

## PRAYER / REFLECTION for October 2018

We depend on nature not only for our physical survival.

We also need nature to show us the way home, the way out of the prison of our own minds.

We get lost doing, thinking, remembering, anticipating – lost in a maze of complexity and a world of problems.



We have forgotten what rocks,  
plants and animals still know.

We have forgotten how to BE –  
to be still, to be ourselves,  
and to be where life is:  
Here and Now.

*Eckhart Tolle*

