pierce through leaves, illuminating the path ahead. Suddenly, you're bathed in a transcendental, luminous radiance. You close your eyes, surrendering to its touch. Inhibitions dissolve. Worries, doubts, and fears melt away like the morning mist. No longer separate, you are part of the grand tapestry, the interconnected web of existence.

The Ecstasy of oneness envelops you as you awaken to your true nature.