

Title:

Being the Mountain

Word Count:

301

Summary:

As I hiked up the path to the Peaceful Valley Chapel, I relished the quiet of my early morning

Keywords:

peace of mind,hiking,beauty,nature,meditation,solitude,mountains,personal power,energy,centeri

Article Body:

As I hiked up the path to the Peaceful Valley Chapel, I relished the quiet of my early morning

I stare at the 14,000-foot peaks, open my arms and breathe, inviting their energy, power, beau

Could I possibly just BE? Like the mountain? There.

That turned out to be my practice this year - and I let the mountain be my teacher. Each time

Each time I practiced, I felt my body come back to a relaxed stance, mind clear, my being at r

Is there a place that helps you return to your own powerful presence? Your needs are met, you

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