

It's Gonna Be O.K.

Nature and Humankind on the Brink of a Pandemic

As the calendar pages continue to turn, May has finally arrived. An indication that we are inching that much closer into a warmer season of more sun, cool rains, budding trees, blooming flowers and all that comes along with Spring is here. However, this year, the climate we are adjusting to is rather different. Not in the literal sense. The temps are still warming, the birds are nesting and nature all around us is thriving. Yet, the world we live in is creating a significant data marker on the historical timeline as we navigate uncharted waters.

In a time of uncertainty and constant change, we can find peace and continuity in nature. Simple aspects of nature - the ease at which the trees sway, the flowers withstanding an unexpected frost, a bird's nest enduring a strong afternoon thunderstorm - reminds us that we too, can sustain these current conditions. We must carry on even in the most trying times by simply looking to the seeds of our earth.

While we may not be able to travel afar to explore, we are finding tranquility in what surrounds us right here at home. Years of tending to gardens allows a vibrant color palette to flourish through the seasons and shed light in otherwise darker times. Our children excitedly plant, yearning for that day when they can harvest their first tomato, pepper or bowl of lettuce. Wooden swings built years ago still provide hours of fun, windswept hair and laughter filling the air. Sidewalk chalk shares messages of hope and courage along our walkways. A campfire, tent, and s'mores alludes to an evening of backyard camping together. And even inside, we carefully tend to our plants, propagating new from old.

We must remind ourselves that:

This day is simply a moment in time,
A bump in the rode,
A wave in the ocean,
A valley in the field.

That we will see our way over,
Stand strong against,
And rise up from more determined than we were before.

It's gonna be ok. It may be difficult. It may be different. Yet, we don't have to stray too far from right where we are to find peace in what naturally surrounds our very being each and every day.