

BACK TO AUTHENTIC NATURE · OUR ECOSYSTEM IN ITS PEACE (CWO02)

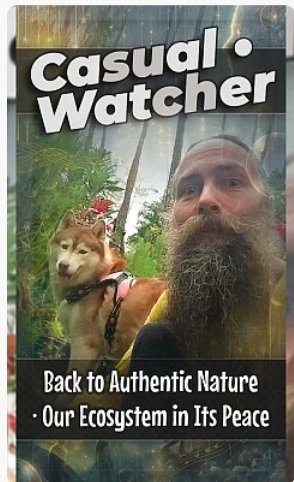
◀ Casual Watcher ✧  Video ▶  Audio ▶

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Nature doesn't pretend to be anything. We find peace in that. Sun keeps on shining. Clouds doing their thing. Bedrock not budging. But why is your tree of life so bent out of shape? What's it trying to be today? All that is. It is what it is. It does what it does. Like, in its plain nature – not like, in your distortion fields. Can we just be okay with that?



#CasualWatcher

#BackToNature

#WisdomOfNature

#InherentInsight #OurEcosystem #SimplePeace

Another day in the wild. A casual walk with doggy dog. So out we go for a walk into fresh nature. A little gap in the relentless rains of the last couple of days. Still misty, but don't need heavy rain coats. Here we are. Daily walks with the doggy dog. So very different from watching life in the city.

In nature, things are what they are. Nothing pretends to be anything. We say it's a moody weather – but the weather isn't moody. It's just you who gets moody when you don't like the weather, right? The sun doesn't shine because it wants to be happy and needs to be happy and loved. It just does its thing.

When the skies are clouded over, the sun isn't crying either. The clouds too, they're not enemies to the sun. They're just doing their thing, accumulating humidity, pouring it back in, and that's all there is to it. It is what it is, right? The trees are what they are. The hills are what they are. The bedrock does not budge. It is what it is. Right?

And there's a certain peace in all of that. Not trying to be anything else than what is. If only for the briefest moment we can stop reacting, having opinions about what should be and what shouldn't be, missing what

went and longing for what comes. If we can get over that, there is a certain peace and a certain presence there.

Come rains, come sunshine, snowfall, floods, whatever. The full spectrum of the weather system. It happens in it's necessary cycles. And it's exactly the same in our inner ecosystem. The weather of our emotions, the thoughts we have, they come and go in their cycles. As they are. You don't need to get caught up in all of it. Let it happen.


Nature is your greatest teacher. Sure, the cities of men are also your teachers, but they teach you an awful lot about how things are distorted. You have to keep peeling and peeling to see what's actually going on. Nature doesn't do that with you. In that, there's a certain freshness, joy, clarity and peace.

Be sure to return to nature as often as possible. The distortion fields cast by humanity are tiresome. They eat away at your brains, they eat away at your heart. You cannot do just that 24/7.

Back to nature, back to what is. Feel it, recognize it, absorb it, and then carry that into your social sphere.

The underneath of existence, embedded in nature, very clear. Not so clear on the overlay we build. Let nature help you declutter your life and your awareness.

Top of our misty hill. Can't sit down. Don't need a wet bottom. We keep on walking. That's all right. Be in nature. Be at peace. Those are the observations from today. Casual Watcher out.

 <https://ananda.icu/talks/casual-watcher/cw002-back-to-authentic-nature-our-ecosystem-in-its-peace>