

'Take a picture in your mind'



I feel immensely lucky to have been brought up walking the moors, country lanes and coastal paths of Devon, as this instilled in me a deep love and curiosity for the natural world.

But more than that, I'm grateful for learning to stand still a while. To look around and absorb the natural beauty around me, often with a sandwich in hand.

You'd probably call this mindfulness today, but back then, it was just an instinct my mum had to bring our awareness to one moment in time. To engage our senses, connect to nature's beauty, and feel the power it had to make us feel alive, inspired, happy, connected to something greater than ourselves.

"Pause a while and take a picture in your mind", my mum would say.

And that's what I've always done.

No camera needed save the one in my head – a place where now a library exists bursting with multi-sensory images of places I've been, and natural beauty I've experienced.

And it's this that helps to sustain me through life's ups and downs. Being in nature feels like a natural, free, source of healing energy that I can tap into any time I choose.

An energy that sharpens my awareness and offers fresh perspective, hope, wisdom, peace and inspiration - reminding me that everything in this world is interconnected and that by taking care of nature, we take care of ourselves.