

THE TRUE SOURCE OF HEALTH

In an era when we are deluged by advertising of quick remedies and miracle medicines, there is a tendency to forget the simpler remedies of nature. Perhaps an afternoon in a green wood, or a park, can give you greater relief than aspirin. The music of water rushing over stone is an age-old tranquilizer. Time spent contemplating the miracle of nature — in the freshness of a mountain morning, the colors of a desert landscape, or even the modest treasures of a garden — all restore us to a sense of wonder in the universal pattern. Rediscovering this true source of health is a prescription not available in your local drugstore, but one that may give you a deeper, and longer-lasting healing.

-- Cristina Ismael

“The True Source of Health,” Excerpt from THE HEALING ENVIRONMENT

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