

Meditations on the Journey No Taste Like Home

Nature is not a place to visit, it is home.

Gary Snyder

Even after all this time the sun never says to the earth, “you owe me.” Look what happens with a love like that, it lights the whole world.

Hafiz

Many do fear the goodly mushrooms as poisonous damp weeds; but this doth in no way abate the exceeding excellence of God’s Providence, that out of grass and dew where nothing was, and only the little worm turned in his sport, came, as the shaking of bells, these delicate meats.

Anonymous

The most precious things of life are near at hand, without money and without price. Each of you has the whole wealth of the universe at your very door. All that I ever had, and still have, may be yours by stretching forth your hand and taking it.

John Burroughs

Which of these two is the wisest and happiest: he who labors without ceasing, and only obtains — and that with great trouble — enough to live on, or he who rests in comfort and finds all that he needs in the pleasure of hunting and fishing?

Micmac Indian to French missionary, 1691

Do not worry about your life, about what you will eat or drink... Look at the birds: they do not sow seeds or store away in barns, and yet your heavenly Father feeds them... See how the flowers of the field grow. They do not toil or spin. Yet I tell you that not even Solomon in all his splendor was dressed like one of these... So do not worry, saying, ‘What shall we eat?’ or ‘What shall we drink?’ or ‘What shall we wear?’ ... your heavenly Father knows that you need these things. Seek first His kingdom and His righteousness, and all these things will be given to you as well.

Matthew 6:25

The value of these wild fruits is not in the mere possession or eating of them, but in the sight and enjoyment of them.

Thoreau

In the spring, at the end of the day, you should smell like dirt.

Margaret Atwood

A young woman came to me supposedly for relaxation and stress management. She was, in fact, suffering from the results of early childhood trauma, and we ended up spending considerable time working through that as we developed her theta brainwaves [i.e., access to the subconscious].

During the first session she told me she had never meditated. She was even unfamiliar with the word. I hooked her up to the EEG and took her on a guided fantasy. Almost immediately her beta reduced dramatically [the brainwaves associated with focus and anxiety], and her alpha, theta, and delta came out in a beautiful meditation pattern.

After the relaxation was over, I asked her if this was a new experience. She said, “Oh no! I feel this way all of the time when I sit in a field of flowers.

Anna Wise

Sometimes a part of me gets lost
And I am all distraught
And can’t think why
My smallest undertaking goes amiss
And my day is spent feverishly
Doing things I had forgotten,
Redoing things I had done wrong,
While other things accumulate.
But if some errand should take me through the woods
All at once I know there is no hurry.
I sense the obscure, unhurried rhythm
Of growing things,
And I am whole again,
And go with quiet sureness to my work.

Faith Johnson

When we think that what we have been doing is too important for us to abandon it and sit by the lake, that is when we know that we desperately need to take the time off and sit by the lake.

Paxton Robey

Come ye yourselves apart into a quiet place, and rest a while.

Mark 6:31

life is a garden,
not a road

we enter and exit
through the same gate

wandering,
where we go matters less

than what we notice

Bokonon

Our intention is to affirm this life; not to bring order out of chaos, nor to suggest improvements in creation, but simply to wake up to the very life we're living, which is so excellent once one gets one's mind and desires out of the way and lets life act of its own accord.

John Cage

I think over again my small adventures
My fears, those small ones that seemed so big
For all the vital things I had to get and reach
And yet there is only one great thing
The only thing:
To live to see the great day that dawns
And the light that fills the world.

Inuit traditional

No human thing is of serious importance.

Plato

Life is too important to be taken seriously.

Oscar Wilde

Only this do I ask of God and this is what I pray: to gaze at the beauty of God and dwell in His presence.

Psalm 27:4

We have no more serious business today than watching the clouds drift by.

Edwin Way Teale

If we do not permit the Earth to produce beauty and joy, it will in the end not produce food either.

Joseph Wood Krutch

A person will be called to account on Judgment Day for every permissible thing he might have enjoyed but did not.

The Talmud

Tradition states that The Messiah will come if every Jew properly observes two consecutive Sabbaths.

The Talmud

Ancient Egyptians believed that upon death they would be asked two questions and their answers would determine whether they could continue their journey in the afterlife. The first question was, "Did you bring joy?" The second was, "Did you find joy?"

Leo Buscaglia

The true object of all human life is play.

G.K. Chesterton

In this life we cannot do great things. We can only do small things with great love.

Mother Teresa

This woman had the ability to transform a dinner into a kind of love affair, a love affair that made no distinction between bodily appetite and spiritual appetite.

Babette's Feast

If the only prayer you ever said in your life was thank you, that would be enough.

Meister Eckhart

Every day I searched for the star
That never was in the sky
Now I see that star is on the earth

Stevie Wonder

To be happy at home is the ultimate result of all ambition.

Samuel Johnson

All sickness is homesickness.

Dianne Connelly

Let there be a country with few people... They are happy with their food, pleased with their clothes, satisfied with their homes. Though the next village is so close you can hear cocks crowing and dogs barking, the people here grow old and die without ever feeling any desire to visit.

The Tao Te Ching

No European who has tasted Savage Life can afterwards bear to live in our societies.

Benjamin Franklin

Some people have everything
Other people don't
But everything don't mean a thing
If it ain't the thing you want

Charles Wright

An artist is never poor.

Babette's Feast

We can only be said to be alive in those moments when our hearts are conscious of our treasures.

Thorton Wilder

That which is fully exposed to view is often most effectively hidden.

Harold J. Brodie

If dandelions were hard to grow, they would be most welcome on any lawn.

Andrew Mason

A weed is but an unloved flower.

Ella Wheeler Wilcox

For the student of Zen, a weed is a treasure.

Shunryu Suzuki

The universe is full of magical things patiently waiting for our wits to grow sharper.

Eden Phillpotts

What is a weed? A plant whose virtues have not yet been discovered.

Emerson

A surprising feature of herbal research is that it is seldom the rare, exotic, and beautiful plant that proves the most interesting; more often it is some common, familiar, and despised weed that is discovered to have undreamed-of virtues.

Euell Gibbons

None can have a healthy love for flowers unless he loves the wild ones.

Forbes Watson

You will never love art well until you love what she mirrors better.

John Ruskin

The end of meditation or any spiritual effort is always a place of ordinariness, the realization that nothing ultimately is special. Intensely unique and powerfully meaningful, but not special. Understanding this helps us shed the anxiety, craving, or thirst of always thinking we should be somewhere else, or anything other than what we are -- or, worse, that we are dependent upon someone to prove this to us, or to approve of who we are.

P.T. Mistlberger

What is a bush in the hand worth?

J.S.

Earth's crammed with heaven, and every common bush afire with God. But only he who sees takes off his shoes. The rest sit round it and pluck blackberries.

E. B. Browning

Every creature is a word of God and a book about God.

Meister Eckhart

I love to think of nature as an unlimited broadcasting station through which God speaks to us every hour, if we will only tune in.

George Washington Carver

For one who sees Me everywhere and sees everything in Me, I am never lost, nor is he ever lost to Me.

The Bhagavad Gita

Whatever you see, see it as God. There is nothing going on on this planet but God.

Paxton Robey

In Autobiography of a Yogi, the young Yogananda travels to an ashram in the Himalayas to seek enlightenment. Along the way, he comes to a shrine where people are bowing to a stone. He says to himself, "God should be sought only within the soul" and moves on.

As it gets dark, he asks a peasant for directions. These lead him in the opposite direction. Finally, he arrives, exhausted, at his new guru's doorstep. No sooner does he step inside than the sage asks, "where do you think God is?"

Flustered, the seeker replies, "Why, He is within me and everywhere."

"Then why didn't you bow to the Infinite at the shrine? Your pride earned you instructions from someone not bothered by the difference between right and left."

There is nowhere that God is not.

Stan Kulama

It doesn't have to be the blue iris
it could be weeds in a vacant lot
or a few small stones
just pay attention
then patch a few words together
and don't try to make them elaborate
this isn't a contest
but the doorway into thanks
and a silence in which
another voice may speak.

Mary Oliver

Sunny little blossom
On your slender stalk
How much you would teach us
If you could only talk

D. Batchellor, "The Daisy"

"O Tiger-lily," said Alice, addressing herself to one that was waving gracefully about in the wind, "I wish you could talk!"

"We can talk," said the Tiger-lily: "when there's anybody worth talking to."

Alice was so astonished that she could not speak for a minute: it quite seemed to take her breath away. At length, as the Tiger-lily only went on waving about, Alice spoke again, in a timid voice—almost in a whisper. "And can all the flowers talk?"

"As well as you can," said the Tiger-lily. "And a great deal louder."

"It isn't manners for us to begin, you know," said the Rose, "and I really was wondering when you'd speak."

Lewis Carrol

The reality of truth cannot be caught in books. It has to be found from moment to moment, in the smile, in the tear, under the dead leaf, in the vagrant thought, in the fullness of love.

Krishnamurti

The poetry of earth is never dead.

John Keats

The longer I live and the more I read, the more certain I become that the real poems about spring aren't written on paper. They are written in the back pasture and the near meadow, and they are issued in a new revised edition every April.

Hal Borland

People consider walking on water or in thin air a miracle. But I think the real miracle is not to walk on water or in air, but to walk on the earth.

Thich Nhat Hanh

I once asked my old Apache friend and teacher, Stalking Wolf, why he would not be cold in the winter or hot in the summer. His answer was, "I am both, but I am not bothered by them."

"Why?" I asked.

He looked for a long time at me, trying to decide, I feel, if I was ready to receive his answer, to accept what he was about to tell me. Then he said, "Because they are real."

Tom Brown

Intelligence is not discernment and judgment or critical evaluation. Intelligence is the seeing of what is.

Krishnamurti

To speak truly, few adult persons can see nature... The lover of nature is he whose inward and outward senses are still truly adjusted to each other, who has retained the spirit of infancy, even into the era of adulthood.

Emerson

Nobody sees a flower, really – it is so small – we haven't time, and to see takes time, like to have a friend takes time.

Georgia O'Keefe

The world puts off its mask of vastness to its lover. It becomes small as one song, as one kiss of the eternal.

Rabindranath Tagore

We take care of our health, we lay up money, we make our roof tight and our clothing sufficient, but who provides wisely that he shall not be wanting the best property of all – friends?

Emerson

The greatest gift is not found in a store nor under a tree but in the hearts of true friends.

Cindy Lew

It is no use trying to improve on children's names for wildflowers.

Mary Austin

My only desire is an intimate infusion with nature, and the only fate I wish is to have worked and lived in harmony with her laws.

Claude Monet

The old Lakota was wise. He knew that man's heart away from nature becomes hard. He knew that lack of respect for growing, living things soon led to a lack of respect for humans too. So he kept his children close to nature's softening influence.

Chief Luther Standing Bear

When one tugs at a single thing in nature, one finds it attached to the rest of the world.

John Muir

One touch of nature makes the whole world kin.

William Shakespeare

The strangest thought came to me on this morning
As I awake to greet the coming dawn
The sun was hardly peaking through the garden
I felt that with everything I was one

The dew had finished making love to many
A rainbow smelling sweet was in the air
I envied all the silence I saw growing
So unmoved by things outside themselves

Then how I wished that I could come back as a flower
To spread the sweetness of love

Stevie Wonder

This is the miracle that happens every time to those who really love: the more they give, the more they possess of that precious nourishing love from which flowers and children have their strength and which could help all human beings if they would take it without doubting.

Rilke

You have to leave the city of your comfort and go into the wilderness of your intuition. What you'll discover will be wonderful. What you'll discover is yourself.

Alan Alda

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